

## EVIDENCE-BASED MEDICINE RESOURCES

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- **How do I find Evidence-based Medicine (EBM) articles on my topic?**

Go to the Regis Libraries web page ([www.regis.edu/library](http://www.regis.edu/library)). Use the *Library Quick Links* pull down menu on the left side of the screen and choose *A-Z Database List*.

- **Which databases should I use?**

**The Cochrane Library** is the “Gold Standard” for evidence based practice information. The Cochrane Collaborative has stringently evaluated the research on specific practices, summarized the results, and drawn conclusions. The Cochrane Library is comprised of 8 databases.

The Cochrane Database of Systematic Reviews (CDRS) contains full text articles produced by the Cochrane Collaborative.

The Database of Reviews of Effectiveness (DARE) contains abstracts of articles (with the citations) of evidence based systematic reviews that were not produced by the Cochrane Collaborative. You can use the citations to find the full text of the article in one of our other databases by using Gold Rush (see the “Nursing Resources at DML” handout)

Be aware that the Collaborative may not have produced a review on your specific topic.

**CINAHL and MEDLINE** contain some evidence-based information but the search will require more expertise on your part. Once you have searched for your specific subject, you can try certain *limits* (described on the back ) to try to find the articles that might qualify as evidence-based.

- **How do I find articles in Cochrane?**

Enter terms of interest in search box on upper right-hand side. Click “Go”. Results from the full text Cochrane Reviews are displayed. Links to the other Cochrane databases (DARE, CENTRAL, etc.) are above the results. To see the full text, click the Record link. See the Cochrane handout for search tips.

- **What is the difference between keyword and subject?**

Subject Headings are from a controlled vocabulary list. An indexer has read the article and assigned subject headings from the list. Subject Headings are used in the MEDLINE and CINAHL databases. MEDLINE uses MeSH (Medical Subject Headings) and CINAHL has its own subject headings (some duplicate MeSH). Using the Ovid system, you can enter keywords and they will be “mapped” to MeSH or CINAHL subject headings.

A couple of the Cochrane databases, The Cochrane Database of Systematic Reviews (CDRS) and the Database of Reviews of Effectiveness ( DARE) use MeSH headings as well as keywords.

Keywords are simply words or phrases that occur in the title of the article, the subject headings, the abstract of the article, etc. The computer looks for the terms in the various fields so if an indexer missed a good subject heading for the article (and in my experience, this happens frequently), you will still be able to find the article. You can search for keywords and phrases in Cochrane, CINAHL, and MEDLINE. If you want to be thorough, it is a good idea to search both keywords and subject headings.

- **How do I search for evidence-based articles in CINAHL and MEDLINE?**

Try the techniques described below. You will need to look at the abstracts or the actual articles to ascertain whether they are actually evidence-based. When searching CINAHL and MEDLINE, don't limit your search to full text only. You will eliminate most of the relevant information if you do that. The full text of the article may well be available in one of our other online databases or in the library in print form. You can look for them by checking Lumen (the Library Catalog) and Gold Rush (the Journal Locator).

**CINAHL**                      *See CINAHL handout for search tips*

Once you have searched for your topic in CINAHL, try the following Limits (individually) by clicking the "Refine Search" tab:

- Click the "Evidence-Based Practice" box.
- Scroll back up and click "Search".
- Other limits you may want to try include, under "Publication Types" selecting "Clinical Trial", "Systematic Review", and "Practice Guidelines" (hold the control key down to select multiple items).

**MEDLINE**

- Click the "Refine Search" Tab, scroll down, and click the box "EBM Reviews"
- Scroll back up and click the "Search" button.
- Another option you may want to try is to select the following items under "Publication Type": Clinical Trial, Clinical Trial, Phase(s) I-IV, Controlled Clinical Trial, Meta Analysis, Practice Guideline, and Randomized Controlled Trial.

From CINAHL and MEDLINE articles, click Check for Full Text to look for the full text of the article.

*Contact the Health Care Librarian for handouts on Cochrane , CINAHL, and MEDLINE.*

- **Where do I find the full text of the article?**

What if you have found citations to articles on your topic in CINAHL, MEDLINE, or the Cochrane DARE database, but the full text isn't there?

**Link to full text Journal - Gold Rush** - To look for the full text of an article online, use Gold Rush. It will search the Regis databases for one containing the full text articles from a specific journal. Under "Articles & Information", click on the "Gold Rush" link. Type your journal title in the "Enter a Term" box. From the pull down menu (that says "Keyword"), select "Journal Title". Click on the "Full Text" box and "Search". If the journal is available on-line from a Regis database, there will be a "Full Text" box in the results that will link you to the database so you can print out the full text of the article.

**Regis Library Catalog (Lumen)** - What if Gold Rush can't find it? It may be on the shelf at the library in print form. Search the Regis Online Catalog, Lumen, to see if it is available. Click on "Journal Title" and enter the title of the journal (word for word). own the journal and you are willing to drive to a nearby library, click the Prospector button to search the catalogs of other libraries in the area.

**Request Materials from the InterLibrary Loan Dept. (Loan Ranger)** – If you can't find the journal article that you need, use *Loan Ranger* (under "Other Resources") to request it from another library. It is a free service. The article may arrive within a couple of days but may take several weeks or longer. It may come as a photocopy or a PDF file sent to your e-mail address.

