

Evidence-Based Dentistry Search and Evaluation Strategies

Start with a topic you want to know more about.



What you can do in 5 minutes

Search EBD.ADA.org by topic for systematic review (SR) abstracts:

- With critical summaries
- From the Cochrane Collaboration
- From DARE with critical summaries
- From National Library for Health

Questions to ask yourself:

- What are the results?
- Are the results valid?
- Will the results help in caring for my patient?

Advantages:

- Fast
- Simple
- Requires little advanced skill
- Efficiently utilizes high quality systematic reviews and other pre-appraised evidence
- Free

Limitations:

- May not completely or directly answer your question
- Requires that the topic has been well researched
- Requires reliance on others for critical appraisal



What you can do in 30 minutes or less

Search EBD.ADA.org by topic for SR abstracts:

- With critical summaries
- From the Cochrane Collaboration
- From DARE with critical summaries
- From National Library for Health

Search *The Journal of Evidence-based Dental Practice* (JEBDP.com) or *Evidence-based Dentistry* (nature.com) for critical summaries

Search The National Library for Health (library.nhs.uk) for critical summaries of SR

Search PubMed Clinical Queries area for:

- Systematic reviews
 - Randomized controlled trials (for topics that have been minimally researched)
- * PubMed may have direct links to free full text articles. Full text articles may also be purchased via the publisher's website or the ADA Library for ADA members.*

Use "critical appraisal sheets" from the Centre for Evidence-based Medicine (cebm.net) to evaluate the quality of the SRs and RCTs that you found that do NOT have critical summaries already complete.

Questions to ask yourself:

1. What are the results?
2. Are the results valid?
3. Will the results help in caring for my patient?

Advantages:

- Fast
- Simple
- Efficiently utilizes high quality systematic reviews and other pre-appraised evidence
- May thoroughly answer your question
- Demands a minimum amount of time for critical appraisal
- Opportunity to learn critical appraisal techniques by reading other critical appraisals
- Free or minimal cost

Limitations:

- Requires some reliance on others for critical appraisal



What you can do if you have more time or would like to greatly expand your knowledge

Search PubMed Clinical Queries area:

- Systematic Reviews
 - Randomized controlled trials
 - Other clinical studies of higher quality (cohorts, case-control)
- * PubMed may have direct links to free full text articles. Full text articles may also be purchased via the publisher's website or the ADA Library for ADA members.*

Evaluate quality of the evidence found through PubMed with appropriate tools from www.unisa.edu.au/cahe/CAHECATS/ or the Centre for Evidence-based Medicine (cebm.net).

Questions to ask yourself:

1. What are the results?
2. Are the results valid?
3. Will the results help in caring for my patient?

Advantages:

- The most thorough answering of your question
- Requires no reliance on others for critical appraisal
- Opportunity to master critical appraisal skills

Limitations:

- Requires advanced skill level
- May be time consuming
- Minimal to moderate cost

- 1 Decide what is "best"
- 2 Record your findings for future review

- 3 Share with your patient and/or staff