



The Cochrane Library



www.fisiokinesiterapia.biz

Plan

- Introductions
- Cochrane and Systematic reviews
- What is in the Cochrane Library?
- Ways to search Cochrane Library
- Constructing a search strategy
- Search tips
- Training resources
- Examples



Cochrane Logo



The Cochrane Collaboration

- International organization
- Not for profit
- Registered as a charity in the U.K.
- Main activities are preparing, maintaining and promoting the accessibility of systematic reviews of the effects of healthcare interventions



Cochrane Collaboration's Vision

That healthcare decision-making around the world will be informed by high-quality, timely research evidence, and that The Cochrane Collaboration will play a pivotal role in the production and dissemination of this evidence across all areas of health care, including complementary medicine.



What is a Systematic Review?

- Identify an intervention for a specific disease or other problem in health care
- Ask whether or not this intervention works
- Locate, appraise and synthesize evidence from relevant scientific studies
- Summarize conclusions about effectiveness



What is the Cochrane Library?

- A collection of databases
- Main output of the Cochrane Collaboration
- Highest level of evidence on which to base clinical treatment decisions



What is in the Cochrane Library?

Cochrane Database of Systematic Reviews (Cochrane Reviews)

Regularly updated summaries of the best available evidence prepared by members of the Cochrane Collaboration.

Database of Abstracts of Reviews of Effects (DARE)

Other published reviews prepared by people outside of the Cochrane Collaboration.

Cochrane Central Register of Controlled Trials (CENTRAL)

Where to look if you want to track down the original studies (primary studies) – the largest single source of controlled trials.



More Cochrane Library Databases

Cochrane Methodology Register (CMR)

As exciting as it sounds! Where to find studies which look at the science of systematic reviewing.

Health Technology Assessment Database (HTA)

An international collection of health technology assessments.

NHS Economic Evaluation Database (NHS EED)

International economic evaluations of health care interventions.

About the Cochrane Collaboration (About)

Where to look for information about Cochrane review groups and other activities of the Cochrane Collaboration.



The Cochrane Library 2008 Issue 2

Cochrane Reviews (CDSR)

4400 complete reviews and 2500 protocols

Database of Abstracts of Reviews of Effects

8131 abstracts of assessed reviews

Clinical Trials (CENTRAL)

533,127 references to trials

Methods studies

10,648 references to methodology studies



Top 10 Accessed Worldwide, 2007

- See which reviews are getting the most attention from *Cochrane Library* users...
 1. Interventions for preventing falls in elderly people
 2. Interventions for preventing obesity in children
 3. Beta-blockers for hypertension
 4. Low glycaemic index or low glycaemic load diets for overweight and obesity
 5. Nicotine receptor partial agonists for smoking cessation
 6. Support surfaces for pressure ulcer prevention
 7. Interventions to improve hand hygiene compliance in patient care
 8. Vitamin C for preventing and treating the common cold
 9. Rosiglitazone for type 2 diabetes mellitus
 10. Exercise therapy for treatment of non-specific low back pain

<http://www.cochrane.org/top10reviews.htm>



Access to the Cochrane Library

www.TheCochraneLibrary.org

In Canada, accessible via provincial/territorial licenses

- Saskatchewan
- New Brunswick
- Nova Scotia
- three northern territories
- via some associations, e.g. Canadian Association of Occupational Therapists



Ways to search the Cochrane Library

- From The Cochrane Library homepage you can either choose to **browse** the content or use one of several **search** options:
 - Basic
 - Advanced
 - MeSH



Wiley InterScience: Reference Work: The Cochrane Library 2008, Issue 2 -...


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 **Welcome to The Cochrane Library**

The Cochrane Library contains high-quality, independent evidence to inform healthcare decision-making. It includes reliable evidence from Cochrane and other systematic reviews, clinical trials, and more. Cochrane reviews bring you the combined results of the world's best medical research studies, and are recognised as the gold standard in evidence-based health care.

More About The Cochrane Library
[What are Systematic Reviews & Protocols?](#) [Product Descriptions](#) [About the CD-ROM](#)

What's New in Issue 2, 2008?
[Important changes to The Cochrane Library \(PDF\)](#)
[Highlights of new and updated Reviews \(PDF\)](#)
[Most Accessed Reviews 2007 \(PDF\)](#)
[Antioxidant supplements for prevention of mortality in healthy](#)

Access to The Cochrane Library
The Cochrane Library is available online through Wiley InterScience.

Help! New Users Start Here
As a new user we recommend you use the following resources to help you navigate through the evidence and get the most out of The Cochrane Library.
[More](#)

For Clinicians
As a clinician you are under constant pressure to have high-quality, up-to-date evidence at your fingertips. [More](#)

For Researchers
The internet has given us instant access to a huge amount of research, but the large volume of available information is a problem in itself. [More](#)

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BROWSE TOPICS BY COCHRANE COLLABORATIVE REVIEW GROUP

Select from below

You can also browse through the lists of the different Cochrane review groups. To do this click the **Topics** link and select the appropriate Cochrane review group from the drop-down list.

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- [Cochrane Airways Group](#)
- [Cochrane Anaesthesia Group](#)
- [Cochrane Back Group](#)
- [Cochrane Bone, Joint and Muscle Trauma Group](#)
- [Cochrane Breast Cancer Group](#)
- [Cochrane Childhood Cancer Group](#)
- [Cochrane Colorectal Cancer Group](#)
- [Cochrane Consumers and Communication Group](#)
- [Cochrane Cystic Fibrosis and Genetic Disorders Group](#)
- [Cochrane Dementia and Cognitive Improvement Group](#)
- [Cochrane Depression, Anxiety and Neurosis Group](#)
- [Cochrane Developmental, Psychosocial and Learning Problems Group](#)
- [Cochrane Drugs and Alcohol Group](#)
- [Cochrane Ear, Nose and Throat Disorders Group](#)
- [Cochrane Effective Practice and Organisation of Care Group](#)
- [Cochrane Epilepsy Group](#)
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You can also browse through the topic lists.
To do this click the **Topics** link and select
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- Anaesthesia (123)
- Back (57)
- Bone, Joint and Muscle Trauma (179)
- Breast Cancer (65)
- Childhood Cancer (14)
- Colorectal Cancer (144)
- Consumers and Communication (42)
- Cystic Fibrosis and Genetic Disorders (82)
- Dementia and Cognitive Improvement (174)
- Depression, Anxiety and Neurosis (186)

You can also browse through the topic lists.
To do this click **“By Topics”** link.

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- ⊕ Acute Respiratory Infections (145)
- ⊕ Airways (268)
- ⊕ Anaesthesia (123)
- ⊖ Back (57)
 - ⊕ Cervical spine (17)
 - ⊖ Brachial Plexus (0)
 - Cervico-brachial neuralgia (0)
 - Thoracic outlet syndrome (Liaison with Neuromuscular Disease Group) (0)
 - Thoracic spine (0)
 - ⊕ Lumbar spine (39)
 - ⊕ No specific localization (1)
- ⊕ Bone, Joint and Muscle Trauma (179)

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Thoracic spine (0)

[-] Lumbar spine (39)

[-] Lumbar disc disease (2)

Spinal stenosis (0)

Facet joint syndrome (0)

[-] Radiculopathy (sciatica) (Liaison with Neuromuscular Disease Group) (4)

[-] Lumbar spondylosis (1)

Lumbar spondylolistesis (0)

Myofascial low back pain (0)

[-] Non-specific low back pain (32)

Backache in pregnancy (Liaison with the Pregnancy and Childbirth Group) (0)

Failed back surgery syndrome (0)

Spina Bifida Occulta (0)

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Searching the Cochrane Library

- Search using “basic”
- Searching using “advanced”
- Search using MeSH (Medical Subject Headings)
- Devise a complex search strategy



Basic Search

The most basic search can be done from The Cochrane Library homepage

When using this basic search option, searches are performed across all the databases

Select the database from the results page



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SEARCH TIPS
Using the MeSH Search
Find records using the MeSH thesaurus search through the following methods.

Thesaurus Search Options
Use the thesaurus to find a term for a MeSH Tree Search. Enter word in text box and click on Thesaurus to display the complete index of all MeSH descriptors that include the word. Click on an index term to select it for a MeSH Tree Search (see below).

MeSH Tree Search Options
Enter a term in the text box

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Advanced Search

For greater flexibility choose the Cochrane **Advanced Search**

The Advanced Search screen allows you to build searches by combining several different concepts using Boolean operators (AND, OR or NOT) and lets you limit your search according to particular databases, types of record or year(s).



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Enter a term below and click Search to continue.

Search For:

In:

To search using field labels (e.g. heart.ti) use the [Search History](#) page.

osteoarthritis

Search All Text

AND knee

Search All Text

AND Enter search term 3

Author

AND Enter search term 4

Abstract

AND Enter search term 5

Keywords

Search

☐ Go directly to Search History

[Restrict Search by Product](#)

☒ All of The Cochrane Library

SEARCH TIPS

Tip No. 1:
Boolean operators AND, OR, and NOT can be selected from the pulldown selection boxes or entered directly within the search text boxes. Use parentheses to separate components when entering complex search directly in text box with mixed Boolean operators.

Example: (colchicine AND liver) AND (fibrosis OR cirrhosis)

Tip No. 2:
The AND operator is used by default between search terms. The string brain stem will match records where both words are included in any order.

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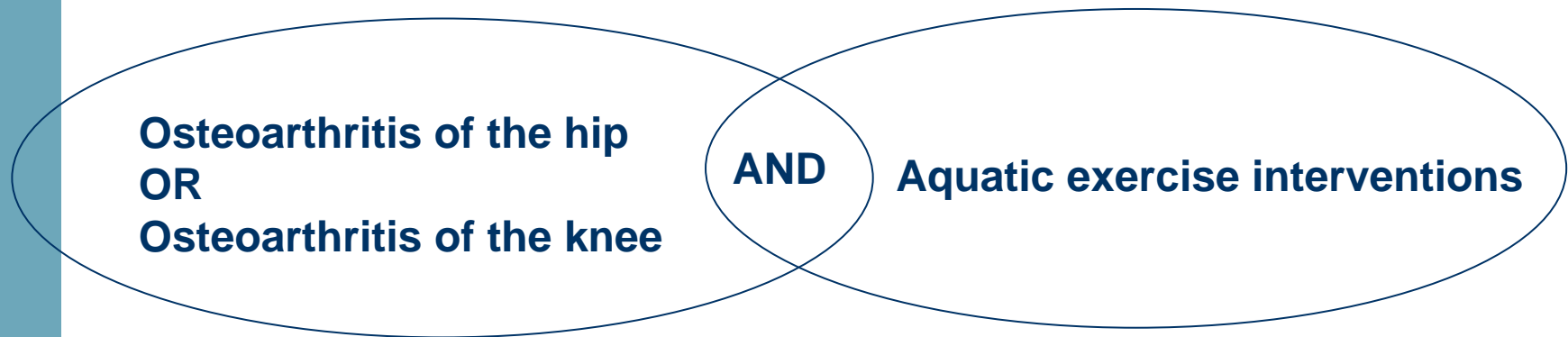
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Boolean Logic

- **AND** retrieves results that include all the search terms; use **AND** to narrow results by combining concepts
- **OR** retrieves results that include at least one of the search terms; expanding possibilities of retrieval; use **OR** to group synonymous terms together
- **NOT** excludes the retrieval of terms from your search.



Boolean Logic



Advanced Search - Truncation

- Use * for wildcard and truncation
 - to search for multiple characters before, within, or after a search string.
- Examples
 - aquatic exercis*,
 - for exercise, exercises, or exercising
 - isch*mic stroke,
 - for ischaemic stroke, ischemic stroke



Advanced Search - Proximity

- Use **NEXT** to find adjacent words
 - aquatic NEXT exercise
 - Aquatic exercise for the treatment of knee and hip osteoarthritis.
- Use **NEAR** with a number to indicate proximity of terms either before or after each other (default is 6).
 - aquatic NEAR exercise*
 - Aquatic therapy exercise for treating rheumatoid arthritis.



Advanced Search – Phrase Search

- **Exact phrase search:** Insert a term within quotation marks to create an exact match.
- “water gymnastics”
- *The review found that specifically tailored strengthening exercise, sitting pelvic tilt exercise programs and **water gymnastics** all reported beneficial effects*



Advanced Search – Fields

- Title, Abstract and Keywords: pre-defined includes keyword field along with terms in the title and abstract
- Keywords: searches index terms, including MeSH headings and check tags
- MeSH option: allows you to explode subject headings
- All text: searches the full text of review



http://www3.interscience.wiley.com/cgi-bin/mrwhome/106568753/HELP_Cochrane.html			
Type	Description	Example	
Boolean operators	Use AND, OR, and NOT to create a more complex search.	magnesium sulfate AND (eclampsia OR perinatal asphyxia)	
Proximity search using NEAR	Use NEAR/ with a number to indicate proximity of terms either before or after each other. The default proximity value for the operator when no number is entered is 6.	antidepressant NEAR/10 narcolepsy	
Proximity search using NEXT	Use NEXT with a number to match terms that appear next to each other. Note that the apostrophe within a term is treated as a space, thus to search for adjacent words in a term such as Down's Syndrome , the best search parameter to use is: down* NEAR/2 syndrome	cholera NEXT treat*	
Combined Boolean and proximity searches	Use combinations of Boolean operators and proximity operators to build a complex search.	breast NEAR (cancer OR carcinoma)	
Wildcard truncation	Use an asterisk (*) to search for multiple characters before, within, or after a search string. A question mark can be used to search for a single character.	abdom* *eclampsia	
Comma instead of OR operator	Use a comma in place of the OR operator	medical, health	
Exact phrase search	Insert a term within quotation marks to create an exact match. Note that no search method is case sensitive, thus "PH" matches the same results as "pH", "Ph", or "ph".	"mental health treatment" matches the phrase in exactly that word sequence	
Stemming	The stemming feature within the search allows words with small spelling variants to be matched. The term tumor will also match tumour .	tumor cell	
Pluralization and singularization matches	Pluralized forms of words also match singular versions, and vice versa. The term drugs will find both drug and drugs . To match either just the singular or plural form of a terms, use an exact match search and include the word in quotation marks.	"vaccine"	
Terms with multiple spellings	Use the wildcard character with the NEXT operator to match all variations of a term. Note: Use NEAR between a word ending in "s" and another following word.	st* NEXT john* NEAR wort	
Diphthong characters	Terms with spelling variations that include diphthongs should be searched with a wildcard character to ensure that all forms of a term are matched. Some more common terms with diphthongs such as "haemorrhage" are automatically matched to their variant spellings through stemming.	isch*mic stroke	

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The Cochrane Library Help

We recommend you use the following resources to help you navigate through the evidence and get the most out of *The Cochrane Library*.

Demos and brochure

View a short [PowerPoint Presentation](#) or a [PDF brochure](#) explaining What is *The Cochrane Library*? What are the benefits and features?

There are also tutorial [e-learning modules](#) available, including introductions to *The Cochrane Library* in French and German (scroll down to the section on *The Cochrane Library* after following this link).

User guides

View our online help manual, or download, view or print the Quick Reference Guide, or the full User Guide in your preferred language. It provides a detailed overview of *The Cochrane Library* and easy step-by-step guidance on: How to Register; Logging-on; Browse; Performing Basic, Advanced and MeSH Searches; Using Search History; Citation Export; Linking; Navigating Reviews; Odds Ratio Diagrams and more.

- [Important Changes to The Cochrane Library from Issue 2, 2008 \(PDF\)](#) – April 2008
- [Dates and Statuses Explained \(PDF\)](#) – April 2008
- [Online help manual – see below](#) – updated April 2008
- [Quick Reference Guide in English \(PDF\)](#) – updated April 2008
- [Quick Reference Guide in Turkish \(PDF\)](#) – updated October 2007
- [Quick Reference Guide in Korean \(Powerpoint\)](#) – updated May 2008
- [User Guide in English \(PDF\)](#) – Version 2.2, updated February 2008
- [User Guide in French \(PDF\)](#) – updated October 2007
- [User Guide in simplified Chinese \(PDF\)](#) – Version 2, updated April 2007
- [User Guide in traditional Chinese \(PDF\)](#) – Version 2, updated April 2007
- [User Guide in Japanese \(PDF\)](#) – Version 2, updated March 2007
- [User Guide in Korean \(PDF\)](#) – Version 2.1, updated March 2007

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The Cochrane Collaboration - The Cochrane Libr...

The reliable source of evidence in health care

THE COCHRANE COLLABORATION

The Cochrane Library - User training resources

New! Important changes to The Cochrane Library on Wiley Interscience - click [here](#)

The Cochrane Library on Wiley Interscience

- [Wiley InterScience guides and demonstrations for The Cochrane Library](#)
- [NICS Guide to The Cochrane Library](#) - by the Australasian Cochrane Centre
- [Danish Guide to The Cochrane Library](#) - by the Nordic Cochrane Centre
- [Swedish Guide to The Cochrane Library](#) - by SBU (The Swedish Council on Technology Assessment in Health Care)
- [Italian Guide to The Cochrane Library](#) - by the Italian Cochrane Centre
- [French Guide to The Cochrane Library](#) - by Wiley Interscience

Pre-2005 resources

Update, December 2006:
Older versions of *The Cochrane Library* and the current CD-Rom versions have a different interface. The Cochrane Web Team is attempting to ascertain whether resources relevant to this interface are still available online; if they are, links will be provided here.

Related:

[The Cochrane Library Users' Group \(CLUG\)](#) provides a forum for discussion of usability, readability, searchability and formatting issues related to the use of The Cochrane Library.

Further reading:

- [About The Cochrane Library](#) - what it offers, how it's produced
- [The Cochrane Library on Wiley Interscience](#) - learn what's changed in the new interface
- [Impact of Cochrane evidence](#) - learn how Cochrane Reviews are used worldwide

Versions : printable

Search

whole site

Search

[A-Z index](#) [Help](#)

Related resources

[The Cochrane Library homepage](#)

[Cochrane Workshops](#)

From the newsroom (more...)

[Review on vitamins draws lots of attention](#)

[What were the most accessed Cochrane reviews in 2007?](#)

[Issue 2, 2008 of The Cochrane Library is now online!](#)

[Podcasts from the Cochrane Library - Listen now!](#)

[Take the survey and help us shape the future of The Cochrane Library!](#)

[Closure - Boston Branch, USCC](#)

Internet | Protected Mode: On

100%

12:44 AM

Organizing the search....

- PICO - A well-formulated question makes it easier to produce the strategy and find the evidence
- Strategy will be based on controlled vocabulary (Medical Subject Headings), and text words (develop list of key terms, synonyms)



Start with PICO

Patient/**P**opulation

Intervention

Comparison

Outcome



Framing the question

Are aquatic-exercise interventions in the treatment of knee and hip osteoarthritis effective and safe?

- In patients with *knee or hip osteoarthritis* (population)
- Are aquatic-exercise interventions (intervention)
- No comparator (comparison)
- *Effective and safe?* (outcome)?



PICO

Patient group

- Knee osteoarthritis
- Hip osteoarthritis

Intervention

- Aquatic exercise interventions



PICO

Patient group

- osteoarthritis, knee (MeSH)
- osteoarthritis, hip (MeSH)
- (osteoarthritis OR osteoarthros*)
AND (knee OR hip)

Intervention

- hydrotherapy (MeSH)
- balneology (MeSH)
- swimming (MeSH)
- balneotherap*
- aquatic NEXT exercis*
- (aquatic OR water) NEXT sport*
- pool NEXT therap*
- water NEXT aerobic*
- water NEXT exercis*
- water NEXT run*
- water NEXT training
- water NEXT gymnastic*
- (water* OR aquatic OR pool) AND
physiotherapy



Speech and language example

- **Speech and language therapy for aphasia following stroke**

The objective of this review was to assess the effects of formal speech and language therapy and non-professional types of support from untrained providers for people with aphasia after stroke.



PICO

Patient group

- People with aphasia after stroke

Intervention

- Formal speech and language therapy

Comparator

- Non-professional types of support from untrained providers



Aphasia search

Patient/Population

aphasia (MeSH)
aphasi*:ti,ab,kw
dysphasi*:ti,ab,kw

Intervention

rehabilitation of speech
and language disorders
(MeSH)
speech NEAR therap*
language NEAR therap*
language therap*:ti,ab,kw
remedial NEAR therap*
therap* OR treatment* OR
rehabilitat* OR
remediation*



Occupational Therapy example

- **Occupational therapy for patients with problems in activities of daily living after stroke**
- To determine whether occupational therapy focused specifically on personal activities of daily living improves recovery for patients following stroke.



Occupational Therapy example

Patients/Population

Stroke patients

Intervention

Occupational therapy



Occupational Therapy example

Patient/Population

1. cerebrovascular disorders (MeSH)
2. stroke*
3. cva*
4. cerebrovascular*
5. cerebral vascular*
6. cerebral OR cerebellar OR brain* OR vertebrobasilar
7. infarct* OR isch*emi* OR thrombo* OR emboli* OR apoplexy
8. cerebral OR brain* OR subarachnoid
9. h*emorrhage* OR h*ematoma* OR bleed*
10. #8 AND #9
11. hemiplegia (MeSH)
12. hemipleg* OR hemipar* OR post-stroke OR poststroke
13. #1 OR

Intervention

14. occupational therapy (MeSH)
15. activities of daily living (MeSH)
16. rehabilitation (MeSH)
17. self care (MeSH)
18. automobile driving (MeSH)
19. task performance and analysis (MeSH)
20. time and motion studies (MeSH)
21. work simplification (MeSH)
22. leisure activities (MeSH)
23. recovery of function (MeSH)
24. Work (MeSH)
25. social adjustment (MeSH)
26. social support (MeSH)
27. counseling (MeSH)
28. goals (MeSH)
29. occupational NEAR therap*



Occupational Therapy example

Intervention

- 30. rehabilitat*
- 31. ((self OR personal) NEXT (care OR manage*))
- 32. dressing OR feeding OR eating OR toilet* OR bathing OR mobil* OR driving
- 33. public NEXT transport*
- 34. ((daily OR domestic OR house OR home) NEAR (activit* OR task* OR skill* OR chore*))
- 35. Leisure
- 36. recover* NEAR function*



Occupational Therapy example

Intervention

- 37. (social) NEAR (activit* OR function* OR support* OR skill* OR adjust* OR behavio*r OR facilitat*)
- 38. counsel*ing OR work OR employment
- 39. # 14 OR
- 40. #14 AND #39



Reading the Reviews

- Results screen defaults to the Cochrane Database of Systematic Reviews (CDSR)
- Reviews and Protocols (restrict to reviews)
- Layers of detail

The **Abstract** summarizes the objectives, methods, results and conclusions.

The **Synopsis** is a 100-word plain language summary found directly beneath the abstract, with pointers to sections of the full review.

(http://www.nicsl.com.au/cochrane/guide_tell.asp)

Full review provides background, detailed methods, details of the individual trials, reviewers' conclusion and maybe comments posted by readers, and the authors' responses.



Lead-in Tools

- MeSH thesaurus (www.pubmed.org)
- Mayo Clinic
- Wikipedia



Accessibility

- Podcast summaries of certain topic

<http://cochrane.org/podcasts/index.htm>



Cochrane Library Tutorials

The Cochrane Library – An Introduction
(8 minutes)

Tips on Advanced and MESH searching
(7 minutes)

Setting up Saved Searches and e-mail Alerts
(7 minutes)



WSE

Cochrane Reviews: [By Topic](#) | [New Reviews](#) | [Updated Reviews](#) | [A-Z](#) | [By Review Group](#)
Other Resources: [Other Reviews](#) | [Clinical Trials](#) | [Methods Studies](#) | [Technology Assessments](#) | [Economic Evaluations](#)

[More Info](#)

SEARCH

[Advanced Search](#) | [MeSH Search](#) | [Search History](#) | [Saved](#)

The Cochrane Library Help

We recommend you use the following resources to help you navigate through the evidence and get the most out of *The Cochrane Library*.

Demos and brochure

View a short [PowerPoint Presentation](#) or a [PDF brochure](#) explaining What is *The Cochrane Library*? What are the benefits and features?

There are also tutorial [e-learning modules](#) available, including introductions to *The Cochrane Library* in French and German (scroll down to the section on *The Cochrane Library* after following this link).

User guides

View our online help manual, or download, view or print the Quick Reference Guide, or the full User Guide in your preferred language. It provides a detailed overview of *The Cochrane Library* and easy step-by-step guidance on: How to Register; Logging-on; Browse; Performing Basic, Advanced and MeSH Searches; Using Search History; Citation Export; Linking; Navigating Reviews; Odds Ratio Diagrams and more.

- [Important Changes to *The Cochrane Library* from Issue 2, 2008 \(PDF\)](#) – April 2008
- [Dates and Statuses explained \(PDF\)](#) – April 2008
- [Online help manual – see below](#) – updated April 2007
- [Quick Reference Guide in English \(PDF\)](#) – updated April 2008
- [Quick Reference Guide in Turkish \(PDF\)](#) – updated October 2007
- [Quick Reference Guide in Korean \(Powerpoint\)](#) – updated May 2008
- [User Guide in English \(PDF\)](#) – Version 2.2, updated February 2008
- [User Guide in French \(PDF\)](#) – updated October 2007
- [User Guide in simplified Chinese \(PDF\)](#) – Version 2, updated April 2007

RELATED WILEY

Databases

- [EBM Guideline Medicine](#)
- [HEED: Health & Economic Evaluations Database](#)

Journals

- [Cochlear Implementation Science](#)
- [Journal of Environmental & Development Medicine](#)
- [Journal of Hospital Medicine](#)
- [Research in Nursing & Health](#)
- [Trends in Urology & Sexual Health](#)

Online Books

- [Ageing Vulnerability & Interventions](#)
- [Child & Family Health](#)
- [Culture of Health](#)
- [Gastrointestinal Health](#)
- [Diabetes Mellitus](#)
- [Leg Pain](#)

Reference Works

- [Encyclopedia of Evidence-Based Medicine](#)
- [International Textbook of Diabetes Mellitus](#)

e-learning modules

Public Libraries and Health Information

- From 6-20% of reference request in a public library are health related
- Even patrons with Internet access at home depend on public libraries to locate appropriate, understandable health and medical information

Samantha Burdett, Flis Henwood, Roma Harris, Audrey Marshall 2006. Mediating the “Digital Health Divide”: A Role for Public Libraries. CAIS Annual Conference, <http://www.cais-acsi.ca/>



Barriers to Provision of Information

- Lack of expert knowledge
- Limitations in the library collection
- Concerns about providing what could be considered “health advice”.



Situating the User

Librarian Social Worker Pharmacist Nurse Physician Dietician

Self Determined ←————→ **Compliant**

Nadine Wather, A Comparative Analysis of Librarians and Health Professionals as “Health Info(r)mediators” CHLA-ABSC Conference, Halifax, 2008.



Evidence-Based Medicine

- Evidence
- Experience
- Needs and values



Sources of health information

1. **Look on the Internet**
2. Your GP
3. Books and magazines
4. Family and Friends
5. **Public library**
6. ...other health professional, pharmacist, health food store....



Most trusted sources

1. Your GP
2. **Public library**
3. Other health professional
4. Family/ friends
5. Pharmacist
6. ...
8. **Online health information**

