

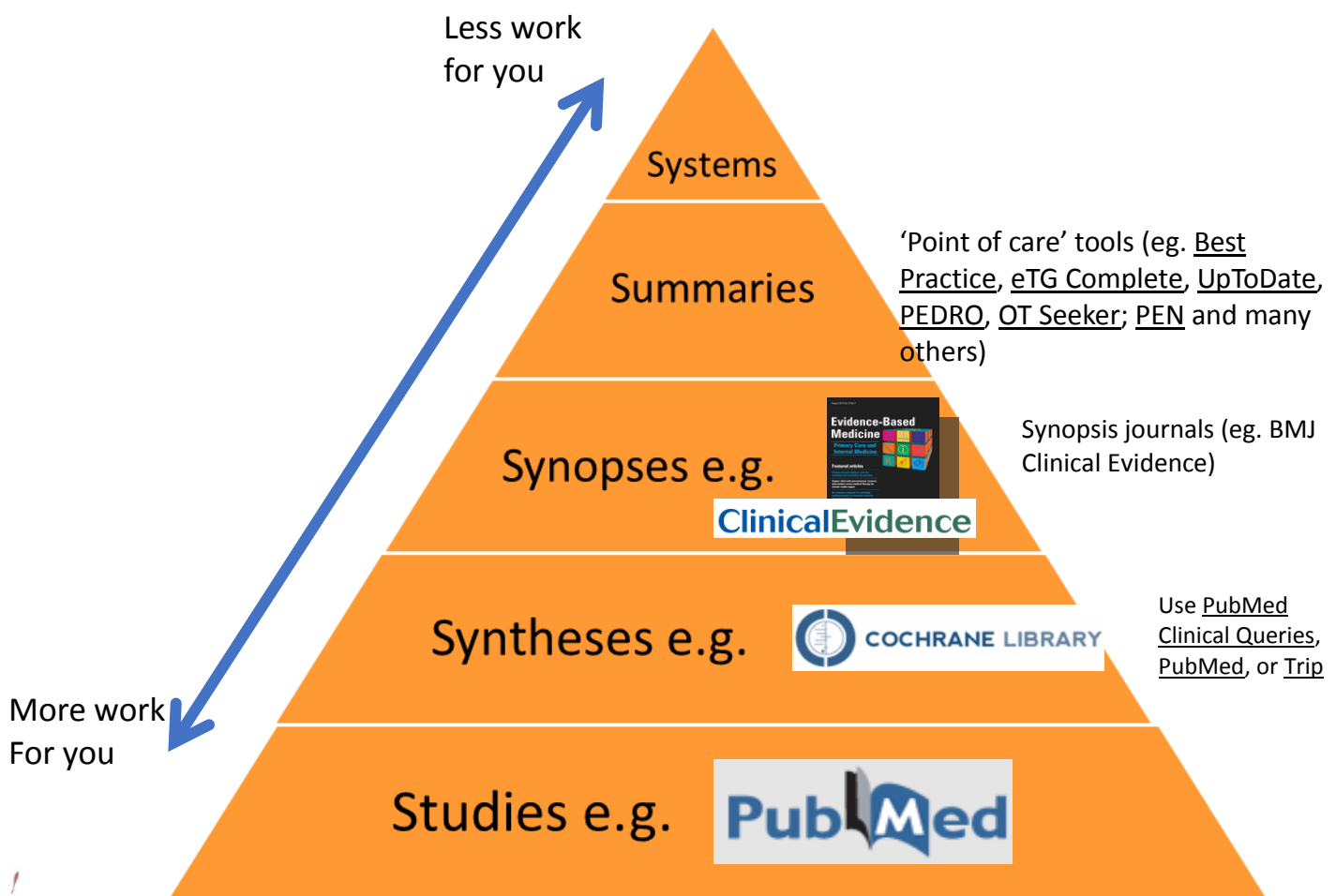
Rapid Review of Evidence

Does the thought of looking for evidence or conducting a literature review leave you with a cold shiver?

This webinar aims to give clinicians a guide for how to conduct a targeted rapid review of the evidence or literature. If you are not familiar with basic literature search or the research databases perhaps speak to your librarian or an experienced researcher and then come back to this webinar

A common concern when undertaking any evidence-based practice change is undertaking an effective and efficient search for research or evidence to answer your practice question. Rarely are literature searches considered to be a stimulating and exciting activity! Yet they are a crucial component of any TRIP project.

In order to select high quality, synthesised evidence – it is important to know where to look. The Haynes Pyramid helps to direct you to the best option for your chosen topic, and provides a helpful guide to structuring your search and help you know where to look next [1].



This pyramid stacks options for evidence into a hierarchy where the top of the pyramid is evidence in its most synthesised form to guide practice, the bottom of the pyramid however is made up of individual single published studies

Let's have a look at an adapted Haynes model in more detail starting at the bottom.

Single research papers or studies make up the base of the pyramid. This is the lowest level and reflects all of the single pieces of research on a topic. It could take a very long time to wade through these as this reflects the least efficient option of literature searching

It is a poor place to start your search.

Moving up to the next level, Syntheses of evidence reflects the systematic summary of single studies on any given question into one cohesive body of evidence – commonly systematic review (and may also be a meta analyses). As this summarises all single studies on a specific question it is more generalisable across a broader range of the population, than say a single study. It is at this level where we recommend as a minimum standard for setting research translation projects as the syntheses of evidence are appropriate than individual studies to inform practice change.

Examples of systematic reviews include Cochrane Review:

Synopses of synthesised evidence. In this level you will find concise presentation of synopses to review relevance. Places like the Cochrane Collaboration library often provide a clear synopsis to accompany the systematic reviews mentioned earlier.

The next 'Summaries' is what we would refer to as Best Practice Guidelines / Evidence-based Guidelines. The evidence available at this level are already synthesised to inform practice. Examples could include BMJ best practice, up to date, pedro (for physio), OT seeker (for occupational therapy), PEN (for nutrition and dietetics) and many others

Systems refer to the electronic linkage of evidence based guidelines into individual patients. Here you might find an alert come up to inform the next step in care for a particular patient. Systems are particularly attractive with the rise of the iEMR.

So what does this mean for you, and finding research for your clinical problem?

The top of this pyramid is where you find the most synthesised evidence therefore it is recommended that you start at the top and work your way down, this will save time as well.

In allied health care 'Systems' are rare, therefore summaries are generally a good starting point. You would only need to move down the pyramid to the next level if the summary is of poor quality, methodologically flawed OR out of date – as a rule of thumb evidence should be from the last 2-3 years. If you have a good quality guideline or systematic review that is a little older you might like to search only for more recent evidence to check if anything has changed from the results of the synthesis. Refer to our critical appraisal resources if you need assistance with determine the quality of evidence that you find during your search.

There are databases such as the TRIP database – that sorts results into this same Pyramid structure. This can help guide your structured search.

<https://www.tripdatabase.com/how-to-use-trip>

Alternatively, tools such as the Clinical Queries search within PubMed allows a selection of Systematic Reviews, if you explicitly want to search Syntheses. When in doubt – contact a Librarian. They are there to help and from our experience – love the questions

References

1. Alper, B. S. and R. B. Haynes (2016). "EBHC pyramid 5.0 for accessing preappraised evidence and guidance." Evidence Based Medicine **21**(4): 123-125.