# Chapter 4 Evidence based health care – questions

Self assessment

Question 1 of 5

Which is the most suitable way of answering a question relating to the effectiveness of an intervention?

1. Case control study
2. Dramatic uncontrolled experiment
3. Report of an expert committee
4. Randomised controlled trial
5. A well-conducted cohort study Question 2 of 5

Which is the most suitable study design to address the question ‘What leads to inappropriate use of medicines in older patients’?

1. Case series
2. Case control study
3. Cohort study
4. Qualitative study
5. None of the above Question 3 of 5

Which of the following resources is an example of a secondary source of evidence?

1. Journal articles
2. Narrative reviews
3. Cochrane database
4. World Wide Web
5. None of the above Question 4 of 5

Which of the following sources can be considered 'grey literature'?

1. Medicine
2. Cochrane database
3. Conference abstracts
4. Critically appraised topics
5. None of the above

Question 5 of 5

The statistical combination of separate but similar study results to provide a pooled summary estimate is called a:

1. Narrative review
2. Systematic review
3. Evidence synthesis
4. Meta-analysis
5. None of the above Short answer questions

Question 1 of 7

Define the term ‘evidence based medicine’. Question 2 of 7

Name the five essential steps in practising evidence based health care. Question 3 of 7

What are the components of the PICO approach to form a focused clinical question? Question 4 of 7

What is the so-called ‘hierarchy of evidence’? Question 5 of 7

What are qualitative studies? Question 6 of 7

What attributes of an innovation encourage people to adopt it more readily? Question 7 of 7

What interventions are shown to change professional behaviour?

Interactive exercise

Access this published systematic review online <http://www.biomedcentral.com/content/pdf/1471-2261-6-43.pdf>

Critically appraise the study using the checklist for systematic review available online at <http://www.casp-uk.net/>

A model answer for the above task: SR-3-Answer.pdf

Access this published randomised controlled trial online <http://www.nejm.org/doi/pdf/10.1056/NEJMoa040573>

Critically appraise the study using the checklist for randomised controlled trials available on line at <http://www.casp-uk.net/>

A model answer for the above task: RCT-3-Answer.pdf

Access this published cohort study online <http://www.internationalbreastfeedingjournal.com/content/pdf/1746-4358-1-24.pdf>

Critically appraise the study using the checklist for cohort study available online at <http://www.casp-uk.net/>

A model answer for the above task Cohort-3-Answer.pdf

# Web resources and further reading

# Click on the links below to access the web resources - links open in a new window

1. **Critical Appraisals** [**https://casp-uk.net/**](https://casp-uk.net/)**Skills Programme**
2. **[University of Cambridge guidance on performing a literature search](https://library.medschl.cam.ac.uk/files/2019/02/Guide-NHS-Lit_search_protocols_protocols_2019.pdf)**
3. [**University College London guide to evaluating information sources**](https://library-guides.ucl.ac.uk/nhs/evaluating)
4. [**Access the PubMed® tutorial to learn how to search PubMed®**](http://www.nlm.nih.gov/bsd/pubmed_tutorial/m1001.html)
5. [**The Cochrane library can be accessed here**](http://www.thecochranelibrary.com/view/0/index.html)
6. [**Turning research into practice – the internet's leading resource for evidence based practice**](http://www.tripdatabase.com/index.html)