

A Cheatsheet: How to Find and Review Evidence-Based Research

1. Search for systematic reviews at the Cochrane Library.
2. Search for systematic reviews at PubMed.
3. Search for meta-analyses at PubMed.
4. Search for randomized control trials at PubMed.

Analyzing Evidence-Based Research

1. Skim the abstract for main concepts.
2. Review any unfamiliar terms.
3. Critique each step of the research process.
4. Explain the study in your own words.

Acting on Evidence-Based Research

1. Explore intervention options.
2. Understand the benefits, risks, and alternatives.
3. Make an informed decision.
4. Evaluate the outcome of the decision.

References

Cochrane Library: www.cochranelibrary.com/

PubMed: www.ncbi.nlm.nih.gov/pubmed