# COCHRANE LIBRARY E CLINICAL EVIDENCE: DOVE E COME TROVARE REVISIONI SISTEMATICHE

# 10RI RITA 2008





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- Pubblicazione elettronica aggiornata ogni tre mesi che raccoglie il lavoro della Cochrane Collaboration
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The Cochrane Library contains high-quality, independent evidence to inform healthcare decision-making. It includes reliable evidence from Cochrane and other systematic reviews, clinical trials, and more. Cochrane reviews bring you the combined results of the world's best medical research studies, and are recognised as the gold standard in evidence-based health care.

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97 new reviews, 41 updated reviews, 139 new protocols and 3 updated protocols, including:

Wholegrain cereals for coronary heart disease

Routine abdominal drainage for uncomplicated open cholecystectomy

Cancer genetic risk assessment for individuals at risk of familial breast cancer

Screening for abdominal aortic aneurysm

Effectiveness of brief alcohol interventions in primary care populations

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Converted (4.1000, 2007, leben William & Scope Inc.) If Interference in the Interference in

# COSA TROVO...

- Systematic Reviews su:
  - Treatment
  - Diagnosis and screening
  - Health promotion
  - Organisation of care
- Randomized Controlled trials
- Economic evaluations
- Health Technology Assessment Reports

# **E COSA NON TROVO...**

- Textbook
- Guidelines

# **QUANDO USARE LA COCHRANE LIBRARY?**

# Se il quesito riguarda:

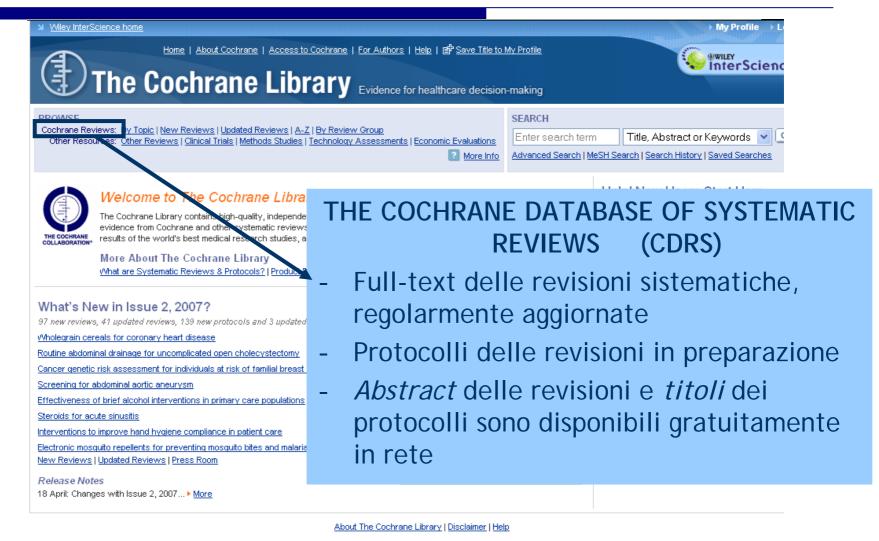
- L'efficacia di un trattamento:
  - Qual è l'efficacia del trattamento x
  - Quale potrebbe essere un trattamento efficace per y
  - Z è efficace nel trattare y
  - Z è meglio di x per trattare y
- Gli effetti collaterali di un trattamento
- Contatti Cochrane chi fa che cosa

# QUANDO NON USARE LA COCHRANE LIBRARY

# Se il quesito riguarda:

- Domande generali di prognosi, epidemiologia, ...
- Statistica (prevalence and incidence)
- Ricerca di base (non RCT)
- Linee Guida

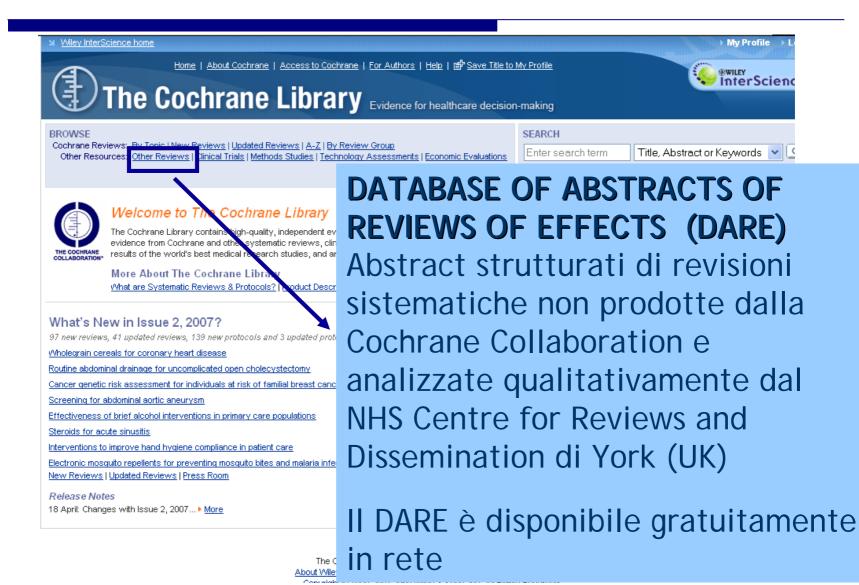
# **GLI ARCHIVI**



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# **GLI ARCHIVI**



# DARE: ESEMPIO

- · Record status
- . Author's objective
- . Type of intervention
- Specific interventions included in the review
- Participants included in the review
- Outcomes assessed in the review
- Study designs of evaluations included in the review
- What sources were searched to identify primary studies?
- Criteria on which the validity (or quality) of studies was assessed
- How were the inclusion criteria applied?
- How were judgements of validity (or quality) made?
- How were the data extracted from primary studies?
- . Number of studies included
- How were the studies combined?
- How were the differences between studies investigated?
- · Results of the review
- Was any cost information reported?
- · Author's conclusions
- CRD commentary
- What are the implications of the review?

[Abstracts of quality assessed systematic reviews]

# Deep vein thrombosis and its prevention in critically ill adults (Structured abstract)

Centre for Reviews and Dissemination

Database of Abstracts of Reviews of Effects 2005 Issue 4 Copyright © 2005 University of York. Published by John Wiley & Sons, Ltd.

Original article: Attia J, Ray J G, Cook D J, Douketis J, Ginsberg J S, Geerts W H. Deep vein thrombosis and its prevention in critically ill a Archives of Internal Medicine 2001; 161(10):1268-1279. Links

<Pr

### Record status

This record is a structured abstract written by CRD reviewers. The original has met a set of quality criteria. Since Septemb 1996 abstracts have been sent to authors for comment. Additional factual information is incorporated into the record. Note (A:....).

### Author's objective

To systematically review the incidence of deep vein thrombosis (DVT) and the efficacy of thromboprophylaxis in critically i adults.

### Type of intervention

Prevention

### Specific interventions included in the review

The authors do not specify a priori the types of DVT prophylactic interventions to be compared. The included studies used prophylaxis, placebo, mechanical devices (pneumatic compression devices, foot pump, graduated compression stockings), dose unfractionated heparin, or low molecular weight heparin (LMWH).

### Participants included in the review

# **GLI ARCHIVI**



# THE COCHRANE CONTROLLED TRIALS REGISTER (CCTR/CENTRAL)

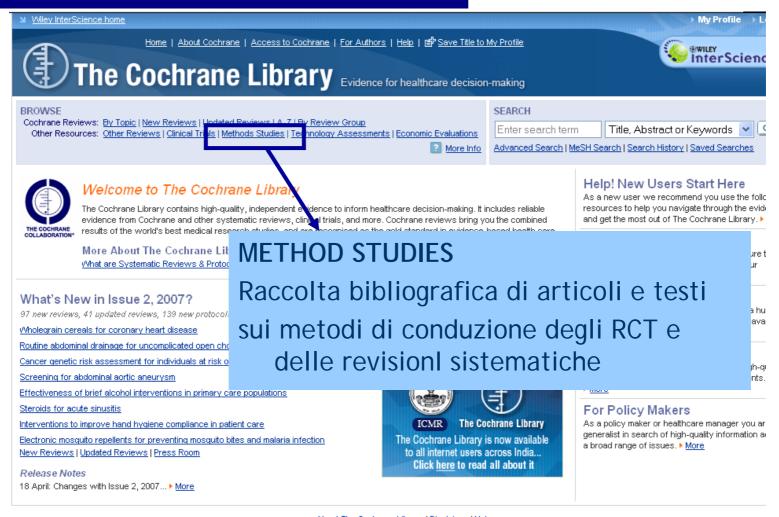
- Registro di tutti i trial clinici identificati dai gruppi di revisione Cochrane allo scopo di preparare il proprio database specializzato.
- Ricerca sulle maggiori banche dati (Medline, Embase, Psychinfo, Cinahl)
- Ricerca manuale (dal 1945 in poi) su riviste, atti di congressi e su molte altre fonti non incluse in Medline o in altre banche dati

# Start Here nend you use the follo igate through the evidie Cochrane Library. > er constant pressure to ite evidence at your nstant access to a hune large volume of avaitself. > More I patients need high-quiveness of treatments. S noare manager you ar n-quality information and More

# **CENTRAL: ESEMPIO**

Title	A randomized trial of low-dose aspirin in the primary prevention of cardiovascular disease in women. Links Export Central Citation		
Comments	Comment in: N Engl J Med. 2005 Mar 31;352(13):1366-8; PMID: 15755763		
Author(s)	Ridker PM, Cook NR, Lee IM, Gordon D, Gaziano JM, Manson JE, Hennekens CH, Buring JE		
Source	The New England journal of medicine		
Date of Publication	2005 Mar		
Volume	352		
Issue	13		
Pages	1293-304		
Abstract	BACK GROUND: Randomized trials have shown that low-dose aspirin decreases the risk of a first myocardial infarction in mer. with little effect on the risk of ischemic stroke. There are few similar data in women. METHODS: We randomly assigned 39,87 initially healthy women 45 years of age or older to receive 100 mg of aspirin on alternate days or placebo and then monitored them for 10 years for a first major cardiovascular event (i.e., nonfatal myocardial infarction, nonfatal stroke, or death from cardiovascular causes). RESULTS: During follow-up, 477 major cardiovascular events were confirmed in the aspirin group, as compared with 522 in the placebo group, for a nonsignificant reduction in risk with aspirin of 9 percent (relative risk, 0.91; 95 percent confidence interval, 0.80 to 1.03; P=0.13). With regard to individual end points, there was a 17 percent reduction in the risk of stroke in the aspirin group, as compared with the placebo group (relative risk, 0.83; 95 percent confidence interval, 0.69 to 0.99; P=0.04), owing to a 24 percent reduction in the risk of ischemic stroke (relative risk, 0.76; 95 percent confidence interval, 0.63 to 0.93; P=0.009) and a nonsignificant increase in the risk of hemorrhagic stroke (relative risk, 1.24; 95 percent confidence interval, 0.82 to 1.87; P=0.31). As compared with placebo, aspirin had no significant effect on the risk of fatal or nonfatal myocardial infarction (relative risk, 1.02; 95 percent confidence interval, 0.84 to 1.25; P=0.83) or death from cardiovascular causes (relative risk, 0.95; 95 percent confidence interval, 0.74 to 1.22; P=0.68). Gastrointestinal bleeding requiring transfusion was more frequent in the aspirin group than in the placebo group (relative risk, 1.40; 95 percent confidence interval, 1.07 to 1.83; P=0.02). Subgroup analyses showed that aspirin significantly reduced the risk of major cardiovascular events, ischemic stroke, and myocardial infarction among women 65 years of age or older. CONCLUSIONS: In this large, primary-prevention trial amo		
Medical Subject Headings (MeSH)	Age Factors; Aged; Anti-Inflammatory Agents, Non-Steroidal [therapeutic use]; *Aspirin [administration & dosage;adverse effects;therapeutic use]; *Cardiovascular Diseases [epidemiology;mortality;prevention & control]; *Cerebrovascular Accident [epidemiology;prevention & control]; Cyclooxygenase Inhibitors [therapeutic use]; Double-Blind Method; Follow-Up Studies; Incidence; Middle Aged; *Myocardial Infarction [epidemiology;prevention & control]; *Platelet Aggregation Inhibitors [administration & dosage;adverse effects;therapeutic use]; Primary Prevention; Proportional Hazards Models; Research Support, U.S. Gov't, P.H.S.; Risk; Risk Factors		

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# **COME CERCARE - BROWSE**





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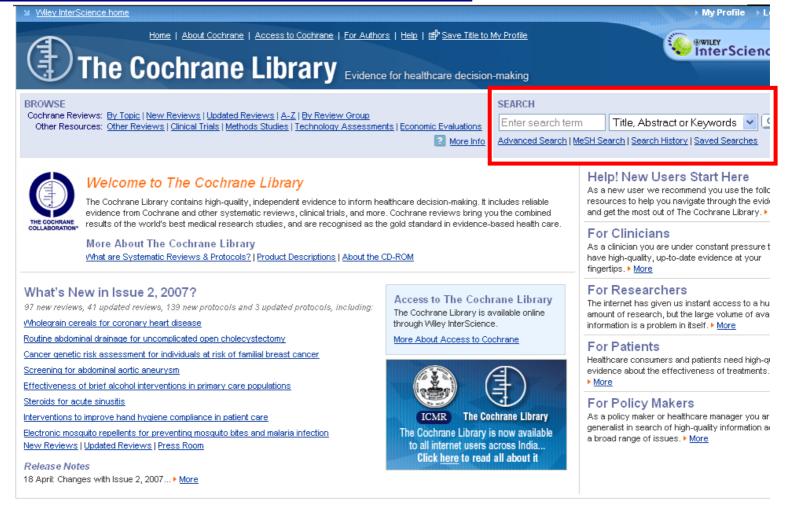
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# **LEGENDA**

# Akey for the status of the reviews is:

- A full Review, complete with results and discussion, meta-analysis and an odds-ratio diagram for the review.
- A Protocal. The outline of reviews in preparation, including the background, rationale and methods.
- **Comment** = Afull Review that also contains commentary/criticism. Readers can submit comments, which are incorporated into the review together with answers and feedback from the review authors.
- New = Anew Protocol or review that has been published in the most recent quarter.
- **Undate** = A Review that has been updated in the most recent quarter.
- Withdrawn = A Review or Protocol that has been withdrawn usually due to lack of activity or update. Reasons for withdrawal are specified in the article.

# COME CERCARE -SIMPLE SEARCH



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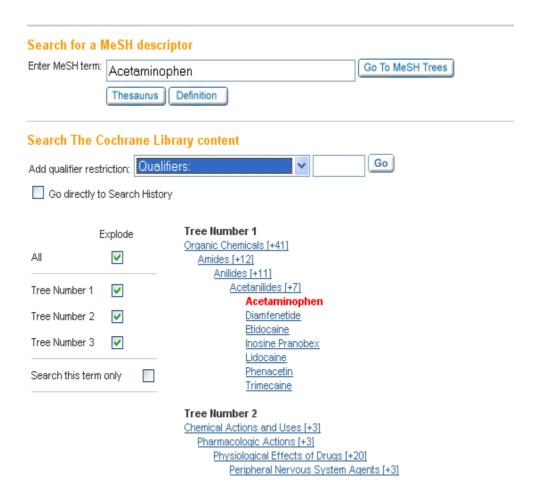
# **COME CERCARE - ADVANCED SEARCH**

Advance of Enter a term	Search   MeSH Search   Search History   below and click Search to continue.	Saved Searches			
	Search For:	In:			
	aspirin	Search All Text	~		
AND 🔽	primary prevention	Search All Text	~		
AND 🔽	cardiovascular diseases	Search All Text	~		
AND 🔽	women	Abstract	~		
AND 🔽		Keywords	•		
	Search	Go directly to Sea	rch History		
Restrict S	earch by Product				
	All of The Cochrane Library				
	The Cochrane Database of Systematic Reviews (Cochrane Reviews)				
	Database of Abstracts of Reviews of Effects (DARE)				
	☐ The Cochrane Central Register of Controlled Trials (CENTRAL)				
	The Cochrane Database of Methodology Reviews (Methodology Reviews)				
	☐ The Cochrane Methodology Register (CMR)				
	Health Technology Assessment Database (HTA)				
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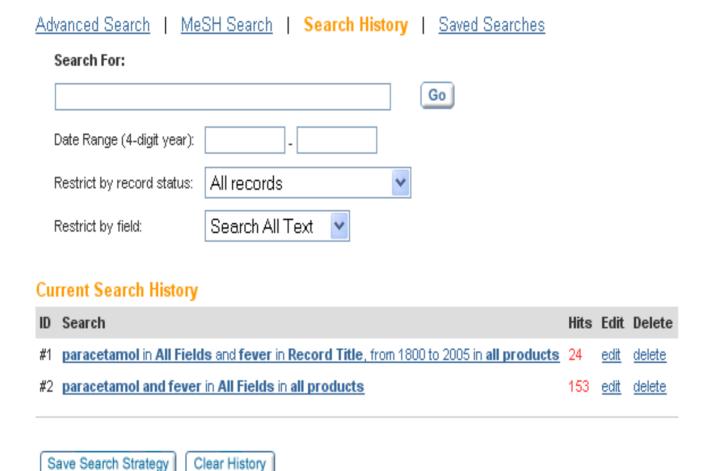
# **COME CERCARE - ADVANCED SEARCH**



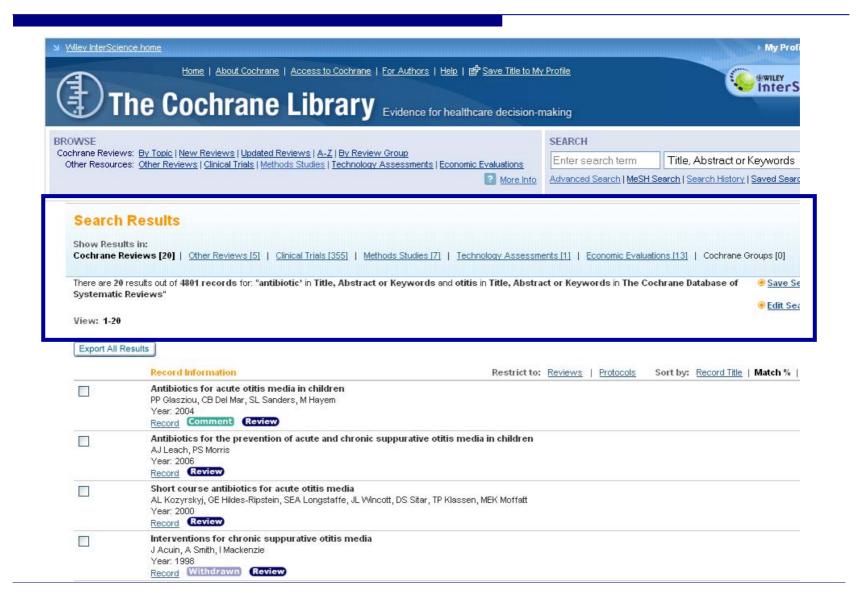
# **COME CERCARE - MESH SEARCH**



# **SEARCH HISTORY**



# **RISULTATI**



# SUGGERIMENTI PER LA RICERCA

OPERATORI BOOLEANI	AND OR e NOT in maiuscolo	magnesium sulfate AND (eclampsia OR perinatal asphyxia)
OPERATORE DI PROSSIMITÀ NEAR	Digitare NEAR/ con il numero di parole entro le quali devono I due termini devono comparire. Per default I termini sono 6.	antidepressant NEAR/10 narcolepsy
OPERATORE DI PROSSIMITÀ NEXT	Digitare NEXT tra i due termini che si desidera debbano essere adiacenti.	cholera NEXT treat*
TRONCAMENTO	*	abdom* *eclampsia

# SUGGERIMENTI PER LA RICERCA

RICERCA PER FRASI	Utilizzare le ""	"mental health treatment"
PLURALI	La forma plurale comprende anche il singolare e vice versa. Per esempio il termine <b>drugs</b> recupera sia <b>drug</b> che <b>drugs</b> . Per cercare il termine esatto, utilizzare le virgolette.	"vaccine"



# CLINICAL EVIDENCE Che cos'è ...

- •E' una sintesi ragionata delle migliori prove di efficacia basate su revisioni sistematiche dei migliori dati disponibili (tratti da studi controllati e randomizzati (SCR) o da altri tipi di studio di minor validità metodologica se non esistono SCR o non era comunque appropriato realizzarli)
- •Si occupa dell'efficacia degli interventi (preventivi, terapeutici e riabilitativi)

# CLINICAL EVIDENCE ... e che cosa non è

Non è un libro di linee guida e non dice che cosa si deve e non si deve fare. Non contiene (per ora) informazioni sull'utilità dei test diagnostici

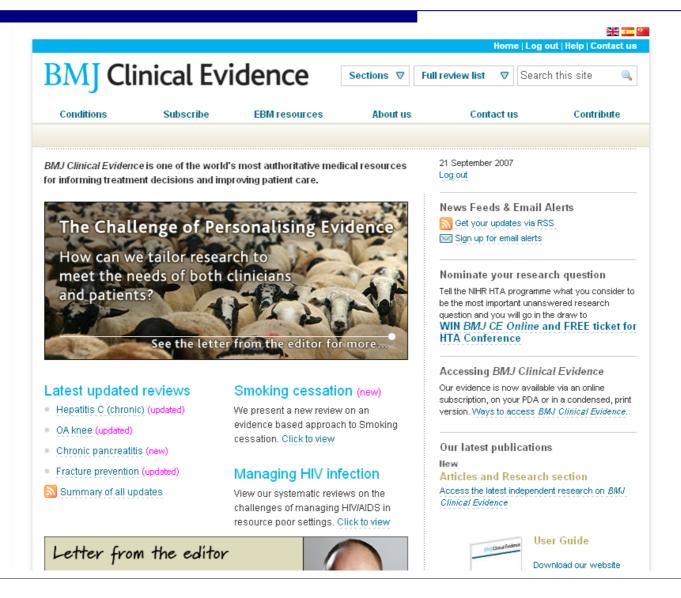
# CLINICAL EVIDENCE Come è nata l'idea?

•Nel 1995 il Department of Health inglese ha commissionato al British Medical Journal la realizzazione di un "prontuario sull'efficacia degli interventi sanitari".
Nasce così l'idea di Clinical Evidence (CE)

 Nel 1998 viene pubblicata la prima edizione di CE.

La pubblicazione in formato cartaceo viene aggiornata ogni 6 mesi (quella online ogni mese) e ogni nuovo numero contiene circa 10 nuovi capitoli,

con l'aggiornamento di tutti i precedenti



# 2001 nasce



# **COME VENGONO SELEZIONATI I QUESITI**

I quesiti in *Clinical Evidence* riguardano i benefici e i rischi degli interventi (preventivi, terapeutici e riabilitativi).

I quesiti sono selezionati in base alla loro rilevanza per la pratica clinica da consulenti esterni e autori delle singole aree in collaborazione con medici di medicina generale e gruppi di pazienti.

Ciascun nuovo fascicolo include nuovi quesiti e gli aggiornamenti degli esistenti.

I lettori di *Clinical Evidence* possono suggerire nuovi quesiti clinici scrivendo per mail o posta direttamente alla rivista.

## COME VIENE EFFETTUATA LA RICERCA BIBLIOGRAFICA

Per ciascun quesito la ricerca bibliografica è effettuata su: Cochrane Library, Medline, Embase e occasionalmente su altre banche dati elettroniche ricercando revisioni sistematiche e eventuali RCTs pubblicati dopo la revisione.

Nel caso non ci fossero revisioni sistematiche recenti vengono ricercati i singoli RCTs.

La data della ricerca è indicata in ciascun capitolo.

# COME VENGONO VALUTATI GLI STUDI

Solo una piccola parte degli studi recuperati risponde ai criteri metodologici di inclusione.

La selezione si basa su una valutazione critica indipendente degli abstracts utilizzando criteri validati.

Quando più revisioni o RCTs sono stati identificati vengono selezionati i più robusti o rilevanti.

Nel caso in cui non vi siano revisioni o RCTs vengono considerati altri disegni di studio evidenziandone i limiti.

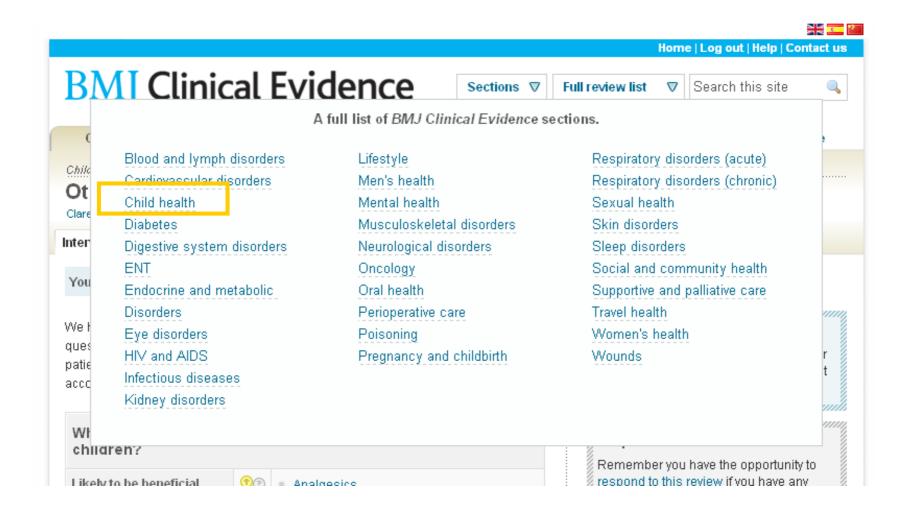
Agli autori, esperti dell'area clinica e con competenze epidemiologiche, è richiesto di valutare la scelta degli studi e argomentare eventuali proposte e modifiche.

# PEER REVIEW

Tutti gli argomenti sono *peer reviewed* dai consulenti dell'area clinica e da almeno tre esperti esterni

# SUGGERIMENTI PER LA CONSULTAZIONE

- Pensa a CE come a un libro online
- È consigliabile scorrere l'indice (*browse*) prima di fare una ricerca per termini liberi con la funzione *Search*
- Se si cerca una popolazione specifica (children, women or men) controlla sia la specialità che le sezioni specifiche per popolazione (child health, men's health, women's health).

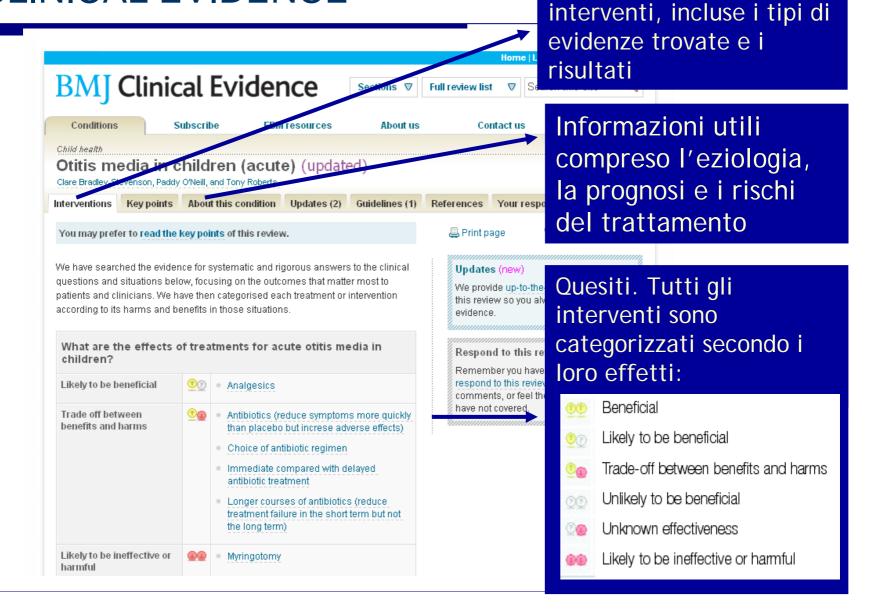


### Systematic reviews

- # Absence seizures in children
- # Asthma and other wheezing disorders in children
- # Attention deficit hyperactivity disorder in children
- # Autism
- Blood sampling in infants (reducing pain and morbidity) # HIV: mother to child transmission
- Bronchiolitis
- Cardiorespiratory arrest in children (out of hospital)
- # Constipation in children
- # Croup (updated)
- Depression in children and adolescents
- # Febrile seizures
- # Gastro-oesophageal reflux in children
- # Gastroenteritis in children
- # Infantile colic (updated)
- Measles, mumps, and rubella: prevention
- Migraine headache in children
- . Neonatal infection: group B streptococcus
- # Neonatal jaundice
- # Nocturnal enuresis
- \* Nosebleeds in children
- Obacity in children
- # Otitis media in children (acute) (updated)
- # Perinatal asphyxia
- \* Sleep disorders in children (new)
- Sudden infant death syndrome
- Urinary tract infection in children (updated)

### Covered elsewhere

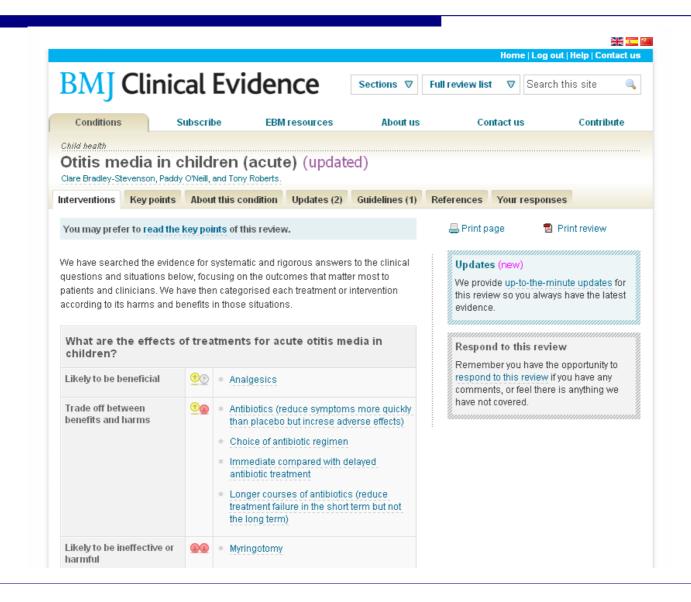
- Candidiasis (oropharyngeal)
- # Chickenpox (updated)
- # Chronic prostatitis
- # Common cold
- # Head lice
- # Meningococcal disease
- Middle ear pain and trauma during air travel (updated)
- # Otitis externa
- # Scables
- # Sickle cell disease (updated)
- # Sore throat

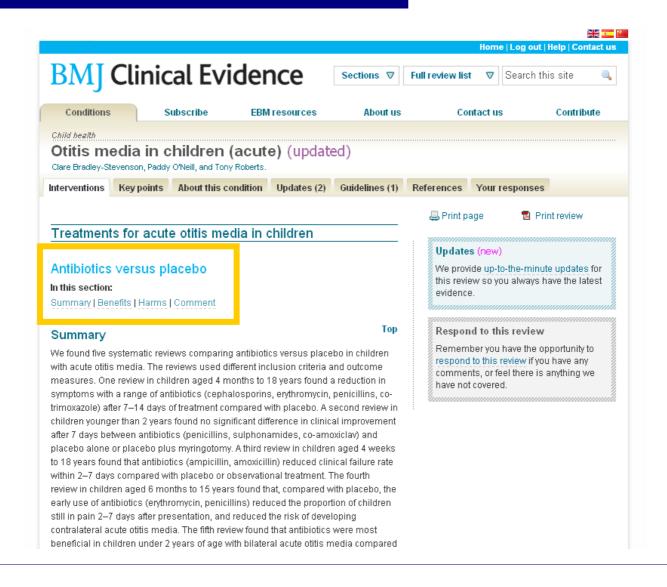


Riassunti di tutti gli

# **CLASSIFICAZIONE**

Intervention	lcon	Description
Beneficial	<u>••</u>	for which effectiveness has been demonstrated by clear evidence from RCTs, and for which expectation of harms is small compared with the benefits.
Likely to be beneficial	<u>O</u> O	for which effectiveness is less well established than for those listed under "beneficial".
Trade off between benefits and harms	<b>O</b>	for which clinicians and patients should weigh up the beneficial and harmful effects according to individual circumstances and priorities.
Unknown effectiveness	<u>@@</u>	for which there are currently insufficient data or data of inadequate quality.
Unlikely to be beneficial	<b>©</b>	for which lack of effectiveness is less well established than for those listed under "likely to be ineffective or harmful".
Likely to be ineffective or harmful	00	for which ineffectiveness or harmfulness has been demonstrated by clear evidence.





# CLINICAL EVIDENCE VS COCHRANE LIBRARY

# CLINICAL EVIDENCE vs COCHRANE LIBRARY

- •Clinical Evidence è complementare, ma differente dalla Cochrane Library (revisioni sistematiche)
- •Clinical Evidence è stata definita la versione friendly 'amichevole' della Cochrane Library dal momento che permette la consultazione da un unico punto e in un formato coinciso di informazioni qualitativamente rilevanti.
- •Molti dei consulenti e autori fanno parte della Cochrane Collaboration.

# **ESERCITAZIONI**

1. La riabilitazione per il mal di schiena

RS non Cochrane sulla sclerosi multipla

3. Gli RCT pubblicati sull'ultimo numero