Evidence Insider

Welcome to 'Evidence Insider',

a newsletter for the research evidence databases PEDro, OTseeker, PsycBITE and speechBITE.

OTseeker workshops a great success

Thanks and congratulations to everyone who participated in the recent OTseeker workshops. The workshops titled "Implementing evidence into practice" and "Critical appraisal of randomised controlled trials" were held on October 10th at the University of Sydney and on October 17th at the University of Queensland.

The total number of participants for both workshops was 231 across both Sydney and Brisbane. Read more about the workshops and participants' feedback on page 6.

The OTseeker team will repeat the two workshops in early 2010. If you missed out and would like to attend please email Elton Del Cid on elton.delcid@sydney.edu.au. **Workshops will be held in Orange, NSW on the 5th March and at the University of Queensland, Brisbane on the 20th March 2010. Read more about these workshops on pages 8 and 9. There is also the opportunity to have off-site access to the Orange workshops via a videoconference. There will be a cost involved for each offsite location and an ISDN connection is required. If you and a group of your colleagues are interested in this opportunity please contact Elton Del Cid.** A workshop at the University of Sydney will be held later in the year.

Elton Del Cid, Project Coordinator, OTseeker

Congratulations OTseeker!!

OTseeker has had 1 million visits to the website since 2003!

Do you have any questions or comments in regards to this newsletter? Would you like to add an item of news in the next issue? Please contact Cathy Tannous on caterina.tannous@sydney.edu.au

PEDro launches its new website @ www.pedro.org.au

The new PEDro web-site was launched in October 2009 and introduces a number of exciting features that will benefit Australian and international users:

♦ All pages are now available in English, Chinese and Portuguese (the team is currently working on French and German pages)

♦ A new 'updates' feature lets users view the most recently rated records for areas of physiotherapy.

♦ The PEDro scale is now available online in English, Chinese and Portuguese

♦ Free training on the PEDro scale is now available online in English and Portugese)

The PEDro team also recently launched their new logo.

PEDro
PHYSIOTHERAPY EVIDENCE DATABASE

All databases are generously supported by the

MOTOR ACCIDENTS AUTHORITY

Overview of 4 Databases Relevant to Allied Health

PEDro
Physiotherapy Evidence Database
www.pedro.org.au or
www.physiotherapychoices.com.au

PEDro commenced in 1999 and provides rapid access to bibliographic details and abstracts of RCTs, systematic reviews and evidence based clinical practice guidelines in physiotherapy.

PEDro also provides a searchable database for consumers including patients, their friends and families, health service managers, and insurers. Called "Physiotherapy Choices", it is an initiative of the Centre for Evidence-Based Physiotherapy (CEBP). The database provides a catalogue of the best research evidence of the effectiveness of physiotherapy interventions, namely, RCTs, systematic and evidence-based clinical practice guidelines. Physiotherapy Choices catalogues trials, reviews and guidelines with plain English summaries.

In Feb 2010 PEDro contained :
- 15 820 records
- 12 969 randomised controlled trials
- 2195 systematic reviews
- 656 evidence-based clinical practice guidelines

NEW PEDro Website

PsycBITE
Psychological Database for Brain Impairment Treatment Efficacy
www.psycbite.com

PsycBITE™ commenced in 2004 and catalogues studies of cognitive, behavioural and other treatments for psychological problems and issues occurring as a consequence of acquired brain impairment (ABI). The types of studies contained on this database are systematic reviews, randomised controlled trials non-randomised controlled trials, case series and single subject design.

OTseeker
### Occupational Therapy Systematic Evaluation of Evidence
www.otseeker.com

OTseeker commenced in 2003 and provides access to systematic reviews and RCTs relevant to occupational therapy. Articles indexed in OTseeker have been sourced from over 900 journals.

In Feb 2010 OTseeker contained:
- 6249 records
- 4780 randomised controlled trials
- 1469 systematic reviews

Most recent conference paper presentation:

Bennett, S. et al.(2009). Evaluating electronic databases: Experiences from the OTseeker evidence database. International Conference on
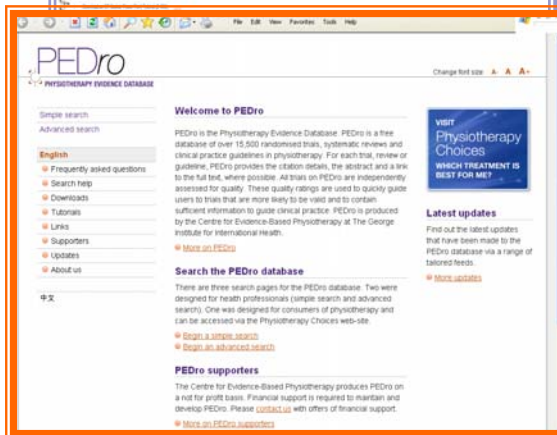
In Feb 2009 PsycBITE contained:
- 820 randomized controlled trials
- 211 systematic reviews
- 277 non randomized studies
- 896 single subject design studies
- 528 case series

speechBITE
Speech Pathology Database for Best Interventions and Treatment Efficacy
www.speechbite.com

speechBITE™ commenced in 2008 and provides open access to a catalogue of **B**est **I**nterventions and **T**reatment **E**fficacy across the scope of Speech Pathology practice. speechBITE™ is an evidence based practice initiative between and The University of Sydney and Speech Pathology Australia. The database recently received endorsement from the American Speech-Language-Hearing Association (ASHA) and has subscribers from 20 different countries. Training workshop will be held twice a year from 2009-2011 in Sydney and Brisbane.

In Feb 2010 speechBITE contained:
- 1541 records
- 111 systematic reviews
- 216 randomized controlled trials
- 163 non randomized controlled trials
- 324 Case series
- 727 Single case experimental design

All databases are accessible

free of charge

www.OTseeker.com
Injury Management Resource Page

In **OTseeker** the Injury Management Resource Page helps allied health practitioners locate research and resources about injury management for people who have a sustained spinal cord injury, brain injury, or other traumatic injury. The resource contains information about the *effectiveness of interventions*, *assessments*, the *course of injury recovery*, *practice guidelines* and *qualitative research*. Links to related websites are also provided.

Research about practice guidelines may be of interest to practitioners seeking to implement evidence based interventions. Often a consortium of expert clinicians and researchers come together to formulate these guidelines. They use rigorous processes to review and appraise different levels of available evidence as part of establishing the guidelines for practice. Some of the practice guidelines listed in the Injury Management Resource Page relate to acute musculoskeletal pain, whip-lash associated disorders, low back pain, depression and spinal cord injury, bladder management and SCI, traumatic brain injury, burns, acute stress and post-traumatic stress disorder and pressure ulcers. For a direct link go to http://www.otseeker.com/homeIMR.aspx
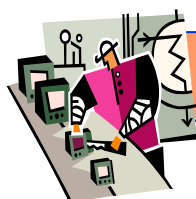
Return to work after burns—a qualitative research study

Qualitative research about traumatic injuries is another feature of the Injury Management Resource Page. Qualitative studies offer information and an understanding of consumers' experiences of life events. They are particularly useful for helping researchers and practitioners to identify what people think, feel and do and what influences their actions.

For example, this article by Mackey and colleagues (2009) explored the return to work experiences of people with burns through semi-structured interviews. Using matrix analysis methodology, 5 broad return to work patient typologies were generated. These patient typologies were called the 'burdened', 'defeated', 'affected', 'unchanged' and the 'stronger'. Each typology describes the attitudes, experiences, and pattern of responses for each sub-group. This study found that the employment consequences for people with burns is related to their pre-burn employment status, employment factors, physical and psychological problems induced by burns, the treatment and psychological therapies given by professionals as well as the person's socio-economic background.

Such finding can help professionals target people with burns who may be more vulnerable, and likely to fall into the first two group typologies that are characterised by unsuccessful return to work attempts. Furthermore an understanding of the conditions which impact on the experiences of people with burns will help inform current 'work hardening' and return to work programs.

Mackey, SP, Diba, R, McKeown,C, Wallace,S, Booth,PM, Gilbert, PM, & Dheansa,BS.(2009). Return to work after burns: A qualitative research study. *Burns, 35*,338-342.

More on qualitative research....

Qualitative studies offer researchers an opportunity to gain an in-depth understanding of the perceptions and experiences of practitioners and clients. Data are often collected from participants through interviews, focus groups or observation and then analysed through a process of rigorous thematic coding. The findings of such studies can help practitioners further develop their practice and interventions.

The following two pages feature three examples of qualitative studies which help broaden practitioners understanding of the impact of spinal cord injury on the person and their family and the professional traits valued most by clients. All three studies were found on the OTseeker database.

What practitioner traits and qualities do clients with brain injury value most?

Darragh, AR, Sample, PL,& Krieger,SR.(2001). "Tears in my eyes 'cause somebody finally understood": Client perceptions of practitioners following brain injury. *American Journal of Occupational Therapy, 55*(2),191-199.

This phenomenological study by Darragh and colleagues aimed to identify the practitioner qualities and traits that clients with brain injury consider important. They did this by interviewing an opportunistic sample of 51 participants with brain injury. Interviews were audio-taped, transcribed and then analysed for themes using the HyperSEARCH software.

FINDINGS: Three themes regarding practitioner qualities emerged from the data: 1. roles of the provider, 2. perceived helpfulness of the services, and 3. personal characteristics of the provider.
Roles that were considered important were those of an advocate, friend, mentor, and team member. Services were considered helpful when they were perceived as relevant, meaningful, involving practical applications, had a focus on skill development potential and provided periodic feedback on progress. Personal characteristics considered important were that practitioners were clear and honest communicators, supportive, respectful, good listeners and understanding.

PRACTICE IMPLICATIONS: This study highlights the importance of quality of care in medical and community arenas and offers suggestions to professionals working with persons with brain injury, including learning when to give information to clients and how to understand their concerns without being prescriptive.
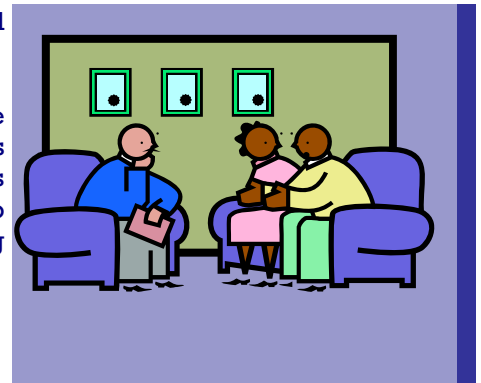
What is a phenomenological study?

*A phenomenological study describes the **meaning of the lived experiences** for several individuals about a concept or phenomenon.*

developing understanding and perspective

The impact of spinal cord injury

This study by Ellenbogen and colleagues explored the impact of spinal cord injury (SCI) on the employment of family members, especially primary caregivers of individuals with spinal cord injury. They did this by conducting interviews and focus groups with nine caregivers who were either a parent, spouse or partner of the individual with SCI.

FINDINGS: Four primary themes emerged. The first was that carers had to create flexibility in their work situation in order to successfully maintain their employment. The second theme described the conflict experienced by carers in being responsible for caring while also having to provide financial support. The third describes the lack of time carers had to engage in leisure and social activities and their own personal needs and the fourth describes how caregivers employment was affected by the lack of available certified nursing aides.

PRACTICE IMPLICATIONS: This group of carers need more community supports.

Ellenbogen, PS. Heade, MA. Jackson, MN. & Barrett,K. (2006). The impact of spinal cord injury on the employment of family members. *Journal of Vocational Rehabilitation, 25*(1), 35-44.

Isaksson,G. Skar,L.& Lexell,J. (2005). Women's perception of changes in the social network after a spinal chord injury. *Disability and Rehabilitation, 27*(17), 1013-1021.

In this study by Isaksson and colleagues, thirteen women aged 25-61yrs were interviewed about how they felt their social network and participation in occupation had changed following their spinal cord injury. Data was analysed using qualitative content analysis.

FINDINGS: Participants described a need for emotional and practical social support in order to participate in meaningful occupation. Following their injury, participants developed new habits through close cooperation with members in their social network. They also felt that they needed to be more responsible for the development of relationships.

PRACTICE IMPLICATIONS: When developing social networks for clients with spinal cord injury, it is important to integrate members of their social network into the rehabilitation process.

OTseeker workshops 2009

Implementing Evidence into Practice

A total of 139 participants attended this workshop, 85 in Sydney and 54 in Brisbane. This workshop was aimed at teaching allied health professionals how to implement evidence into clinical practice. The workshops taught participants how to identify evidence-based interventions relevant to their area of practice; identify barriers and enablers that influence evidence uptake; audit current practice to help identify evidence-practice gaps; and identify strategies to overcome the barriers to evidence uptake and close evidence-practice gap. Here is what some participants said about the workshop:

"[The] workshop prompted me to think of many areas of my practice that could be improved"

"A difficult subject area, but [I am] motivated to go away and & do more reading to look at improving my OT interventions"

"Very interesting workshop; took away [the] mystery/complexity of EBP"

"Process & stages were clearly explained, opportunities to apply to own setting/question in small groups was an effective opportunity to begin to plan/think about applying in own practice"

"Speaker was clear, people felt comfortable to contribute to the workshop which really added to the depth & color of information presented"

Presenter Dr Annie McCluskey at the Sydney workshops

"Turned the whole topic into a practical usable technique to improve practice"

Critical Appraisal of Randomised Controlled Trials Workshop

A total of 92 participants attended this workshop, 54 in Sydney and 38 in Brisbane. The primary objective of this workshop was to teach allied health professionals how to critically appraise and interpret findings from randomised controlled trials (RCTs). The workshop provided an overview of the evidence databases: OTseeker, PEDro, PsycBITE™ and speechBITE™, and focused the discussion on methodological biases affecting the validity of study results. The workshop also provided information about the PEDro scale with specific reference to the 10 criteria. Examples of RCTs were used throughout the presentation and in a practical exercise with participants to illustrate the application of the scale. Some of the comments by the participants were:

"Very interesting and good information. Gives me more structure for approaching/appraising research articles"

"This is the [only] statistic live lecture I have attended that actually made sense –even after having studied statistics for 3 years"

"I now feel as though I have a map to navigate my way through EBP + critical appraisal"

"Well presented, really helpful and useful information. Excellent, easy to comprehend content, well explained. I'll recommend this workshop to colleagues"

OTseeker ratings go electronic ...

Currently all papers which are uploaded onto OTseeker undergo a process of rating by two and sometime three independent raters. Until recently this process was done through the postal system where raters were posted a pack of research papers and rating sheets. Upon receiving their pack, each rater would rate all papers and then post these back to the OTseeker central office at the University of Queensland. This process while effective was probably not the most efficient for team members as a lot of time was spent photocopying documents. Following the example set by our colleagues at the Physiotherapy Evidence Database (PEDro), the OTseeker team have developed a process of electronically rating papers. During this process, articles needing to be rated are placed in an Endnote library and emailed to raters in Queensland and NSW. Once articles are rated they are then emailed back to the central office in Queensland for processing. Congratulations to Christie Delaney and Sally Bennett for leading this initiative within the team.

OTseeker contributes to the environment using electronic ratings

Recent publication by OTseeker team members
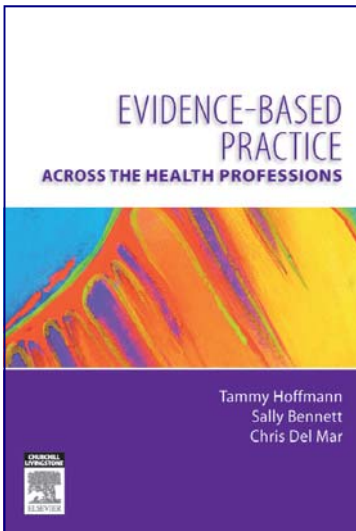
This new publication by two members of the OTseeker team - Tammy Hoffman, Sally Bennett, and Chris Del Mar, provides the reader with an up-to-date view of evidence-based practice. The book addresses the role of clinical reasoning and includes a range of strategies to promote shared decision-making and effective communication to help improve client outcomes.

This book is relevant to students and practitioners across a range of health professions.

EVIDENCE-BASED PRACTICE
ACROSS THE HEALTH PROFESSIONS

Tammy Hoffmann
Sally Bennett
Chris Del Mar

THE UNIVERSITY OF SYDNEY

OT seeker
Occupational Therapy
Systematic Evaluation of Evidence

THE UNIVERSITY OF QUEENSLAND

You are invited to attend a free half- day workshop

CRITICAL APPRAISAL OF RANDOMISED CONTROLLED TRIALS

Friday 5th March 2010 (8:30 am - 12.30 pm)

At the Centre for Rural and Remote Mental Health, The University of Newcastle, Bloomfield Campus, Forest Road, ORANGE, NSW (Room Conference B)

Saturday 20th March 2010 (8:30 am – 12:30 pm)

At the University of Queensland, St Lucia Campus, Therapies Rd, St Lucia, Brisbane, QLD

Room 304 of the Therapies Annex Building (84A)

Presented by members of the OTseeker team (www.otseeker.com):

Dr Annie McCluskey *PhD MA DipCOT* (The University of Sydney)

Dr Sally Bennett *PhD BOccThy (Hons)* (The University of Queensland)

Overview: This workshop is aimed at allied health professionals who want to learn how to critically appraise and interpret findings from randomised controlled trials (RCTs).

Workshop Program

Overview of evidence databases: OTseeker, PEDro, PsycBITE™ and speechBITE™

Methodological biases affecting study results

The PEDro scale: Explanation of 10 criteria with examples from RCTs

Practical sessions rating an RCT

Discussion of critical appraisal challenges

Learning Objectives: By the end of this workshop, professionals will be able to:

Name methodological features of RCTs which introduce bias

Critically appraise published RCTs using the PEDro scale

Begin to recognise and interpret important results in published RCTs

Cost: No charge for attendance.

RSVP: Registration is essential, please see registration form attached.

Reply to Elton del Cid (Project Coordinator)

Email: elton.delcid@sydney.edu.au **Ph**   02 9036 7347   **Fax**   02 9351 9197

MOTOR ACCIDENTS AUTHORITY

You are invited to attend a free half-day workshop

IMPLEMENTING EVIDENCE INTO PRACTICE

Friday 5th March 2010 (1:00 pm - 4.30 pm)

At the Centre for Rural and Remote Mental Health, The University of Newcastle, Bloomsfield Campus, Forest Road, ORANGE, NSW (Room Conference B)

Saturday 20th March 2010 (1:00 pm – 4:30 pm)

At the University of Queensland, St Lucia Campus, Therapies Rd, St Lucia, Brisbane, QLD

Room 304 of the Therapies Annex Building (84A)

Presented by members of the OTseeker team (www.otseeker.com):

Dr Annie McCluskey *PhD MA DipCOT* (The University of Sydney)

Dr Sally Bennett *PhD BOccThy (Hons)* (The University of Queensland)

Overview: Searching for, and critically appraising evidence are important but do not guarantee that clients will receive evidence-based intervention. We may be aware of evidence but take years to change our practice habits. This workshop will help health professionals from ANY discipline to move beyond search and appraisal. Learn how to use methods such as audit to identify what proportion of clients are receiving best practice. Find out how to identify and overcome common barriers to evidence uptake. Attendees will receive worksheets, information about web-based resources and local case studies which describe the process of implementation. Researchers, educators and managers are welcome as well as practitioners from any health profession.

Learning Objectives: By the end of this workshop, professionals will be able to:

Name evidence-based interventions relevant to their primary practice area
Identify local barriers and enablers which influence the uptake of evidence
Audit current practice and compare this with best practice guidelines
Plan how to overcome key barriers and close an evidence-practice gap

Cost: No charge for attendance.

RSVP: Registration is essential, please see registration form attached.
        Reply to Elton del Cid (Project Coordinator)
            Email: elton.delcid@sydney.edu.au **Ph**   02 9036 7347   **Fax**   02 9351 9197

A project supported by the Motor Accidents Authority of NSW