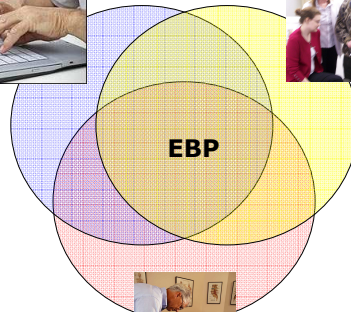


# ASKING



Barbara M. Sullivan, Ph.D.  
Assistant Professor  
Dept. of Research  
Program Manager, EBP



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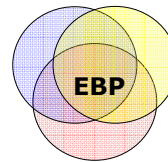
# ASKING

Where does the patient focused clinical question fit in Evidence Based Practice?

Why ask a structured clinical question?

How do you ask a structured clinical question?

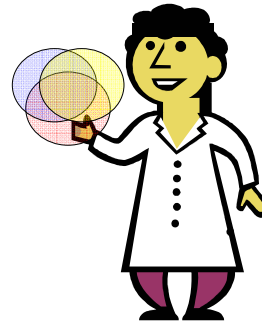
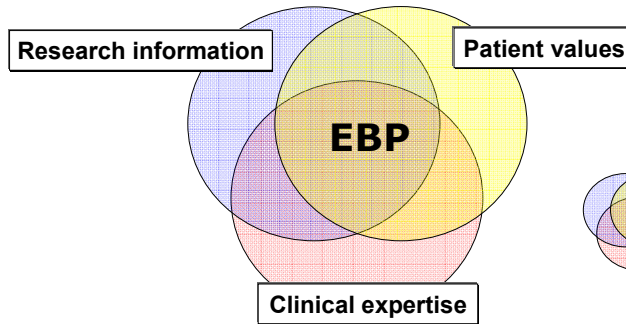
Where can I start to find reliable, current evidence to answer my questions?



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## Essential Evidence Based Practice



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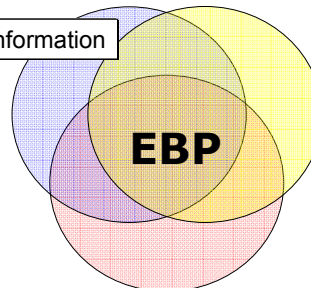
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## Evidence Based Practice is

“... the conscientious, explicit, and judicious  
**use of the best evidence**  
in making **decisions** about  
the care of **individual** patients.”

Sackett, DL, Rosenberg WM, Gray JAM, R.B. Haynes JB, Richardson WS. Evidence Based Medicine: What it is and What it isn't. BMJ 1996; 312:71-72.

Research information



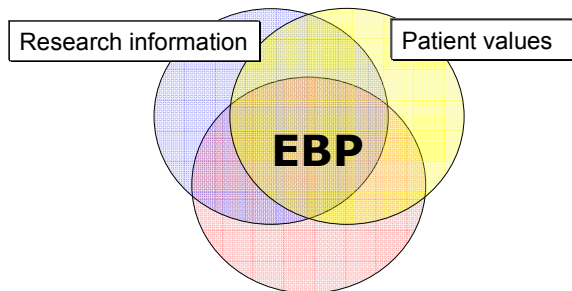
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## Evidence Based Practice includes

“... “thoughtful identification and compassionate use of individual **patients' predicaments, rights, and preferences.**”

Sackett, DL, Rosenberg WM, Gray JAM, R.B. Haynes JB, Richardson WS. Evidence Based Medicine: What it is and What it isn't. *BMJ* 1996; 312:71-72.

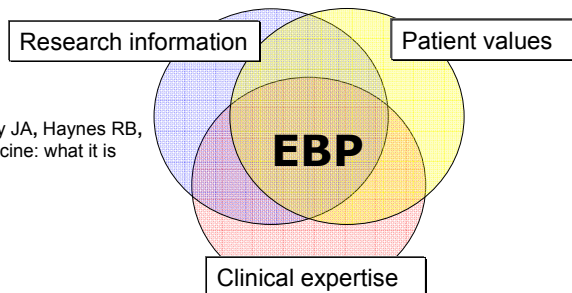


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## EBP emphasizes professional experience and clinical expertise.

"...Without **clinical expertise**, practice risks becoming tyrannised by evidence, for even excellent external evidence may be inapplicable to or inappropriate for an individual patient."



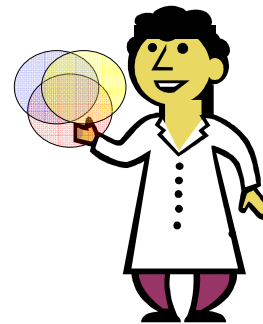
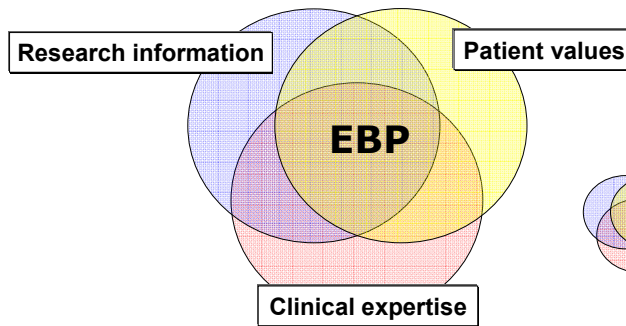
Sackett D, Rosenberg WMC, Muir Gray JA, Haynes RB, Richardson WS. Evidence Based Medicine: what it is and what it isn't. *BMJ* 1996;312:71-2.




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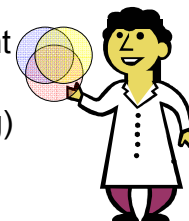
## Evidence Based Practice starts and ends with a Patient




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## 5 *As* of Essential Evidence Based Practice

- **Asking** a focused, “searchable,” clinical question
- **Accessing** the medical literature through a **structured search** and understanding available resources
- **Appraising** -- critically evaluating the evidence to determine if it is robust, reliable and valid.
- **Applying** the evidence to the particular patient situation
- **Assessing** the outcome of using (or not using) particular information its impact on clinical practice



- Mayer D. Essential Evidence Based Medicine. New York: Cambridge University Press 2004; 10.

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## **Asking** a focused, “searchable,” clinical question

- Captures what you need to know
- Based on **actual** patient scenarios
- Form the right question using a **format that facilitates finding.**



## **PICO** Format Facilitates Finding Answers

Include four essential components:

- P:** Patient, population
- I:** Intervention or therapy
- C:** Comparison, control, context
- O:** Outcome



## PICO Why use a specific format?

- Focus what you need to know
- Format facilitates finding
- **PICO** components are:
  - ✦ Key words for text searches
  - ✦ “Data fields” for literature database searches



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## PICO: Focused Clinical Question

Center for Evidence Based Practice [http://www.cebm.net/focus\\_quest.asp](http://www.cebm.net/focus_quest.asp)

	<b>Patient, population, problem</b>	<b>Intervention</b>	<b>Comparison</b>	<b>Outcome</b>
<b>Consider</b>	Describe relevant patient characteristics or problem similar to your patient's. Be brief, clear, precise, narrow. Define alternatives.	Determine possible prognostic factors, causes. Broad (“what is most effective?”) or narrow (specific therapy).	Alternative therapy. Consider a limiting factor Compared to a “gold standard”.	Clinical outcome or goal: what do you want to accomplish? What effect do you hope to have? cure, diagnosis, cost, quality of life Be specific.
<b>PICO</b>				



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Start with a good question to focus your efforts.

### Background questions – general information

- Question root (who, what, when, why, how...)
- Specific concept: intervention, comparison alternative disorder or disease, or aspect of the disorder
- Fewer PICO components
- Broader = greater # results from search
- More “information” at various scientific levels
  - Patient information, overviews, reviews, etc.



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Start with a good question to focus your efforts.

### Foreground questions – specific evidence

- Patient or population focused
- Specific intervention with specific comparison
- Clinically relevant outcome
- More PICO components = fewer, more relevant results



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## **Evidence Based Practice begins with a patient and a patient oriented, clinical question**

### **Patient scenario**

James, 32 year old male, technical sales manager who drives long distances (or at least for long periods of time) and is a frequent flier for his job, has been visiting you for neck and back issues for over two years on a fairly regular basis. In addition to working from the car and plane, he has a home office and uses a laptop. You and he have discussed work place ergonomics as well as exercise and stretching to alleviate chronic neck and back pain.



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## **Evidence Based Practice begins with a patient and a patient oriented, clinical question**

On a recent visit, he tells you he heard on the TV news that chronic back and neck pain causes depression -- or was it vice versa? -- and that chiropractic and alternative care that relieves the pain can relieve depression. He asks, "Do you think that this neck thing could be causing me to feel blue lately? Or do you think mid-winter blues are causing this pain in my lower back and neck? My colleague just had lumbar disk surgery and feels great. I'm not so excited about surgery. Should we be doing something different?"

He says after hearing that news report, he's been looking on the internet to see what might help with the chronic pain and lift his mood.



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## PICO: Focused Clinical Question

Center for Evidence Based Practice [http://www.cebm.net/focus\\_quest.asp](http://www.cebm.net/focus_quest.asp)

	<b>Patient, population, problem</b>	<b>Intervention</b>	<b>Comparison</b>	<b>Outcome</b>
<b>Question components</b>	<ul style="list-style-type: none"> <li>• Adult (male)</li> <li>• Chronic back, neck pain</li> <li>• Headache</li> <li>• Insomnia</li> <li>• Mood, emotion</li> </ul>	<ul style="list-style-type: none"> <li>• Alternative therapies</li> <li>• Conservative care</li> <li>• Botanicals</li> <li>• Massage</li> <li>• Chiropractic</li> <li>• Acupuncture</li> </ul>	<ul style="list-style-type: none"> <li>• “Gold standard” or common therapy?</li> <li>• Surgery</li> <li>• Prescribed drug therapy?</li> </ul>	<ul style="list-style-type: none"> <li>• Reduce / relieve pain</li> <li>• Alleviate symptoms of mild to moderate depression</li> <li>• Improve mood</li> <li>• Reduce inflammation</li> </ul>
<b>PICO</b>				



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## PICO: Focused Clinical Question

Background questions – general information

- What are [**O** = physical symptoms] associated with [**P** = chronic stress OR chronic low back pain OR chronic neck pain]?
- Does [**O** = stress] cause [**P** = chronic (low back or neck) pain]?
- What are [**I** = alternative therapy / therapies] for [**P** = chronic (low back OR chronic neck) pain] other than [**C** = surgery OR exercise]?

Foreground questions – specific evidence

- For [**P** = adults with chronic back OR neck pain] does [**I** = CAM provide effective therapy] to [**O** = alleviate pain] compared to [**C** = surgery]?
- [**I** = specific therapy: chiropractic, exercise, etc.]



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## PICO: Focused Clinical Question

- Focus on what you need to know
- Substitute PICO components (think of synonyms or alternatives) to provide alternative search “paths”



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## Focus Background Questions to Searchable, Foreground Format

- Use great informational and “compiled evidence” websites and databases through the NUHS LRC web page
- Focus background questions to searchable foreground questions



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## Focus Background Questions to Searchable, Foreground Format

**NUHS LRC web pages: NUHS home >> Student Services >> Learning Resource Center: (click on databases)**  
<http://www.nuhs.edu/show.asp?durki=216>



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**Student Services**

- Financial Aid
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- Visitors and Alumni
- Online Catalog
- Databases
- Useful Sites
- LRC Tips
- CygnET
- Bookstore
- Student Organizations
- Registrar
- Log in to Student Portal
- Log in to Student Webmail
- Student Weblog
- Other Student Services
- Room Reservations

### Databases

Student Services > Learning Resource Center > Databases

**Electronic Databases Available in the LRC as of October 12, 2006**

[NUHS LRC web page >> databases](http://www.nuhs.edu/show.asp?durki=216)

<http://www.nuhs.edu/show.asp?durki=216>

In addition to the databases below, the LRC at NUHS also provides access to several electronic journal subscriptions. For a complete list of titles and access information, or for other questions related to database use, contact the Reference Department by phone at (630) 422-2200.

Database	Brief Description	How to Access
<p><b>A-to-Z</b></p>	<p>Provides users with a single, comprehensive online list of almost 10,000 electronic journals we have access to. Users can search for journals by keyword or browse an alphabetical list by title or subject.</p>	<p><a href="http://atoz.ebsco.com/home.asp">http://atoz.ebsco.com/home.asp</a></p>
<p><b>ABI INFORM</b></p>	<p>Index of business and management topics</p>	<p>Via FirstSearch <a href="#">login</a></p>
<p><b>Academic Search Premier</b></p>	<p>Features full text articles from 1,850 scholarly journals, including 1,200 peer-reviewed titles</p>	<p>Via EbscoHost <a href="#">login</a></p>
<p><b>AIDSinfo</b></p>	<p>Dictionary of substances being tested in AIDS-related clinical trials</p>	<p><a href="http://aidsinfo.nih.gov">http://aidsinfo.nih.gov</a></p>
<p><b>AltHealthWatch</b></p>	<p>Covers complementary, alternative, and integrated approaches to health care and wellness. Full text of both professional and general periodicals</p>	<p>Via EbscoHost <a href="#">login</a></p>

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## Compiled Evidence Websites & Databases



NUHS LRC database web page  
<http://www.naturalstandard.com/>



NUHS LRC database web page  
[http://www.naturalmedicines.com/member\\_home.asp/](http://www.naturalmedicines.com/member_home.asp/)



Agency for Healthcare Research and Quality  
<http://www.ahrq.gov/>



US Nat'l Library of Medicine / National Institutes of Health  
<http://www.nlm.nih.gov/medlineplus>



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**DATABASES**

- Herbs & Supplements
- Health & Wellness
- Allergy & Immunology
- Condition Center
- Brand Names
- Interactions

For each therapy covered by **Natural Standard**, a research team systematically gathers scientific data and expert opinions. Validated rating scales are used to evaluate the quality of available evidence. Information is incorporated into comprehensive monographs which are designed to facilitate clinical decision making. All monographs undergo blinded editorial and peer review prior to inclusion in **Natural Standard** databases.

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- NUHS LRC >> databases >> Natural Standard
- <http://www.naturalstandard.com/> from on campus only

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**NATURAL MEDICINES**  
COMPREHENSIVE DATABASE

Search:  Go  
Advanced Search

**Welcome!**

**NUHS LRC databases >> Natural Medicines**  
[www.naturalmedicines.com/member\\_home.asp](http://www.naturalmedicines.com/member_home.asp)

**Search**  
Search - enter any natural product name, disease or condition, or drug name...gives you objective product information, Effectiveness Ratings, or potential interactions with drugs, etc.  
**Natural Product Effectiveness Checker** - tells you the level of effectiveness for natural products used for various medical conditions.  
**Natural Product / Drug Interaction Checker** - tells you potential interactions between any natural product and any drug. Automatically checks for interactions with EACH INGREDIENT of each product.  
**Disease / Medical Conditions Search** - shows you medical conditions, and allows you to see which natural products might be effective.  
**Search Colleagues Interact** - shows you questions, answers, and comments posted by other health professionals.  
**Advanced Search** - helps you find specific information or keywords anywhere in the Database.

**CE Login**  
Get Your CE Credit Now  
CE ID#: (CE info)  Go  
I forgot my CE ID #

**You Can Purchase Access To:**  
 PHARMACIST'S LETTER  
 PRESCRIBER'S LETTER  
 IDENT-A-DRUG REFERENCE

**How to find USP Verified Products**  
**USP Verified**  
 Natural Medicines Comprehensive Database now collaborates with U.S. Pharmacopeia (USP) to tell you which natural products are

**Clinical Management Series**  
**New Featured: Aging Skin**  
 • ADHD  
 • Allergic Rhinitis  
 • BPH  
 • Colds and Flu  
 • Depression  
 • Menopause  
 • Obesity  
 • Osteoporosis  
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COMPREHENSIVE DATABASE  
CONSUMER SEARCH

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**US federal Agency for Healthcare Research and Quality (AHRQ) [www.ahrq.gov](http://www.ahrq.gov) >> Clinical Information >> EBP**

U.S. Department of Health & Human Services [www.hhs.gov](http://www.hhs.gov)

**AHRQ Agency for Healthcare Research and Quality**  
Advancing Excellence in Health Care

Search AHRQ  Go

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 • Research Topics: Fact Sheets/Syntheses  
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 • Public Health Preparedness

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 • Disabilities  
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 • Be an Active Health Care Consumer  
 • Health Conditions/Diseases  
 • Health Plans  
 • Prescriptions  
 • Prevention & Wellness  
 • Quality of Care  
 • Questions Are the Answer  
 • Quit Smoking  
 • Surgery

**Data & Surveys**  
 • MEPS  
 • Medical Expenditure Panel Survey  
 • HCUP  
 • Healthcare Cost & Utilization Project  
 • HCUPnet  
 • Interactive Tool for Hospital Statistics  
 • HIV & AIDS Cost & Use

**Quality & Patient Safety**  
 • Health Information Technology  
 • National Quality Measures Clearinghouse™  
 • CAHPS® Consumer Assessment of Healthcare Providers and Patients  
 • Health Care Innovations Exchange  
 • Measuring Healthcare Quality  
 • Quality and Disparities Reports  
 • Medical Errors & Patient Safety  
 • Patient Safety Network  
 • WebM&M: Morbidity & Mortality Rounds  
 • Quality Indicators  
 • Quality Information & Improvement  
 • Quality Tools  
 • TalkingQuality: Communicating with Consumers

**Questions Are the Answer**  
 Spotlight  
 • Podcast: MRSA Infections and Atypical Antipsychotics  
 • Privacy & Security Solutions for Health Information Exchange  
 • Emergency Atlas for Nursing Home & Hospital Disaster Preparedness  
 News & Information  
 • Newsroom  
 • Media Resources  
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## The US National Library of Medicine's MedlinePlus ([www.nlm.nih.gov/medlineplus/](http://www.nlm.nih.gov/medlineplus/))

The screenshot shows the MedlinePlus website interface. At the top, it says "MedlinePlus® Trusted Health Information for You" and "A service of the U.S. NATIONAL LIBRARY OF MEDICINE and the NATIONAL INSTITUTES OF HEALTH". Below this is a search bar and navigation links like "About MedlinePlus", "Site Map", "FAQs", "Contact", and "español".

On the left side, there is a vertical menu with several categories, each with a red arrow pointing to it:
 

- Health Topics**: Start here with 740 topics on conditions, diseases, and wellness.
- Drugs & Supplements**: About your prescription and over-the-counter medicines, herbs, and supplements.
- Medical Encyclopedia**: Includes pictures and diagrams.
- Dictionary**: Spellings and definitions of medical words.
- News**: Current health news and press announcements.
- Directories**: Find doctors, dentists and hospitals.
- Go Local**: A service for finding local resources for health-related issues.
- Other Resources**: Local health services, libraries, organizations, internet sites and more.

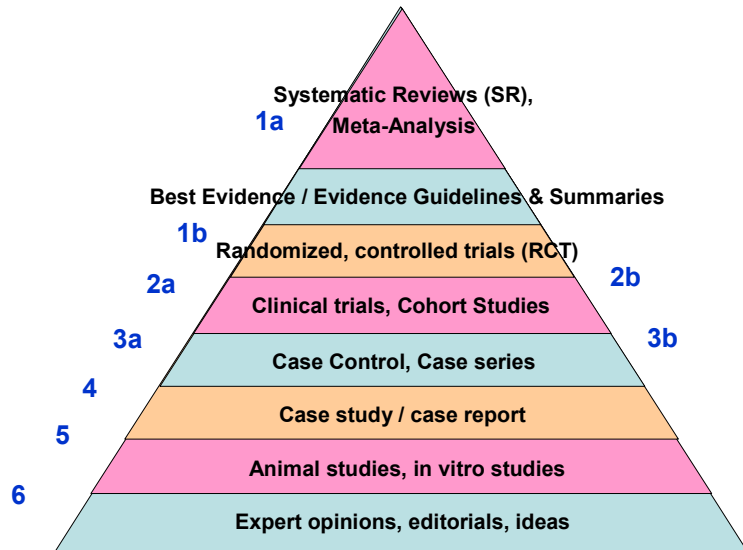
In the center, there are sections for "Current Health News" (with links to "U.S. Life Expectancy Hits New High", "Family Dinners Shape Healthier Eating Habits", "Manic Phase of Bipolar Disorder Benefits from Breast Cancer Medication", and "More news"), "Featured Site" (with a "New!" starburst and a link to "Visit the What's New on MedlinePlus page for highlights, features and announcements"), and "In the Spotlight" (with a link to "New on Facebook: Find health services in your hometown in Illinois").

On the right side, there are several featured content boxes:
 

- Interactive Tutorials**: Over 165 slideshows with sound and pictures.
- ClinicalTrials.gov**: Studies for new drugs and treatments.
- NH Senior Health**: Health information for older adults.
- Surgery Videos**: Videos of surgical procedures.
- What's New**: Includes "Director's Comments", "NH MedlinePlus Magazine", and "Email Updates and RSS".

At the bottom of the page, there is a logo for "National University of Health Sciences" and the text "EBP@NUHS Essential Evidence Based Practice Study Guide EBP in Action - Asking © Barbara M. Sullivan, Ph.D. Dept. of Research NUHS 2008".

## Hierarchy of Evidence for Clinical Decision Making



## Try this activity



- Follow guide & directions in Chapter 2 of the EBP@NUHS Study Guide
- Use patient scenario or a hot topic of interest, form background and foreground PICO format clinical questions
- Explore all the compiled evidence database websites for background information and foreground specifics
  - Links can be found on the NUHS LRC Database web pages or in the CygNET based EBP@NUHS
  - Natural Standard & DCConsult may have campus access only through IP address recognition – check the LRC passwords list if links do not open
- Determine if there are other PICO component words can be used as search terms for other databases based on what's available in the compiled evidence database websites



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## Access forms, files, links & resources for *Asking*



### CygNET registration:

- e-LRC electronic LRC resources & EBP tools
- [www.NUHS.edu](http://www.nuhs.edu) >> [Current Students](#) >> Log into CygNET Learning Management System (<http://cygnet.nuhs.edu>)
- Sign in with NUHS ID and password
- No enrollment key



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## Try this activity – some practical outcomes & uses



- Turn in PICO form with clinical question and PICO Search Strategy & Results
- Use the evidence to update course material and resources – stay current efficiently
- Start or contribute to an EBP@NUHS or CygNET forum:
  - post PICO questions – what do you need to know?
  - review compiled evidence website resources that
    - provide evidence to answer the question or
    - add additional, evidence based resources for study and additional, current course content



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## Some notes and tips


- Forms, files and resource links are all on CygNET EBP@NUHS in the Asking topic
- Open a file, save to your hard drive with a new file name
  - Working without saving to a local drive uses the CygNET server
  - **SLOW...** can lose your work
- “Personalize” forms by adding PICO components, dates or initials to the original file name & keep for reference



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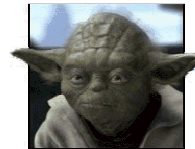
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## Some notes and tips

- Use Internet Explorer 
  - Some browsers do not support features or have security features which block links and addresses (Mozilla Firefox)
- Open links in “New Windows” if Tabs block URL addresses



*ASKING*



*Have fun Asking  
clinical questions*