Finding Evidence-Based Information

BMJ Best Practice
Your instant second opinion

SNM Librarian: Lisa Webb
Assignment 1

Choose one of the following answerable questions:

Question 1:-
**What is the effect of family caregivers’ health literacy on functional health status in elderly people?**

Question 2:-
**What are the factors that affect family caregivers’ health literacy in elderly people?**

- Critically justify the application of the EBP process in a practice situation and the rationale for why a nurse would need to know the answer to the chosen question.

- In your justification, consider the following:
  > support your discussion with current literature (in-text references) on EBP
  > think about health and safety and clinical practice
  > remember at this point you are not answering the question, you are just informing the reader of the importance of answering the question for clinical practice.
Assignment 1

- Breakdown the chosen answerable question into its elements using PICO/PICO/PIO format as guidance.
- Develop a search strategy to then systematically search the relevant nursing databases for articles to answer your answerable question.
- Report your systematic search narratively. You can support your narrative report with a table- a logic grid of search terms will be good idea.
- Refer to the unit material (Week 2) to ensure that your report covers all elements of the systematic search (keywords, alternative keywords, databases, limits, hits).
- Make sure that you narrow your search to 10 articles that are relevant to your answerable question.
- In your report, it is required to outline how you narrowed your search.
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?

The PICO Search Strategy Worksheet can help when designing an effective search strategy.

Make sure your research question is specific and that it is a question and not a statement.
Using PICO/PICo/PIO

- Use the PICO search strategy worksheet available in the library guide: Getting Started tab
- Decide which framework you are going to use.

- **PICO**
  - Population, Intervention, Comparison, Outcome

- **PICo**
  - Population, Phenomenon of Interest, Context

- **PIO**
  - Population, Intervention, Outcome
### 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>
Finding alternative terms

- Alternative terms can be found in the subjects of books and articles.
- You can use a thesaurus to find related terms.
- Search Google Scholar.
Search Strategy

• Find your keywords
• Find some related/alternative terms
• Use the search tips,
  ▪ Phrase- “health literacy”
  ▪ Truncation- Nurs*
  ▪ Connectors- AND/OR

“Evidence based practice” AND Nurs*
Elderly OR Older
Searching for EBP

- Find useful readings on your reading list
- Search for articles on ECU Worldsearch and the Nursing/ Midwifery databases
- Use the filters to narrow your search
  - ECU
  - Last 7 years
  - Peer-reviewed articles
PICO logic grid
You could use a logic grid like this to show your search strategy in your assignment.

<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*”)

Search using MEDLINE or CINAHL

An example of a search.
Place all related/ alternative terms in one field using the connector OR.
Join different terms with AND.
EBP Databases

These databases contain specific evidence based practice information.

JBI
• Systematic reviews
• Evidence summaries
• Recommended practices

This is a niche database, so keep your search simple.
Nursing & Midwifery databases

Use the ‘how to’ guides and tip sheets for each database. This will help you get the best results.
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.
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.
Referencing APA7

Library Referencing Guide
http://ecu.au.libguides.com/referencing

- Provides examples and explanations.
- Quick guide for printing.
- Referencing workshops are available.

Nursing Specific Reference examples
Useful links

Nursing & Midwifery Library Guides: https://ecu.au.libguides.com/nursing-midwifery

Referencing Library Guide: https://ecu.au.libguides.com/referencing


Study Essentials: https://ecu.au.libguides.com/study-essentials/home

Contact the Library: library@ecu.edu.au