



Developing a search strategy: Evidence Based Practice



By the end of this session, we will have covered:

- **What is Evidence Based Practice?**
- **How to build an effective, evidence-based search**
- **The PICO (T) components**
- **Modifying and tailoring your results**
(advanced search techniques; Boolean operators, truncation, and using limits)
- **Viewing a live database** - demonstration in practice
- **How to get further help with searching**



Evidence Based Practice

What is it?

Evidence based practice incorporates best practice research as the reasoning for clinical decisions.

It is a way of keeping current with new developments.

It involves lifelong, self-directed learning and facilitates knowledge translation.



Evidence Based Practice

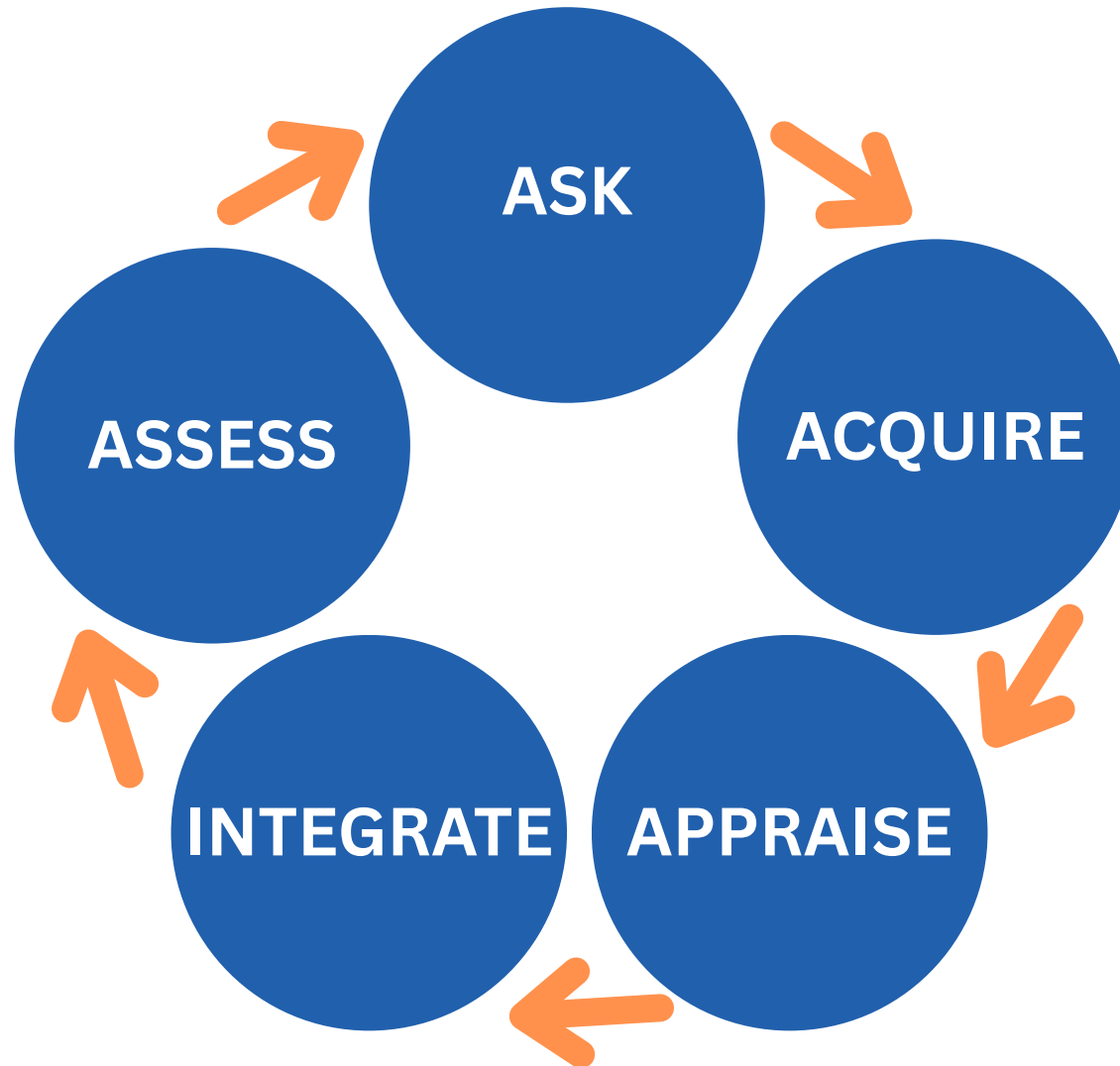
So... what is it?

In a nutshell, evidence based practice means searching and using the best evidence to; make informed decisions, keep yourself up-to-date, and to teach and share with others the best practice.

We'll cover here some methods and tips to get the best results from your searches and how to construct a good search strategy.



The Evidence Based Cycle



The five steps explained

ASK - Asking a well formed clinical question that can be answered using the best available research evidence.

ACQUIRE - Using the PICO (T) acronym to determine appropriate keywords and phrases to conduct the search.

APPRAISE and synthesise the evidence to ensure reliability and validity.

INTEGRATE the evidence along with your clinical expertise and the patients' values.

ASSESS the effectiveness of the intervention or decision.

Think about your needs - What is the search for?

Identifying the type of search can help you use the best resources and strategies for your search.

- Patient care
- Research
- Academic assignment
- Professional Development
- Current Awareness
- Project/Improvement work



PICO (T) - what is it?

P

Problem

I

Intervention

C

Comparison

O

Outcome

T

Time frame [optional]

PICO (T) - an example

P

Blood clot OR venous thrombosis OR venous thromboembolism

I

Heparin OR Heparin sodium OR Heparin calcium

C

Aspirin OR Acetylsalicylic acid OR Pain relief

O

Prevention OR Prophylaxis

T

N/A (no specified time)

Searching with PICO (T)

Now we have used PICO (T) to build our search, we can put these keywords/terms into whichever database/catalogue we are searching to make sure our results are as close as possible. Not sure where to search?

Try the **NHS Knowledge & Library Hub**.



Knowledge and Library Hub



Advanced Search Tips

There are several search techniques and tools you can utilise to make your search more refined.

Boolean Operators **AND, OR, NOT**

Using operators you can include, combine, or exclude key words used in the results to be more specific. For example:

Nurse **AND** Healthcare Assistant

Nurse **OR** Healthcare Assistant

Nurse **NOT** Healthcare Assistant



Advanced Search Tips

Limits Year, Language

Using limiters can also narrow down results.

For example: you only want results from the last **5 years** and in **English Language** only.

It's good practice to try and look at the latest evidence and research, generally we recommend the last 5 years.



Advanced Search Tips

Truncation Nurs*

Truncation uses an asterisk to use the beginning of the word and includes anything using that beginning.

For example - **nurs***

This will include; **nursing**, **nurses**, **nursed**, **nursery**,

It's a good way to broaden a search -
but be mindful that it can add a lot more results.



Advanced Search Tips

Phrase searching e.g. **“Nurse Practitioner”**

Selecting a specific phrase helps with precision, so instead of search singular key words, you can search an entire phrase together.

For example: “Nurse Practitioner” this means the search will look for those two words together instead of separately.

It can help to be specific.



Advanced Search Tips

Deduplication Removing duplicates

When searching multiple databases, you may find duplicated results, where more than one databases has the same article. Many databases have a 'deduplicate' option for you to eliminate duplicates, giving you a more accurate number of results.



Remember...



We're here to help you.

You can check our website for information, guides, or to get in touch - you could book a session with a librarian.



www.worcsacute.nhs.uk/libraries

Let's give it a go

