**EVIDENCE-BASED MEDICINE RESOURCE GUIDE**

All resources can be accessed in the GW Hospital and on campus from the e-databases page on the Himmelfarb Library website [www.gwumc.edu/library](http://www.gwumc.edu/library) and from off-campus when you are logged in via ALADIN or the VPN.

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<tr>
<th>Resource</th>
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<tr>
<td>Essential Evidence Plus</td>
<td>Search for POEM’s (Patient Oriented Evidence that Matters) which, similarly to ACP journal club, start with a focused clinical question, then provides a citation and abstract for ONE article that precisely answers the question, and a description of how the knowledge might be applied. A great resource.</td>
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<tr>
<td>Clinical Evidence</td>
<td>Asks and answers treatment questions. It summarizes the current state of knowledge and any uncertainty about the prevention and treatment of clinical conditions based on systematic reviews</td>
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<tr>
<td>Clinical Key</td>
<td>Clinical Information tool that searches extensive full text holdings for clinical answers in journal articles, books, and multimedia. Content includes journals, books, practice guidelines, patient education, drug information, and multimedia.</td>
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Read **reviews** articles for the systematic analysis of all clinical trials on particular topic.

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<td>EBM Reviews</td>
<td>A database allowing simultaneous searching of the Cochrane Database of Systematic Reviews, ACP Journal Club, and the Database of Abstracts of Reviews of Effectiveness (DARE). These last two contain summaries of review articles with comment on the context, methods, and clinical applications of their findings.</td>
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Consult practice **guidelines** which are systematically developed recommendations from professional associations, government agencies, and health care organizations.

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<td>National Guideline Clearinghouse</td>
<td>The index of practice guidelines that have been developed or updated in the last 5 years.</td>
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<tr>
<td>MEDLINE</td>
<td>Limit your search to Practice Guideline as a Publication Type.</td>
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*The Himmelfarb Health Sciences Library*

Questions? *[Ask us](mailto:AskUs@himmelfarbgwu.edu)*

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Search the published medical literature using PubMed

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<td>PubMed</td>
<td>The Clinical Queries page enables you to search MEDLINE to find citations that correspond to a specific clinical study category, etiology, diagnosis, therapy, prognosis. Use the EBM/Clinical reviews filters on the right to identify reviews and guidelines. Useful publication types to use as limits include consensus development conference, practice guideline, randomized controlled trials, and controlled clinical trials.</td>
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**Questions?** Contact the Reference team at the Himmelfarb Library  
Tel: 202-994-2850  E-mail: himmelfarb@gwu.edu
What is EBM?
“Evidence-based medicine is the conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients. The practice of evidence-based medicine means integrating individual clinical expertise with the best available external clinical evidence from systematic research.” -- David Sackett


Characteristics of EBM

Evidence
– Current
– Systematic research
– Less reliance on expert opinion

Individual patient
– Find as needed
– Narrow question
– Integrate with clinical expertise

How is EBM different?

Additional analysis
– Coordinates results of multiple clinical trials
– Analyzes results of clinical trials for design and/or applicability of research

Full-text sources
Answers focused questions
– Does x work better than y?

Systematic Research
Publication Types (limit search to):
• controlled clinical trials
• multi-center studies
• meta analysis
• practice guidelines
• randomized controlled trials

Individualize question to patient
Common Limits (limit search to):
• age group
• gender
Well-Structured Clinical Questions

P Problem
  Individual patient problem or characteristic

I Intervention
  Main intervention studied

C Comparison (if any)
  Comparative interventions

O Outcomes
  Accomplishments, measures, improvements

Example

What produces the best outcome when treating a 55-year-old patient with a myocardial infarction – angioplasty or thrombolytic therapy?