Finding Evidence-based Information
The Process to finding evidence-based information

1. Analyse your topic
2. Plan your search
3. Decide where to search
4. Evaluate and manage
You are a recently graduated RN working with a child health nurse. One of your patients is 5 year old Sam who suffers from nocturnal enuresis. His mother said it is a constant problem and it is affecting Sam more lately as he is now getting to the age when children like to have a sleep-over. Sam is reluctant to accept invitations because of his embarrassment. The conventional therapies include medication (desmopressin in antidiuretic hormone or arginine vasopressin, either of which decrease night-time urine production), and enuresis alarms. His mother is unconvinced about the safety of Sam taking ‘drugs’ and wants to try using a bed wetting alarm. You decide to find out which treatment is more effective by doing a search to find the evidence.
In this sample case study, a few key points from the patient interview have been identified. This will enable us to work through the steps to find the best-evidence on which to make a decision for the most appropriate patient care.

In the case study it is identified that:
• Sam is a 5 year old child.
• Sam suffers from nocturnal enuresis
• Sam’s mother advised that it is a constant problem and is affecting Sam.
• Sam’s mother would like to avoid the use of drugs as a form of treatment.

An answerable question for this case study could be:
Is the use of a bedwetting alarm an effective treatment for nocturnal enuresis in young children?

Make sure your research question is specific and that it is a question and not a statement.
Is the use of a bedwetting alarm an effective treatment for nocturnal enuresis in young children?

<table>
<thead>
<tr>
<th>Question parts/concepts</th>
<th>5 year old child suffering from Nocturnal Enuresis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>5 year old child suffering from Nocturnal Enuresis</td>
</tr>
<tr>
<td>Intervention</td>
<td>Bed wetting alarm</td>
</tr>
<tr>
<td>Comparison</td>
<td>Medications such as Desmopressin or Arginine</td>
</tr>
<tr>
<td></td>
<td>vasopressin</td>
</tr>
<tr>
<td>Outcome</td>
<td>No bed wetting</td>
</tr>
</tbody>
</table>

The **PICO Search Strategy** Worksheet can help when designing an effective search strategy.
### Search Terms: Keywords/ alternative terms

<table>
<thead>
<tr>
<th>Question parts (concepts)</th>
<th>Search terms</th>
</tr>
</thead>
<tbody>
<tr>
<td>P 5 year old child suffering from Nocturnal Enuresis</td>
<td>Child/ infant Nocturnal enuresis</td>
</tr>
<tr>
<td>I Bed wetting alarm</td>
<td>Bed wetting alarm Bedwetting alarm</td>
</tr>
<tr>
<td>C Medications such as Desmopressin or Arginine vasopressin</td>
<td>Not required due to Sam’s mothers concerns about the use of drugs</td>
</tr>
<tr>
<td>O No bed wetting</td>
<td></td>
</tr>
</tbody>
</table>

**How do you find alternative terms and synonyms?**
How to find alternative search terms

The description tab in a record in ECU Worldsearch can provide possible alternative search terms (keywords/alternative terms).
How to find alternative search terms

The Subjects listed in an article sourced from a Database can also provide possible search terms (keywords/alternative terms).

Efficacy of the bell and pad alarm therapy for nocturnal enuresis.

Authors: Gim CS; Lillystone D; Caldwell PH
Affiliation: The Children’s Hospital at Westmead, Westmead, New South Wales, Australia.
Source: *Journal of Paediatrics & Child Health* (J PAEDIATR CHILD HEALTH), Jul 2009, 45(7/8): 405-408. (4p)
Publication Type: Journal Article
Language: English

**Major Subjects:** Behavior Therapy -- Equipment and Supplies; Enuresis -- Prevention and Control

**Minor Subjects:** Vasopressins -- Therapeutic Use; Behavior Therapy -- Methods; Child; Child, Preschool; Combined Modality Therapy; Conditioning (Psychology); Desmopressin -- Therapy

Journal Subset: Australia & New Zealand; Biomedical; Blind Peer Reviewed; Editorial Board Reviewed; Expert Peer Reviewed
Special Interest: Pediatric Care
ISSN: 1034-4810
MEDLINE Info: PMID: 19712175 NLM UID: 9005421
Entry Date: 20100115
**Smart searching**

**Quotation marks** around a phrase: 
“Heart attack”

**Truncation** to find different endings for a word: 
Nurs* will find Nurse, Nurses, Nursing, Nursed

**Australian v. American spelling**
behavi*r will find Behaviour, Behavior

**Connectors**: AND, OR, NOT
AND to combine terms: 
Nurse AND “Patient education”

OR between similar terms
Origin OR History OR Development

More information on [Getting Started](#) in the Nursing Library Guide
<table>
<thead>
<tr>
<th>Patient Problem/Population</th>
<th>Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Nocturnal Enuresis”</td>
<td>“Bedwetting alarm*”</td>
</tr>
<tr>
<td>Enuresis</td>
<td>“Bed wetting alarm*”</td>
</tr>
<tr>
<td>“Bed wetting”</td>
<td>“Buzzer alarm*”</td>
</tr>
<tr>
<td>Bedwetting</td>
<td>“Enuresis alarm*”</td>
</tr>
<tr>
<td>“Urinary incontinence”</td>
<td>“Behavi<em>r therap</em>”</td>
</tr>
</tbody>
</table>

A potential search strategy:

(“nocturnal enuresis” OR enuresis OR “bed wetting” OR “urinary incontinence”)
AND
(“bed wetting alarm*” OR “buzzer alarm*” OR “enuresis alarm*” OR “behavi*r therap*”)
Databases and Evidence-based Practice

Identify and use databases that cover the topic area.

**Significant Health Science Databases:**
- CINAHL
- MEDLINE

**Specific evidence-based health Databases:**
- THE JOANNA BRIGGS INSTITUTE
- Cochrane Library
- PsycINFO
- BMJ Best Practice
How do you access these Databases?

Access these databases from the Nursing Library Guides or from the Library website homepage.
Conducting the Search - CINAHL

Search results: 16
Refine by Academic Journal: 14
Date range – last 10 years: 7
English language: N/A as the 7 results are in English language.

(N.B. that the SNM Assignment Guidelines often state 5 years or less)
In addition to the common filters available, CINAHL also includes the ability to refine search results by information type – such as specific evidence-based information.

REMEmBER: MEDLINE and PsycInfo are also hosted by EBSCOhost and are therefore searched in the same way as CINAHL.
JBI search

Access this database the same way as you accessed CINAHL

The JBI Database contains systematic reviews, Evidence Summaries, Evidence Based Recommended Practices, Consumer Information Sheets, Systematic Review Protocol and Technical Reports. It is a small database with only 3000 records.

Note: Keep the search strategy simple because of the limited number of records held in this database.

Click on the Muti-field search link to search similar to CINAHL.
The number of search results are listed above the search fields with the actual search results listed below the search fields.

Search results: 5
No limits used due to small number of results.
Types of information retrieved: Evidence summaries, Customer Information Sheets and systematic reviews – all forms of evidence-based information.
Accessing JBI search results

Note: Evidence-based summaries are great because they provide a list of references for the particular topic that can then be followed up on.

1. View By
2. Print | Email | Export | + My Projects | Keep Selected
3. JBI Database PDF | JBI Topic Request

Click on the title link to access the information.

There is a short video on how to use the JBI Database in the Database/Journals Tab of the Nursing Library Guide.
The Cochrane Library contains high quality, independent evidence. It includes reliable evidence from Cochrane and a group of 6 affiliated databases. In addition to systematic reviews it also includes clinical trials, method studies and more.

Note: Again keep the search strategy simple because of the highly specialized records in this database.
Searching in The Cochrane Library

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Click on the search results number and view the number of results per information type.
Refining the search results in the Cochrane Library

Click on this box to view or set limits
Accessing search results in Cochrane

**Cochrane Database of Systematic Reviews**

*Alarm interventions for nocturnal enuresis in children*

- **Authors:** Cathryn MA Glazener, Jonathan HC Evans, Rachel E Peto
- **First published:** 20 April 2005
- **Editorial Group:** Cochrane Incontinence Group
- **DOI:** 10.1002/14651858.CD002911.pub2
- **Cited by:** 9 articles

**Abstract**

**Background**
1. Read the title of the article
2. Read the abstract – relevant?
3. Add to the folder
4. Click on Folder View: and select full articles to read in full
Manage resources: Save from a database

- Click on the PDF to print.
- Select email to save.
- You can select citation format. Use the drop down to select APA style.
- Check that the reference is correct.
Some useful links

- Evaluating resources using the 4 R’s: https://ecu.au.libguides.com/ld.php?content_id=20657907
- Academic Skills in Nursing and Midwifery Online Modules: https://ecu.au.libguides.com/academic-skills-in-nursing-and-midwifery