

HEAL-WA: Evidence Based Nursing Practice Module

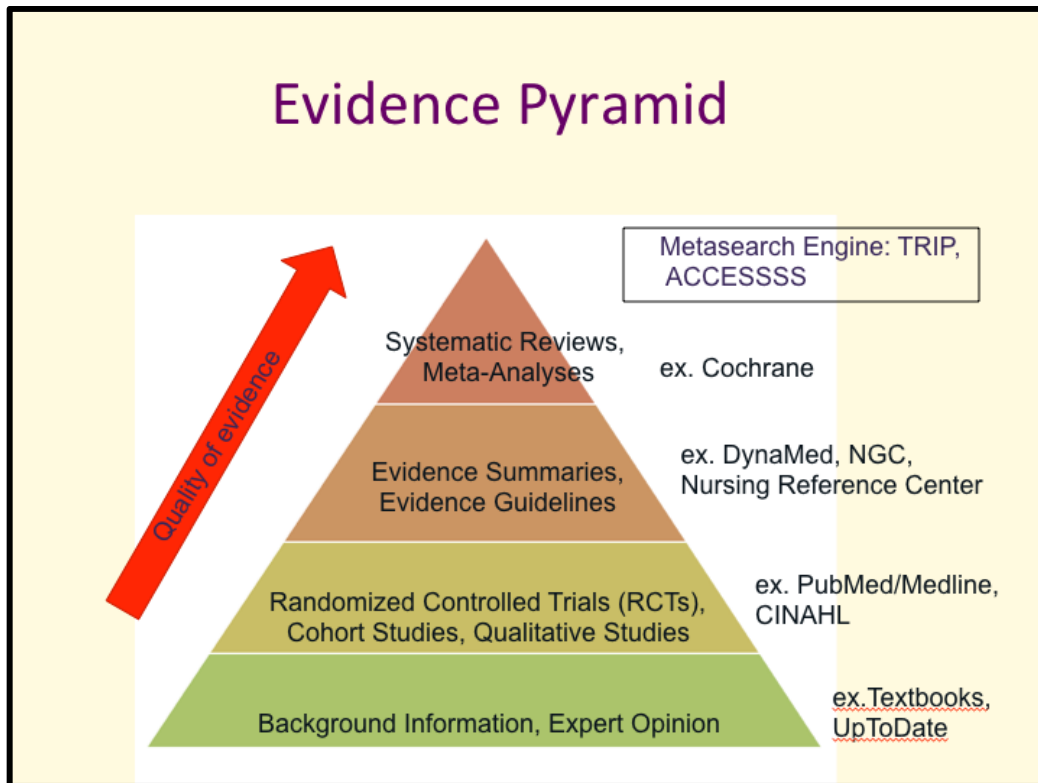
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Key

H= HEAL-WA eResources below marked with an **H** are available on the HEAL-WA website. HEAL-WA provides online access to evidence-based health information resources for Washington State nurses and other health professionals. Includes over 5,000 health-related journals, eBooks, databases and other eResources. Registration required. healwa.org

1. What is the Evidence Pyramid?

- a. Guideline to the hierarchy of evidence available.
- b. Each level of the pyramid draws on research evidence from the lower layers.
- c. Best to begin searching for evidence at the top of the pyramid.
 - i. More synthesized evidence is found at the higher levels
 - ii. However, fewer studies are available at the top of the pyramid.
- d. If you don't find the best level of evidence to answer the question, move down the pyramid to other types of studies.



2. Find Background Information/Expert Opinion

- a. **eBooks** **H**
- b. **UpToDate** uptodate.com
Clinical information resource that offers current, referenced expert answers to medical questions. Summarizes key findings; provides specific recommendations.

3. Search a Database to Find Research Journal Articles

- a. **Medline/PubMed** pubmed.gov **H**
 - i. Limit to Article Types, e.g., *Randomized Controlled Trial*, OR
 - ii. Use the Clinical Queries section.
- b. **CINAHL** (Cumulative Index to Nursing and Allied Health Literature) ebscohost.com/biomedical-libraries/the-cinahl-database **H**
Indexes the literature of nursing, biomedicine, alternative/complementary medicine, consumer health and 17 allied health disciplines.
 - i. Limit to *Research* or *Randomized Controlled Trial* under Publication Type.
- c. **Find Full-Text eJournals**
 - i. Use full-text links in PubMed/MEDLINE and CINAHL.
 - ii. Check with your hospital or clinic library.
 - iii. Use HEAL-WA at healwa.org
 - iv. UW Affiliates: use the Proxy to access full-text journals from off-campus
www.lib.washington.edu/help/connect.html

4. Search Clinical Practice Guidelines

- a. **National Guideline Clearinghouse** guideline.gov **H**
From the Agency for Healthcare Research and Quality. Evidence-based clinical practice guidelines.
- b. **Nursing Reference Center** ebscohost.com/nursing/products/nursing-reference-center **H**
See entry under Evidence Summaries 5.b
- c. **PubMed** pubmed.gov **H**
 - i. Limit to *Practice Guideline* under Article Types.
- d. **CINAHL** ebscohost.com/biomedical-libraries/the-cinahl-database **H**
 - i. Limit to *Practice Guidelines* under Publication Type.
- e. **Can also check Association and Society guidelines.**

5. Search Evidence Summaries

- a. **DynaMed** dynamed.ebscohost.com **H**
Evidence-based summaries for over 3,500 topics that answer clinical questions. Updated daily; monitors content of 500+ medical journals and systematic evidence review databases. Includes drug and disease information.
- b. **Nursing Reference Center** ebscohost.com/nursing/products/nursing-reference-center **H**
Provides nurses with evidence-based resources for point-of-care access including Quick Lessons with disease/condition overviews, Evidence-Based Care Sheets with

summaries of diseases/conditions and the best treatment options, patient education handouts, drug information, nursing skills, CE, etc.

- c. **Natural Standard** naturalstandard.com **H**
Provides evidence-based information for complementary and alternative medicine, including herbs/dietary supplements, alternative practices modalities, comparative effective charts. [Note: Natural Medicines will merge with Natural Standard in 2014].

6. Use a Meta-Search Engine

- a. **TRIP** tripdatabase.com **H**
Simultaneously searches evidence-based sources of systematic reviews, practice guidelines, critically-appraised topics and more.
- b. **ACCESSSS** plus.mcmaster.ca/accessss/
Simultaneously searches evidence-driven medical publications and high quality clinical literature. Registration required.

7. Search for Systematic Reviews and Meta-Analyses Resources

- a. **Cochrane Database of Systematic Reviews** cochrane.org/ **H**
Systematic reviews of primary research in human health care and health policy that investigate the effects of interventions for prevention, treatment, and rehabilitation. Internationally recognized as the highest standard in evidence-based health care.
- b. **PubMed** pubmed.gov **H**
 - i. Select *Meta-Analysis* or *Systematic Reviews* under Article Types filter, OR
 - ii. Use the Clinical Queries section: Systematic Reviews, OR
 - iii. *Systematic Reviews* in Subject Subset.
- c. **CINAHL** ebscohost.com/biomedical-libraries/the-cinahl-database **H**
 - i. Use Publication Type: *Systematic Review* or *Meta Analysis* or *Meta Synthesis*.
 - ii. Search for Meta Analysis as a Subject Heading.

PowerPoint: <http://media.hsl.washington.edu/media/schnall/PeriopConsortium2014pp.pdf>
Handout: <http://media.hsl.washington.edu/media/schnall/PeriopConsort2014handout.pdf>