A Guide to Resources on Evidence-Based Geriatrics
J.W. Crane Memorial Library
University of Manitoba Health Sciences Libraries

“Evidence-based medicine (EBM) is the integration of best research evidence with clinical expertise and patient values”.
Centre for Evidence-Based Medicine, University Health Network, Toronto.

- This guide is intended as an introduction to resources on evidence-based practice in geriatrics both freely available on the Internet and at the University of Manitoba Health Sciences Libraries.

- For background information and an introduction to Evidence-Based Practice, visit the suggested websites in Section 1, or read one or more of the books listed in Section 2.

Indicates a Canadian resource

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1. Learning about Evidence Based Practice

**Centre for Evidence-Based Medicine. University Health Network, Toronto.**
[www.cebm.utoronto.ca](http://www.cebm.utoronto.ca)

The goal of this website is to help develop, disseminate, and evaluate resources that can be used to practise and teach EBM for undergraduate, postgraduate and continuing education for health care professionals from a variety of clinical disciplines. This site also serves as a support for the book entitled, *Evidence-based Medicine: How to practice and teach EBM* by David L. Sackett, Sharon E. Straus, W. Scott Richardson, William Rosenberg, and R. Brian Haynes.

**Centre for Evidence-Based Medicine website, Oxford Centre for Evidence-Based Medicine**
[www.cebm.net/index.asp](http://www.cebm.net/index.asp)

An excellent starting place to learn about evidence-based practice.

**Teaching/Learning Resources for Evidence-Based Practice, Middlesex University, London**

Module based tutorial on EBP.

**NOTE:** Additional sites on EBP are in Section 6.

2. Reading about Evidence-based practice

The following selected books on evidence-based practice are available in the Crane Library collection.


*Best practice: evidence based practice information sheets for health professionals.* Australia: Joanna Briggs Institute for Evidence Based Nursing.


Loney, Patricia; Chambers, Larry; Bennett, Kathryn; Roberts, Jacqueline; Stratford, Paul; McMaster University. System-Linked Research Unit. *Critical appraisal of the health care literature: how to critically appraise an article about prevalence or incidence of a health problem.* Hamilton: McMaster University, 1997.

3. Reading about Evidence-Based Geriatrics

Books and Book Chapters:


Journal Articles:


Clinical practice guidelines: Finding and appraising useful, relevant recommendations for geriatric care. *Geriatrics*; January 01, 2000; Fields, Suzanne D.


4. Searching for Evidence-Based Literature

**Search the Journal Literature:**

The following are good introductions to searching for evidence-based journal articles:


**Searching for Evidence based resources for nursing.** Margaret (Peg) Allen. MLA Annual Meeting Symposium, May 03. http://nahrs.library.kent.edu/resource/symposium/Allen2_files/frame.html
Databases:

**Pubmed:**

*PubMed*, a service of the National Library of Medicine, includes over 14 million citations for biomedical articles back to the 1950’s. These citations are from MEDLINE and additional life science journals. PubMed includes links to many sites providing full text articles and other related resources.

For an excellent introduction to searching PUBMed system, work through the Pubmed tutorial at:

http://www.nlm.nih.gov/bsd/pubmed_tutorial/m6001.html

Affiliated users sign in to PubMed at:

http://www.umanitoba.ca/libraries/units/health/databases/atoz/databasesa.html

**Clinical queries searching and Systematic Reviews filter.**


These features are provided by Pubmed to help searchers locate evidence-based resources. “*Clinical queries*” provides clinicians with four research methodology filters: therapy, diagnosis, etiology, and prognosis. “*Systematic reviews*” combines your search term(s) with citations identified as systematic reviews, meta-analyses, reviews of clinical trials, evidence-based medicine, consensus development conferences, and guidelines.

**CINAHL: Cumulated Index of Nursing and Allied Health Literature**

Contains article citations with abstracts, when available, from 13 nursing and allied health disciplines. Access to affiliated users at:

http://www.umanitoba.ca/libraries/units/health/databases/atoz/databases.html

**Hint:** One method of limiting CINAHL searches is to use the Special interest limit: Evidence-based practice.
Cochrane Database of Systematic Reviews:

Full text of regularly updated systematic reviews prepared by the Cochrane Collaboration. Access to affiliated library users at: http://www.umanitoba.ca/libraries/units/health/databases/atoz/databases.html

For further information on the Cochrane Collaboration see: http://www.cochrane.org/resources/leaflet.htm or browse the Cochrane homepage at www.cochrane.org

Check out the Cochrane Dementia and Cognitive Improvement Group site at: www.cochrane.de/cochrane/revabstr/DEMENTIAAbstractIndex.htm

The Database of Abstracts of Reviews of Effectiveness (DARE).
Database of abstracts of systematic reviews on the effectiveness of health care interventions and the organisation of health care delivery. The structured abstract provides comment on the quality of the review’s methodology. DARE can be used by health practitioners and policymakers to develop local practice guidelines, establish protocols, and determine policy guidelines.
Access to affiliated users at: http://www.umanitoba.ca/libraries/units/health/databases/atoz/databases.html

TRIP (Turning Research Into Practice)
www.tripdatabase.com
Produced by Centre for Research Support (CeReS), Wales, England. The TRIP Database is an amalgamation of 26 databases of hyperlinks from ‘Evidence-based’ sites around the world. Access to affiliated users at: http://www.umanitoba.ca/libraries/units/health/databases/atoz/databases.html
5. Searching for Guidelines and Best Practices:

An excellent collection of articles on clinical practice guidelines can be found at:

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Some sources for guidelines and best practice on the Internet are:

National Guideline Clearinghouse
http://www.guideline.gov/

National Quality Measures Cleaninghouse
www.qualitymeasures.ahrq.gov
Another initiative of the Agency for Health Care Research, the NQMC is a public repository for evidence-based quality measures, browsable by disease/condition; treatment/intervention; domain or organization.

Canadian Medical Association
http://mdm.ca/cpgsnew/cpgs/index.asp
These guidelines are produced or endorsed in Canada by a national, provincial/territorial or regional medical or health organization, professional society, government agency or expert panel.

Registered Nurses Association of Ontario
http://www.rnao.org
The Registered Nurses Association of Ontario (RNAO) launched the Nursing Best Practice Guidelines (NBPG) Project in November 1999 with funding from the Ontario Ministry of Health and Long Term Care. The purpose of this multi-year project is to support Ontario nurses by providing them with Best Practice Guidelines for client care.

Note: In addition to guidelines, the site provides excellent information on implementing guidelines in practice.
Scottish Intercollegiate Guidelines
http://www.sign.ac.uk/guidelines/published/index.html
The Scottish Intercollegiate Guidelines Network (SIGN) was formed in 1993. The Network’s objective is to improve the quality of health care for patients in Scotland by reducing variation in practice and outcome, through the development and dissemination of national clinical guidelines containing recommendations for effective practice based on current evidence.

New Zealand Guidelines Group
http://www.nzgg.org.nz
The New Zealand Guidelines Group promotes the delivery of high quality health and disability services throughout New Zealand through a change in culture based on evidence and effectiveness. Excellent information on guideline development and evaluation is also found at this site.

NeLH
http://rms.nelh.nhs.uk/guidelinesfinder/
From Britain’s National Health Service (NHS), the National Electronic Library of Health Guidelines Finder provides an index to clinical guidelines. It currently holds details of over 900 UK national guidelines with links to Internet downloadable versions of the guidelines. and is updated weekly.

Guidelines in Geriatrics

Care Maps for Seniors
www.caremapsforseniors.ca
Developed by a geriatric services team at Sunnybrook Women’s College Health Sciences Centre and maintained by the Regional Geriatric Program of Toronto, this site provides a database of rated caremaps.

American Health Care Directors Association
http://www.amda.com/tools/guidelines.cfm
The AMDA charges for these publications, but many have been purchased by the J.W. Crane Library.

American Geriatrics Association Guidelines and Position Statements
http://www.americangeriatrics.org/products/positionpapers
http://www.bgs.org.uk/Publications/Clinical%20Guidelines/clinical_guidelines_index.htm

Quality Improvement Scotland  
A series of best practice statements on care of older persons including promoting mobility, oral care, and depression.  
http://www.nhshealthquality.org/nhsqis/qis_display_search_pub.jsp

University of Iowa Gerontological Nursing Interventions Center  
http://www.nursing.uiowa.edu/centers/gnirc/rtdcore.htm  
The Center charges for these publications, but all are available at the J.W. Crane Library.

6. Evidence-based practice on the Internet

The Centre for Reviews and Dissemination (CRD), University of York  
http://www.shef.ac.uk/scharr/ir/netting/  
Established in 1994, The CRD aims to provide research-based information about the effectiveness of interventions used in health and social care. Promotes the use of research-based knowledge, by offering systematic reviews, the DARE, NHS EED (Economic Evaluation Database, and the Health Technology Assessment database, publications: CRD Reports, Effective Health Care, and Effectiveness Matters, and a dissemination service.

Sara Cole Hirsch Institute for Best Nursing Practice Based on Evidence at Case Western Reserve School of Nursing  
http://fpb.case.edu/HirshInstitute/index.shtm

Canadian Centre for Health Evidence (Alberta)  
http://www.ccche.net/che/home.asp  
The CHE is a not-for-profit agency that engages in projects and partnerships that promote practice-based evidence. The site contains a complete set of Users' Guides originally published as a series in the Journal of the American Medical Association (JAMA). Provides references and links to articles on EBM.
Health Information Research Unit -- Evidence-Based health Informatics
http://hiru.mcmaster.ca/
The Health Information Research Unit (HIRU) at McMaster University conducts research in the field of health information science and is dedicated to the generation of new knowledge about the nature of health and clinical information problems, the development of new information resources to support evidence-based health care, and the evaluation of various innovations in overcoming health care information problems.

Joanna Briggs Institute for Evidence-based Nursing
http://www.joannabriggs.edu.au
The Joanna Briggs Institute, established in 1995, is an initiative of Royal Adelaide Hospital and the University of Adelaide to provide a collaborative approach to the evaluation of evidence derived from a diverse range of sources. With the support of leading hospitals and universities, the JBI Collaboration has grown steadily to include state collaborating centres within Australia, as well as Hong Kong, New Zealand, The United States, Scotland, China, South Africa, Spain, Canada, Thailand and England.

Many of their publications require paid subscription, but the “Evidence Based practice information sheets for health professionals” are available for free at this site.

7. Evidence-based geriatrics on the Internet

Geronurse.com
http://www.geronurse.com
The website of the Gerontological Demonstration Project is an important pioneering initiative intended to create an infrastructure for e-based learning to promote the attainment of evidence-based gerontological practice in Scotland. Features best practice guidelines in development and available.

NICHE (Nurses Improving Care for Healthsystem Elders)
http://www.hartfordign.org/programs/niche/
NICHE is a national geriatric nursing program with sites in 30 states coordinated by the John A. Hartford Foundation Institute for Geriatric Nursing at New York University. The goal of NICHE is to incorporate best practices and guidelines to achieve systematic nursing change to benefit hospitalized older patients.
Texas Association of Homes and Services for the Aging: Best Practices home page.
www.tahsa.org/index.cfm/MenuItemID/103.htm
These best practices were selected by a committee of members from a diverse group including those working in both the profit and non-profit sector, clinicians and educators.

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