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Guidelines for identifying and using research to update healthcare work practices.

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INTRODUCTION

The knowledge base of health care is vast and is growing at an almost exponential rate. Using that knowledge base effectively to facilitate the delivery of the best possible health care is an ongoing challenge for all health care professionals whether working in the clinical areas, in public health, in health management, in other service areas, in education or in research.

It is as important for health care personnel in the housekeeping departments to use their knowledge base as it is for clinicians working directly with patients. What is more, research evidence shows very clearly the profound benefits to health care which ensue when optimal evidence is used in the delivery of health care.

These guidelines have been developed to form a framework to help HSE staff working in the Mid-West and further afield through the necessary processes so that they can identify and use the best possible evidence to inform their working practices.

If you need help to use available information resources effectively, please contact Catherine Kennedy (E-mail: mailto:ckennedy@nihs.ie. Tel: 061-483975) or Liz Dore, Medical Librarian at the Regional Medical Library (E-mail: mailto:liz.dore@mailh.hse.ie. Tel: 061-482414).

STEP 1

What is the subject you wish to investigate? (You may find it helpful to pose this as a question)

<u>STEP 2</u>

Do you wish to propose a time scale for the completion of this
task? If YES, please indicate below. You may wish to identify an
action plan and time scales to guide you through each stage of the
process.

STEP 3

Whom do you wish to involve in this project/task? You may wish to add further names during the course of this exercise. You may also wish to adopt a multi-professional approach to your task.

STEP 4

Information Gathering (a)

Are there any internal guidelines/policies/other guidance relating to the subject you are investigating? If YES, please list below.

Information Gathering (b)

Are there any external (e.g. Department of Health, professional association or Royal College) guidelines and advice relating to the subject you are investigating? If YES, please list below.

__Information Gathering__ (c)

Is there any relevant information published in the [Cochrane Library](#)?

<u>Information Gathering</u> (d)

Prepare a list of internal and external library and information resources which you will need to use to identify relevant information and evidence. Internal resources will include the Regional Medical Library and [HSE Libraries Online](#).

Useful external websites are listed on the [National Institute of Health Sciences](#) website.

USEFUL WEBSITES

- Centre for Evidence Based Medicine, Oxford

- Irish Nursing Organisation

- Irish Medical Organisation

- Health Research Board

- Department of Health and Children

- OMNI

- Bandolier

- TRIP

- National Electronic Library for Health

- Irish Nursing Organisation

- Health Evidence Bulletins, Wales

- SIGN (Scottish Intercollegiate Guidelines Network)

- POEMS (Patient Oriented Evidence that Matters)

- Journal Club on the Web

- Best BETS (Best Evidence Topics)

- National Institute for Clinical Excellence

- Canadian Medical Association Infobase (Clinical Practice Guidelines)

- NHS Centre for Reviews and Dissemination (systematic reviews)

- MIDIRS Midwifery Information

- SCHARR Sheffield Centre for Health and Related Research

- Health Technology Assessment Programme

- World Health Organisation

- Primary Care Clinical Practice Guidelines.

- eguidelines

- National Guideline Clearing House. (US guidelines including Agency for Healthcare Research and Quality)

ROYAL COLLEGES

- Royal College of General Practitioners.

- Royal College of Obstetricians & Gynaecologists.

- Royal College of Physicians

- Royal College of Psychiatrists

- Royal College of Surgeons

- Royal College of Nursing

<u>Information Gathering</u> (e)

Select search strategies for the identification of good quality research evidence recorded in electronic databases.

You will find a range of search strategies to identify different categories of information on the Health Evidence Bulletins Wales Website. To utilise these, please click on
http://hebw.uwcm.ac.uk/projectmethod/appendix2.htm

If you are not sure how to use them, please contact the following staff:

1) Catherine Kennedy – National Institute of Health Sciences
   E-mail: mailto:CKENNEDY@nihs.ie
   Tel: 061– 483975
2) Liz Dore – Regional Medical Library
   E-mail: mailto:liz.dore@mailh.hse.ie
   Tel: 061-482414

__Information Gathering__ (f)

Collect all relevant information based on parts 1-5 of the Information Gathering exercise.

__WHERE YOU HAVE IDENTIFIED EVIDENCE, WHICH IS UNDERPINNED BY A SYSTEMATIC REVIEW, OR OTHER HIGH QUALITY DATA, ON THE BASIS OF THE APPRAISAL OF THAT INFORMATION, YOU MAY DECIDE THAT YOU DO NOT NEED TO UNDERTAKE FURTHER INFORMATION SEARCHING.__

STEP 5

Critical Reading

On the basis of the earlier steps in this methodology, appraise the literature and information acquired and summarize it. In order to obtain advice on how to critically appraise health evidence please click on Critical Reading Guidance.

STEP 6

Presentation Of Summaries

Present the summaries in a useable and easily understood format. Please click on the following link to a template to view an example:
Template

Bibliographical references should be presented in an internationally recognisable format. Guidance on the Harvard style of referencing can be found by clicking on the following link
Referencing

If possible, use statistical notations to help users of this information understand the nature of this evidence.

One such device is the NNT (Numbers Needed to Treat). In order to understand this read the articles on NNTs published in
Bandolier

Classify the evidence you have used according to its type.

A useful and widely recognised classification is that published by Bandolier viz

Evidence Type   Description

    I.   Systematic review (including at least one randomized controlled trial)
   II.   Randomized controlled trial
  III.   Other experimental study
  IV.   Observational study

V.   Expert opinion

More detailed information on evidence classification can be found by clicking on this link

(http://www.jr2.ox.ac.uk/bandolier/band6/b6-5.html)

You may also wish to use a notation indicating the effectiveness of an intervention. A useful approach is described in *Enkin M, Kierse MJNC, Renfrew M and Neilson J. A guide to effective care in pregnancy and childbirth. 2nd ed. Oxford: Oxford University Press, 1995* and its classification is outlined as follows:

1. 'beneficial' – effectiveness clearly demonstrated
2. 'likely to be beneficial' – effectiveness not so firmly established
3. 'trade-off between beneficial and adverse effects' – effects weighed according to individual circumstances.
4. 'unknown' – insufficient/inadequate for recommendation
5. 'unlikely to be beneficial' – ineffectiveness is not as clearly demonstrated as for 6
6. 'likely to be ineffective or harmful' – ineffectiveness or harm clearly demonstrated

STEP 7

Internal review of results

Identify appropriate personnel in HSE in the Mid-West Region who can review, where appropriate, amend and then validate the outcomes of your work.

NAME   *DEPARTMENT*   *ROLE*

☞**Please Note**: Amendments must always be evidence based.

STEP 8

External review of results

Identify, where appropriate, individuals or organisations external to HSE in the Mid-West Region who can review, amend, and then validate the outcomes of your work.

☞**Please Note**: Amendments must always be evidence based.

STEP 9

Plan for dissemination of results

This will involve establishing a plan for getting results into professional practice.
It may also involve mounting the project outcomes on the National Institute of Health Sciences website.
(Contact: mailto:CKENNEDY@nihs.ie)

For the future

1.   You may wish to join an evidence based email discussion list and the following may be of interest:

Evidence-based-health evidence evidence-based-heath@jiscmail.ac.uk
Systematic reviews sys-review@jiscmail.ac.uk
Public-health public-health@jiscmail.ac.uk

2.   Where there are gaps in the research evidence you may wish to draw these to the attention of Aidan Hickey, Director of the National Institute of Health Sciences.
(Contact details : ahickey@nihs.ie) or
Susan O'Reilly, Research and Development Officer, National Institute of Health Sciences.
(Contact details : soreilly@nihs.ie)