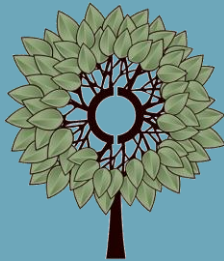


Knowing what to ask. Knowing where to look.



CCC-OCA & CCRF
webinar series
Module 3
April 19, 2011
Eileen Vilis



Overview

1. The Cochrane Library
2. Defining a client problem & formulating the question
3. Searching *The Cochrane Library*
4. Other Cochrane Library Resources



The Cochrane Library

*"Every day someone, somewhere
searches*

*The Cochrane Library **every second**,
reads an abstract **every two seconds**
and
downloads a full-text article **every three
seconds.**"*

The Cochrane Library usage data 2009



Cochrane Library

**Cochrane Library is a great resource for high
quality evidence to use in practice**

Includes:

- Cochrane Review abstracts & full-text
- more than Cochrane Reviews
- six other databases that provide excellent, high quality information
- health technology assessments & economic evaluations



Cochrane Library; Issue 3, 2011

Cochrane Reviews	6581 reviews* (*4574 reviews, 2006 protocols)
Other reviews	14018
Clinical trials	641406
Methodology studies	14095
Health technology assessments	9393
Economic evaluations	29219



Browsing the Cochrane Library

Can Browse the Cochrane Reviews by:

- **Topic** – Broad subject areas with narrower subtopics
- **New Reviews and Updated Reviews**
- **A-Z Listings**
- **Review Group** – Most useful for looking at reviews that have been undertaken by Review Groups



Cochrane Library - 6 databases

1. Database of Systematic Reviews (Cochrane Reviews)

- 6,544 reviews

2. Database of Abstracts of Reviews of Effects (DARE)

- 14,018 reviews
- Abstracts of systematic reviews (other than Cochrane) that have been quality-assessed. Each abstract includes a summary of the review together with a critical commentary about the overall quality.

3. Central Register of Controlled Trials (Central)

- 641,406 trials
- Details of published articles taken from bibliographic databases (notably MEDLINE and EMBASE), and other published and unpublished sources.



Cochrane Library: 6 databases

4. Cochrane Methodology Register

- 14,095 Articles
- Contains studies of methods used in reviews and more general methodological studies which could be relevant to anyone preparing systematic reviews.

5. Health Technology Assessment Database

- 9,393 HTAs
- Details of completed and ongoing health technology assessments (studies of the medical, social, ethical and economic implications of healthcare interventions) from around the world.

6. NHS Economic Evaluation Database

- 29,219 Evaluations
- Identifies economic evaluations from around the world, appraises their quality and highlights their relative strengths and weaknesses.



Example

Mr. Ives had a minor car accident recently and still is complains of having a stiff, sore neck and headaches in spite of his neck x-ray being “normal”. He is wondering whether neck exercises would reduce his symptoms.

What question might be asked?

8



Questions

- Do neck exercises work?
- What treatments help neck pain and headache?
- Are there any side effects?

9



2. Defining the question

4. Evaluate the effects of your decision
3. Decide whether, and how to use this information
2. Search and critically appraise relevant information
1. Precisely define a client problem

10



Developing a PICO statement

- **P**opulation and condition
- **I**nterventions
- **C**omparisons
- **O**utcomes

11



Example - Neck pain & headache after car accident

- **P**opulation – men with neck pain and headache secondary to a car accident
- **I**ntervention – neck exercise
- **C**omparator – no treatment?
- **O**utcome – reduced neck pain and headache

12



Formulate a question

- ✗ Do neck exercises reduce neck pain & headache?
- ✓ Do neck exercises daily reduce neck pain and headache in 40 year old men having whiplash?
- ✓ Are neck exercises effective in reducing pain and headache associated with men having whiplash?

Do neck exercises produce any side effects?

13



Why develop a search strategy?

- A well formulated question makes it easier to search for evidence
- Strategy will be based on controlled vocabulary and key words
- Developing a list of key terms , synonyms to create a search strategy

14



Searching for the evidence

1. Precisely define a client problem
2. Search and critically appraise relevant information
3. Decide whether, and how to use this information
4. Evaluate the effects of your decision

15



Poll

Has anyone ever searched the Cochrane Library?

- ☐ YES
- ☐ NO



16



Search *The Cochrane Library*

1. Using the PICO question, identify keywords
2. Using keywords, search The Cochrane Library
3. What do we find?



17



Home - The Cochrane Library

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Issue 4 of 12, Apr 2011

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- Child health (1247)
- Consumer & communication strategies (38)
- Dentistry & oral health (114)
- Developmental, psychosocial, & learning problems (80)

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- Cochrane Evidence Aid: resources for earthquakes
- Cochrane Evidence Aid: resources for flooding and poor water sanitation
- Cochrane Evidence Aid: resources for post-traumatic stress disorder following natural disasters

EDITORIAL

Incentives for promoting smoking cessation: what we still do not know

In a newly updated Cochrane Review, Cahill and Perera summarise the effectiveness of incentives for smoking cessation. Their disappointing conclusion is that while there is some evidence that incentives work in the short term, the effects generally dissipate, and there is still insufficient evidence

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There are 2 results out of 6602 records for: "exercise for neck pain and headache from whiplash in Title, Abstract or Keywords in Cochrane Database of Systematic Reviews"

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View: 1-2

[Export All Results](#)

Record Information		Issue: Current All	Restrict to: Reviews Protocols	Sort by: Record Title Match % Date
<input type="checkbox"/>	<p>Exercises for mechanical neck disorders Theresa M Kay, Anita Gross, Charles H Goldsmith, Jan L Hoving, Gert Brantfort October 2009 Review</p>			
<input type="checkbox"/>	<p>Electrotherapy for neck pain Peter Kroeling, Anita Gross, Charles H Goldsmith, Stephen J Burnie, Ted Haines, Nadine Graham, Aron Brant February 2011 Review</p>			

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[Intervention Review]
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• [Standard](#) (697 K)
• [Full](#) (989 K)

• [Abstract](#)
• [Plain language summary](#)

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• [Methods](#)

[Intervention Review]
Exercises for mechanical neck disorders

Theresa M Kay¹, Amita Gross², Charles H Goldsmith³, Jan L Hoving⁴, Gert Bronfort⁵

¹Clinical Programs and Collaborative Practice, Baycrest - Geriatric Health Care System, Toronto, Canada. ²School of Rehabilitation Science & Dept Clinical Epidemiology and Biostatistics, McMaster University, Hamilton, Canada. ³Department of Clinical Epidemiology & Biostatistics, McMaster University, Hamilton, Canada. ⁴Coronel Institute of Occupational Health, Academic Medical Center, Universiteit van Amsterdam, Amsterdam, Netherlands. ⁵Wolfe-Harris Center for Clinical Studies, Northwestern Health Sciences University, Bloomington, MN, USA

Contact address: Theresa M Kay, Clinical Programs and Collaborative Practice, Baycrest - Geriatric Health Care System, 3560 Bathurst Street, Room 283, Brain Health Centre, Toronto, ON, M6A 2E1, Canada. tkay@baycrest.org

Editorial group: [Cochrane Back Group](#)

Publication status and date: Edited (no change to conclusions), published in Issue 4, 2009.
Review content assessed as up-to-date: 29 February 2004.

Citation: Kay TM, Gross A, Goldsmith CH, Hoving JL, Bronfort G. Exercises for mechanical neck disorders. *Cochrane Database of Systematic Reviews* 2005, Issue 3. Art. No.: CD004250. DOI: 10.1002/14651858.CD004250.pub3.

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• [Methods](#)

range-of-motion exercises or a home exercise program for acute mechanical neck disorder including whiplash associated disorder. There is limited evidence that an eye-fixation program is beneficial for chronic mechanical neck disorder in the short term but not in the long term. There is unclear evidence of benefit for a stretching and strengthening program in chronic mechanical neck disorder. There is strong evidence of benefit favouring a multimodal care approach of exercise combined with mobilisations or manipulations for subacute and chronic MND with or with headache in the short and long term.

Authors' conclusions
The evidence summarised in this systematic review indicates that there is a role for exercises in the treatment of acute and chronic mechanical neck disorder and neck disorder plus headache. Exercise for neck disorders with radicular findings is not assessed. The relative benefit of each type of exercise needs extensive research. Phase II trials would help identify the most effective treatment characteristics and dosages.

Plain language summary

Exercises for mechanical neck disorders
Neck pain is common, it limits function and is costly. Exercise therapy is a widely used treatment for neck pain. There appears to be a role for exercises in the treatment of neck pain. There is limited evidence of benefit for strengthening, stretching and strengthening or eye-fixation exercises for neck disorder with headache. There is limited evidence of benefit for active range-of-motion exercises or a home exercise program for acute mechanical neck disorder including whiplash associated disorder. There is limited evidence that an eye-fixation program is beneficial for chronic mechanical neck disorder. There is unclear evidence of benefit for a stretching and strengthening program in chronic mechanical neck disorder. The relative benefit of different exercise approaches is unclear.

Cochrane - 3 Ways to Search

- **Quick Search** – good for one or two term search
- **Advanced Search** – more complex questions with multiple terms
- **PubMed Search** – Cochrane Reviews are indexed in PubMed



Quick Search

Are exercises effective in reducing neck pain?

- You need an overview of a topic
- Have not necessarily framed in the PICO format
- Scanning to see what is available



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There are 9 results out of 6602 records for: "exercises for neck pain in Title, Abstract or Keywords in Cochrane Database of Systematic Reviews"

View: 1-9 [Save Search](#) [Edit Search](#)

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Record Information Issue: [Current](#) | [All](#) Restrict to: [Reviews](#) | [Protocols](#) Sort by: [Record Title](#) | [Match %](#) | [Date](#)

<input type="checkbox"/>	Exercises for mechanical neck disorders Theresa M Kay, Anita Gross, Charles H Goldsmith, Jan L Hoving, Gert Brantfort October 2009 Review
<input type="checkbox"/>	Electrotherapy for neck pain Peter Kroelting, Anita Gross, Charles H Goldsmith, Stephen J Burnie, Ted Haines, Nadine Graham, Aron Brant February 2011 Review
<input type="checkbox"/>	Patient education for neck pain with or without radiculopathy Ted Haines, Anita Gross, Stephen J Burnie, Charles H Goldsmith, Lenora Perry February 2011 Review
<input type="checkbox"/>	Physical conditioning programs for improving work outcomes in workers with back pain Frederieke Schaafsma, Eva Schonstein, Karyn M Whelan, Erik Ulvestad, Dianna Theadora Kenny, Jos H Verbeek February 2011 Review

Quick Search

- Use simple **keywords**:
exercise and neck pain



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Show Results in:
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There are 338 results out of 6602 records for: "exercise in Title, Abstract or Keywords in Cochrane Database of Systematic Reviews"

View: 1-25 | [26-50](#) | [51-75](#) | [76-100](#) | [101-125](#) | [Next >](#)

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Record Information Issue: [Current](#) | [All](#) Restrict to: [Reviews](#) | [Protocols](#) Sort by: [Record Title](#) | [Match %](#) | [Date](#)

<input type="checkbox"/>	Physiotherapy interventions for ankylosing spondylitis Hanne Dagfinrud, Kåre Birger Hagen, Tore K Kvien April 2009 Review
<input type="checkbox"/>	Progressive resistive exercise interventions for adults living with HIV/AIDS Kelly O'Brien, Stephanie Nixon, Richard Glazier, Anne-Marie Tynan January 2009 Review
<input type="checkbox"/>	Exercise for treating fibromyalgia syndrome Angela J Busch, Karen A.R. Barber, Tom J Overend, Paul Michael J Peloso, Candice L Schachtler October 2008 Review
<input type="checkbox"/>	Exercise interventions for upper-limb dysfunction due to breast cancer treatment Margaret L McNeely, Kristin Campbell, Maria Ospina, Brian H Rowe, Kelly Dabbs, Terry P Klassen, John Mackey, Kerry Courneya June 2010 Review

Search Results

- Cochrane Reviews appear first. They are full-text
- Move along the folders at the top to see Other Reviews, Clinical Trials, Technology Assessments, and Economic Evaluations
- References appearing in the other databases are not full-text
- Can sometimes locate using Google Scholar. Alternatively obtain from a library



Quick Search

- Use simple **keywords** – **exercise and neck pain**
- Alternatively, search a **phrase** using quotation marks - **“neck pain”**
- Apply **fields** using the drop-down menu.
 - **Title, Abstract, or Keywords** - searches for terms in titles, abstracts or keywords
 - **Search All Text** – searches all text



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Advanced Search | **Title, Abstract or Keyw** | Search All Text | Record Title | Author | Abstract | **Keywords** | Title, Abstract or Keyword | Tables | Publication Type | Source | DOI

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There are 9 results out of 6602 records for: "exercises for neck pain in Title, Abstract or Keywords in Cochrane Database of Systematic Reviews"

View: 1-9 Export All Results

Record Information Issue: Current | All Restrict to: Reviews | Protocols Sort by: Record Title | Match % | Date

<input type="checkbox"/>	Exercises for mechanical neck disorders Theresa M Kay, Anita Gross, Charles H Goldsmith, Jan L Hoving, Gert Brantfort October 2009 Review
<input type="checkbox"/>	Electrotherapy for neck pain Peter Kroeling, Anita Gross, Charles H Goldsmith, Stephen J Burnie, Ted Haines, Nadine Graham, Aron Brant February 2011 Review
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<input type="checkbox"/>	Physical conditioning programs for improving work outcomes in workers with back pain Frederieke Schaafsma, Eva Schonstein, Karyn M Whelan, Erik Ulvestad, Dianna Theadora Kenny, Jos H Verbeek February 2011 Review
<input type="checkbox"/>	Massage for mechanical neck disorders Bodhi Haraldsson, Anita Gross, Cynthia D. Myers, Jeanette Ezzo, Annie Morien, Charles H Goldsmith, Paul Michael J Peloso, Gert Brantfort, Cervical Overview Group February 2011 Review
<input type="checkbox"/>	Physical medicine modalities for mechanical neck disorders Anita Gross, Peter Aker, Charles H Goldsmith, Paul Michael J Peloso July 2005 Review

Clients might ask; reviews answer

- What is my risk of disease?
- How can I reduce my risk of disease?
- When should I access health care services?
- **How accurate are the diagnostic tests?**
- **What treatment options do I have?**
- **What are the benefits and harms of different treatment options?**
- What is my prognosis?

30



Advanced Search

Many of your middle-aged clients have low back pain and they have been asking whether one treatment type or a combination of treatments is more effective in reducing lower back pain.



PICO

P – low back pain in middle-aged adults

I – lumbosacral spine adjustment/manipulation

C - + 1 or more Rx with massage, exercise, ice packs,
drop-table adjustments

O – reduced pain & disability

32



Poll Question

Have any of you used
Boolean Operators
during a search?

33



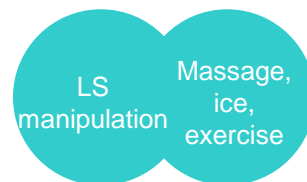
Advanced Search

- Click on **Advanced Search** under the Basic Search box
- Permits combination of multiple concepts
- Pull down boxes in front of the text boxes can be used to relate the terms using the AND, OR, NOT operators

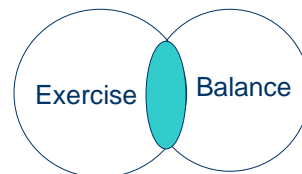


Using Boolean Operators

- Use **OR** to gather **LIKE** concepts together
e.g. Manipulation **or** massage **or** ice **or** exercise
- Use **AND** to gather **DIFFERENT** concepts together
e.g. Exercise **AND** Balance



Broadens



Narrows



Advanced Search

- Pull down boxes following the text box can be used to limit the search to specific fields (e.g. Author; All Text; Abstract, Keyword Title)
- The **Restrict Search by Product** section can be used to limit the search to a specific Cochrane Library database(s) (e.g. Cochrane Reviews, Other Reviews, Clinical Trials)



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Combine concepts using pull-down menus

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Enter search term Title, Abstract or Keyw Go
Advanced Search | MeSH Search | Search History | Saved Searches

Advanced Search | MeSH Search | Search History | Saved Searches
Enter a term below and click Search to continue.

Search For: In:
To search using field labels (e.g. heart.t) use the Search History page.

Enter search term 1 Search All Text
AND Enter search term 2 Record Title
AND Enter search term 3 Author
AND Enter search term 4 Abstract
AND Enter search term 5 Keywords

Search Go directly to Search History

Restrict Search by Product

☒ All of The Cochrane Library
☐ Cochrane Database of Systematic Reviews (Cochrane Reviews)
☐ Database of Abstracts of Reviews of Effects (Other Reviews)
☐ Cochrane Central Register of Controlled Trials (Clinical Trials)
☐ Cochrane Methodology Register (Methods Studies)
☐ Health Technology Assessment Database (Technology Assessments)

Click on Advanced Search under the basic search box to start

Change pull-down menus to search in different ways

Limit to various Cochrane Library database(s)

parentheses to separate components when entering complex search directly in text box with mixed Boolean operators.
Example: (colchicine AND liver) AND (fibrosis OR cirrhosis)

Tip No. 2:
The AND operator is used by default between search terms. The string brain stem will match records where both words are included in any order or proximity. Search for exact phrases by enclosing a string in quotation marks.
Example: "clodronate therapy" matches that

http://online.library.wiley.com/doi/cochrane/cochrane_search_fs.html?newSearch=true - Windows Internet Explorer

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Advanced Search | MeSH Search | Search History | Saved Searches
Enter a term below and click Search to continue.

Search For:
To search using field labels (e.g. heart(t)) use the [Search History](#) page.

low back pain

AND ▾ lumbosacral manipulation Search All Text
AND ▾ ice packs Record Title
AND ▾ exercise Author
AND ▾ massage Abstract
Keywords

☐ Go directly to Search History

Restrict Search by Product
☒ All of The Cochrane Library
☐ Cochrane Database of Systematic Reviews (Cochrane Reviews)
☐ Database of Abstracts of Reviews of Effects (Other Reviews)
☐ Cochrane Central Register of Controlled Trials (Clinical Trials)
☐ Cochrane Methodology Register (Methods Studies)
☐ Health Technology Assessment Database (Technology Assessments)


SEARCH TIPS
Tip No. 1: Boolean operators AND, OR, and NOT can be selected from the pulldown selection boxes or entered directly within the search text boxes. Use parentheses to separate components when entering complex search terms in text box with mixed Boolean operators. Example: (cochicine AND iver) AND (fibrosis OR cirrhosis)
Tip No. 2: The AND operator is used by default between search terms. The string brain stem will match records where both words are included in any order or proximity. Search for exact phrases by enclosing a string in quotation marks. Example: "iodinated therapy" matches that

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Advanced Search - Tips

- To search an exact phrase use quotation marks
 - “chiropractic”
- To search words near each other use NEAR/n
 - spinal NEAR/5 manipulation
matches spinal within 5 words of manipulation
- Use an asterisk to search variant endings
 - Therap*
matches therapies, therapy, therapeutics, etc.





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View: 1-22

Record Information Issue: [Current](#) | [All](#) Restrict to: [Reviews](#) | [Protocols](#) Sort by: [Record Title](#) | [Match %](#) | [Date](#)

<input type="checkbox"/>	Acupuncture and dry-needling for low back pain Andrea D Furlan, Maurits W van Tulder, Dan Chertkin, Hiroshi Tsukayama, Living Lao, Bart W Koes, Brian M Berman February 2011 Review
<input type="checkbox"/>	Back schools for non-specific low-back pain Martijn W Heymans, Maurits W van Tulder, Rosmin Esmail, Claire Bombardier, Bart W Koes February 2011 Review
<input type="checkbox"/>	Combined chiropractic interventions for low-back pain Bruce F Walker, Simon D French, William Grant, Sally Green February 2011 Review
<input type="checkbox"/>	Conservative interventions for treating work-related complaints of the arm, neck or shoulder in adults Arianne P Verhagen, Sita MA Bierma-Zeinstra, Alex Burdorf, Siobhán M Stynes, Henrica CW de Vet, Bart W Koes October 2010

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Cochrane Evidence Aid: resources for flooding and poor water sanitation



Cochrane Evidence Aid: resources for post-traumatic stress disorder following natural disasters

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EDITORIAL

Incentives for promoting smoking cessation: what we still do not know



In a newly updated Cochrane Review, Cahill and Perera summarise the effectiveness of incentives for smoking cessation. Their disappointing conclusion is that while there is some evidence that incentives work in the short term, the effects generally dissipate, and there is still insufficient evidence to recommend their adoption into routine practice. Much therefore remains to be discovered, but what are the particular questions that this review highlights?



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EDITORIAL

Incentives for promoting smoking cessation: what we still do not know



In a newly updated Cochrane Review, Cahill and Perera summarise the effectiveness of incentives for smoking cessation. Their disappointing conclusion is that while there is some evidence that incentives work in the short term, the effects generally dissipate, and there is still insufficient evidence to recommend their adoption into routine practice. Much therefore remains to be discovered, but what are the particular questions that this review highlights?



The screenshot shows the Cochrane Central Register of Controlled Trials (CENTRAL) website. On the left, there is a sidebar with a list of medical topics and their corresponding number of reviews: Anaesthesia & pain control (162), Blood disorders (99), Cancer (340), Child health (1247), Consumer & communication strategies (38), Dentistry & oral health (114), Developmental, psychosocial, & learning problems (80), and an 'Expand' button. Below this is a link to 'Other Browse Options'. The main content area is titled 'COCHRANE CENTRAL REGISTER OF CONTROLLED TRIALS (CENTRAL)' and includes a search bar and a list of resources. A red circle highlights the link 'All Cochrane Library databases'. Other links include 'Methods Studies', 'Technology Assessments', 'Economic Evaluations', and 'Cochrane Groups'. On the right, there are sections for 'earthquakes', 'we still do not know', and 'Highlighted New and Updated Cochrane Reviews'. The 'Highlighted New and Updated Cochrane Reviews' section lists several reviews, including 'Antifibrinolytic drugs for acute traumatic injury', 'Community wide interventions for increasing physical activity', 'Interventions for encouraging sexual lifestyles and behaviours intended to prevent cervical cancer', and 'Randomisation to protect against selection bias in healthcare trials'. At the bottom right, there are icons for 'Journal Club Article' and 'Podcast Available'.

Cochrane Resources

- **The Cochrane Collaboration**
www.cochrane.org
- **Canadian Cochrane Centre (Cochrane Canada)**
www.ccc.cochrane.org
- **The Cochrane Library**
www.thecochranelibrary.com



Questions?

Comments?



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