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Promoting evidence-informed decision making

# Health Evidence

## A Canadian Resource Advancing Evidence-Informed Decision Making in Public Health

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# User Stories

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RTNA Water Cooler Series, December 8, 2010



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## Why are you here?

1. Save time
2. Relevant & current evidence
3. Transparent process
4. EIDM support
5. Easy to use

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## What is it?

ASSESSMENTS      PROFESSIONAL DEVELOPMENT  
& EDUCATION      CUSTOMIZED SUPPORT  
& CONSULTATION

A SEARCHABLE ONLINE REGISTRY of quality-rated review literature  
to support evidence-informed decision making in public health

>2,100 reviews in 21 topic areas      ~5,000 registered users

[www.health-evidence.ca](http://www.health-evidence.ca)

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





## Larger KT Strategy

- Promote EIDM in public health
- Disseminate
- Evaluate

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## What Gets In?

Instructions for completion: Check Yes or No for each criterion. The article must satisfy all criteria in order to be included in the registry. Please record whether **additional references** are to be retrieved. Complete the **quality assessment form** for relevant reviews.

Criterion	Yes	No
1. Is this a review article? 	<input checked="" type="radio"/>	<input type="radio"/>
2. Is the review relevant to public health or health promotion practice? 	<input checked="" type="radio"/>	<input type="radio"/>
3. Is the effectiveness of an intervention/program/service/policy the subject of the review? 	<input checked="" type="radio"/>	<input type="radio"/>
4. Is evidence on outcomes included? 	<input checked="" type="radio"/>	<input type="radio"/>
5. Is the search strategy described? 	<input checked="" type="radio"/>	<input type="radio"/>
<b>Reviewer Decision</b>		
1. Include this review in registry? (If yes, complete quality assessment form) 	<input checked="" type="radio"/>	<input type="radio"/>
2. Are there additional references? (If yes, copy & paste references into the General Notes field at the bottom of this form) 	<input type="radio"/>	<input checked="" type="radio"/>

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Criterion	Yes	No	Help
1. Did the authors have a clearly focused question [population, intervention (strategy), and outcome(s)]?	<input type="radio"/>	<input type="radio"/>	<a href="#">?</a>
2. Were appropriate inclusion criteria used to select primary studies?	<input type="radio"/>	<input type="radio"/>	<a href="#">?</a>
3. Did the authors describe a search strategy that was comprehensive? (Check all strategies used)	<input type="radio"/>	<input type="radio"/>	<a href="#">?</a>
<input checked="" type="checkbox"/> Health Databases <input checked="" type="checkbox"/> Psychological Databases <input type="checkbox"/> Social Science Databases <input type="checkbox"/> Educational Databases <input type="checkbox"/> Hand Searching <input checked="" type="checkbox"/> Key Informants <input checked="" type="checkbox"/> Reference Lists <input type="checkbox"/> Unpublished Other: <input type="text"/>			<a href="#">?</a>
4. Did search strategy cover an adequate number of years?	<input type="radio"/>	<input type="radio"/>	<a href="#">?</a>
For question 5, 6 and 8, please choose the column relating to the appropriate methodology. Only fill out the column that applies.			
5. Quantitative reviews: Did the authors describe the level of evidence in the primary studies included in the review? <input checked="" type="checkbox"/> Level I (RCTs only) <input type="checkbox"/> Level II (non-randomized, cohort, case-control studies)	5. Qualitative reviews: Do the authors provide a clear description of the range of methods in each of the primary studies included in the review?	<input type="radio"/>	<input type="radio"/>

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# About Quality

Help links to quality assessment dictionary

## Topic Areas

1. addiction/substance use
2. adolescent health
3. adult health
4. child health
5. chronic diseases
6. communicable disease/infection
7. dental health
8. environmental health
9. food safety & inspection
10. healthy communities
11. infant health
12. injury prevention/safety
13. mental health
14. nutrition
15. parenting, infants & children
16. physical activity
17. reproductive health
18. senior health
19. sexual health
20. sexually transmitted infections-STIs
21. social determinants of health

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## Evidence & Implications in 2 pages!



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Date this summary statement was written:  
**July 2009**

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**Summary Statement Title:**  
**Population and community dietary interventions to prevent cancer: Evidence and implications for public health**

**Review Quality Rating: 8 (strong)**

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**Review on which this summary statement is based:**  
Thorogood, M., Simer, I., Dowler, E., Summerbell, C., & Brunner, E. (2007). A systematic review of population and community dietary interventions to prevent cancer. *Nutrition Research Reviews*, 20, 74-88.

**Review author contact information:**  
Margaret Thorogood, Warwick Medical School, University of Warwick, Coventry CV4 7AL, United Kingdom. Fax: +44 24 7657 4509, E-mail: [margaret.thorogood@warwick.ac.uk](mailto:margaret.thorogood@warwick.ac.uk).

*This is a summary statement written to condense the work of the authors of this systematic review, referenced above. The intent of this summary is to provide an overview of the findings and implications of the full review. For more information on individual studies included in the review, please see the review itself.*

---

**Review content summary**  
This systematic review of 14 randomized controlled trials, quasi-randomized controlled trials, and cohort studies, and 10 systematic reviews aimed to determine the effectiveness of group, community, and population dietary prevention programs for cancer prevention. Participants studied were: healthy individuals 16 years of age or older and communities where children were part of a household. To be included, studies had to: evaluate group- or population level dietary interventions to reduce cancer risk. Interventions described in this review included: educational sessions, cooking demonstrations, point-of-purchase displays, print media, videos, and mass media advertising. Outcomes measured include: consumption of fruit and vegetables, fat, fibre, and red meat. Authors report that interventions which targeted fruit and vegetable intake and fat intake were most likely to be successful, particularly in worksites and churches. Overall the community-based interventions showed little effect.

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**Comments on this review's methodology**  
This is a methodologically strong systematic review. A focused clinical question was clearly identified. Appropriate inclusion criteria were used to guide the search. A comprehensive search was employed using health, social, psychological.

## Access full-text reviews

- Full text links available for:
- 609 free access journal articles
  - 347 Cochrane articles

**Effects of prenatal micronutrient supplementation on pregnancy outcomes: A meta-analysis**

[Email](#) | [Edit](#) | [Back](#) | [Print](#)

[Add Summary Statement](#) | [Delete](#) | [View Relevance Tool](#) | [Back](#)

Review Quality Rating: 10 (strong) - [View Quality Assessment](#)

Publication Information						
Author(s)	Publication Date	Journal	Volume	Issue	Start Page	End Page
Shah,P.S., Ohlsson,A.	2009	Canadian Medical Association Journal	180	12	e99	e108

**Abstract:**

**BACKGROUND:** Reduced intake of micronutrients during pregnancy exposes women to nutritional deficiencies and may affect fetal growth. We conducted a systematic review to examine the efficacy of prenatal supplementation with micronutrients on pregnancy outcomes.

**METHODS:** We searched MEDLINE, EMBASE, CINAHL, and the Cochrane Library for relevant articles published in English up to December 2008. We also searched the bibliographies of selected articles as well as clinical trial registries. The primary outcome was low birth weight; secondary outcomes were preterm birth, small-for-gestational-age infants, birth weight and gestational age.

**RESULTS:** We observed a significant reduction in the risk of low birth weight among infants born to women who received micronutrients during pregnancy compared with placebo (relative risk [RR] 0.81, 95% confidence interval [CI] 0.73-0.91) or iron-folic acid supplementation (RR 0.83, 95% CI 0.74-0.93). Birth weight was significantly higher among infants whose mothers were in the micronutrient group than among those whose mothers received iron-folic acid supplementation (weighted mean difference 54 g, 95% CI 36 g-72 g). There was no significant differences in the risk of preterm birth or small-for-gestational-age infants between the 3 study groups.

**INTERPRETATION:** Prenatal micronutrient supplementation was associated with a significantly reduced risk of low birth weight and with improved birth weight when compared with iron-folic acid supplementation. There was no significant effect of micronutrient supplementation on the risk of preterm birth or small-for-gestational-age infants.

**Related Links**

- <http://www.cmaj.ca/cgi/reprint/180/12/E99>

Find out if you have free access to this full article. [Click here.](#)

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# Glossary

Tuesday, December 07, 2010 User List My Account Log Out en Français **Pop-up Glossary** FOLLOW US ON TWITTER

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BROWSE articles SEARCH articles  
Heather Huxson is logged in.

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Why health-evidence.ca  
Why Use health-evidence.ca  
Judge for Yourself  
FAQs  
Glossary Of Terms  
User Stories

**Beyond the Point**

### Glossary of Terms

Absolute Risk Reduction	Number Needed to Treat
BIOSIS	Odds Ratio
Binding	ordinal data
CI	p-value
CINAHL	population health
Confidence Interval	power
continuous data	PsycINFO
dichotomous data	public health
dissemination	public health decision makers
effectiveness	public health interventions
EMBASE	qualitative
evaluate	quality assessment
evidence	randomised controlled trial
evidence-informed decision making	Relative Risk
health promotion	RR
informatics	Epidemiological Abstracts

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# Added Value

Home About Us How to Use This Site Additional Resources Contact Us

**Evidence-Informed Recommendations for Reducing Breast Cancer Risk**

Evidence Related to Chronic Disease Prevention

Tools to Support Evidence-Informed Decision Making

Presentations and Publications

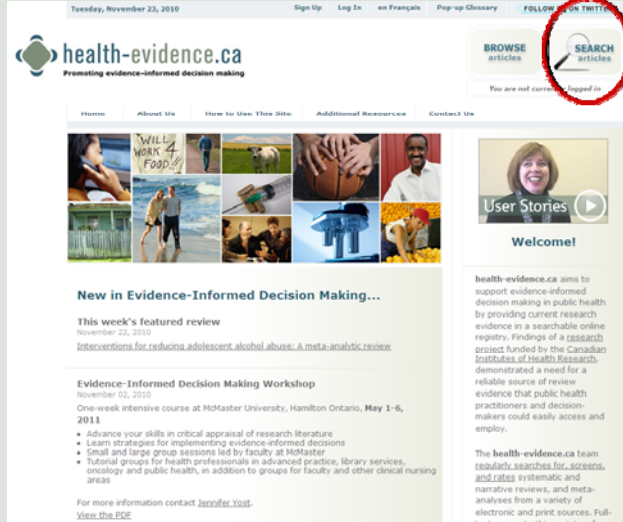
Workshops and Educational Opportunities

Webcasts

Links

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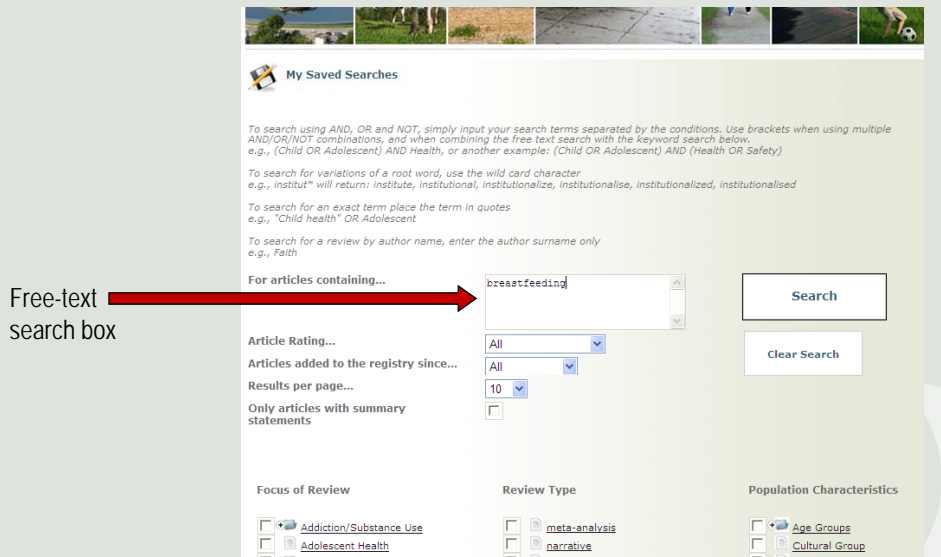
# Searching...



**Remember**  
**P**opulation  
**I**ntervention  
**C**omparison/  
**C**ontrol  
**O**utcomes

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# Free Text Searches



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# Enhancing Free Text Searches

Expand searches by including related terms

**Your Search:**

Your Current Search:  
"breastfeeding" returned 53 results

[Print Search](#) | [Back to Search](#)

Did you mean **lactation instead of breastfeeding?** - Include both terms  
 Did you mean **breast milk instead of breastfeeding?** - Include both terms  
 Did you mean **infant nutrition instead of breastfeeding?** - Include both terms  
 Did you mean **infant feeding instead of breastfeeding?** - Include both terms  
 Did you mean **breast feeding instead of breastfeeding?** - Include both terms  
[Search for all related terms](#)

► **Options** - Click here to refine your search

**Current Results**

To sort click a column heading

Article	Authors	Date	Rating
<a href="#">Feeding interventions for growth and development in infants with cleft lip, cleft palate or cleft lip and palate</a>	Glenny, A.M. et al.	2004	10 (strong)
<a href="#">Breastfeeding promotion for infants in neonatal units: A systematic review</a> NEW	Renfrew, M.J. et al.	2010	10 (strong)
<a href="#">A systematic review of telephone support for women during pregnancy and the early postpartum period</a>	Dennis, C.L. et al.	2008	10 (strong)

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# Your results

Print results; Modify search strategy

Sort results by column headings

Identify reviews with summaries

Search tips

**Your Search:**

Your Current Search:  
"Infant Health in Focus of Review" returned 2 results


[Print Search](#) | [Back to Search](#)

► **Options** - Click here to refine your search

**Current Results**

To sort click a column heading

Article	Authors	Date	Rating
<a href="#">The effectiveness of public health strategies to reduce or prevent the incidence of low birth weight in infants born to adolescents: A systematic review (Report)</a>	Brunton, G. et al.	2001	9 (strong)
<a href="#">Parent-training programmes for improving maternal psychosocial health</a>	Barlow, J. et al.	2003	9 (strong)

 denotes articles with summary statements.

1 | [Back to Search](#)

? [Having trouble with your search? Please click here to view some useful search hints.](#)

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# Save Your Results



Add This Search To "My Saved Searches"

Click on this icon on your results page.

... and save up to 50 searches to a user account

### Your Current Search:

"adults (20-64) OR High Risk Group in Population Characteristics AND cardiovascular disease OR lifestyle behaviours OR Men's Health OR Nutrition OR Women's Health in Focus of Review AND meta-analysis NOT narrative AND systematic in Review Type" returned 18 results

### Save this Search

Title

Description

Save this search

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# Keyword Searches

Submit keyword searches by selecting

- Focus of Review
- Review Type
- Population Characteristics
- Intervention Location
- Intervention Strategies

The screenshot shows a search interface with several filter categories:

- Focus of Review:** Includes options like Addiction/Substance Use, Adolescent Health, Adult Health, Child Health, Chronic Diseases, Communicable Disease/Infection, Dental Health, Environmental Health, Food Safety & Inspection, Healthy Communities, Infant Health, Injury Prevention/Safety, Mental Health, and Nutrition.
- Review Type:** Includes meta-analysis, narrative, and systematic.
- Population Characteristics:** Includes Age Groups (adolescents (13-19), adults (20-64), grade school aged (5-12), infants (0-1), preschool aged (1-4), seniors (65+)), Cultural Group, Family, First Nations and Inuit, Gender, General Public/All age groups, High Risk Group, and Low socioeconomic status.
- Intervention Location:** Includes Camp, City/regional/provincial/state/national, Clinic, Commercial site, and Community.
- Intervention Strategies:** Includes Advocacy, Behaviour modification, Creating supportive environments, and Education/awareness & Skill development/training.

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# Limiting Searches

Access your saved searches

Filter results sets

The screenshot shows a search engine interface with a header "My Saved Searches" and a search bar. Below the search bar are several filter sections: "For articles containing...", "Article Rating...", "Articles added to the registry since...", "Results per page...", "Only articles with summary statements", "Focus of Review", "Review Type", and "Population Characteristics". Each section contains a list of options with checkboxes or dropdown menus. A red arrow points from the text "Access your saved searches" to the "My Saved Searches" header. Another red arrow points from the text "Filter results sets" to the filter sections.

# AND, OR, NOT

Modify keyword search strategy by changing Boolean operators

The screenshot shows a search engine interface with a search bar and a "Your Current Search" section. Below the search bar are several options: "Options - Click here to refine your search", "1. Expand or Narrow Your Search.", "Population Characteristics", "Focus of Review", "Review Type", and "Instructions". The "Population Characteristics" section shows a search for "adults (20-64) OR High Risk Group". The "Focus of Review" section shows a search for "cardiovascular disease OR lifestyle behaviours OR Men's Health OR Nutrition OR Women's Health". The "Review Type" section shows a search for "AND meta-analysis OR narrative OR systematic". The "Instructions" section provides guidance on using AND, OR, and NOT operators. A red arrow points from the text "Modify keyword search strategy by changing Boolean operators" to the "AND" dropdown menu in the "Focus of Review" section.

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## Options!

- A. Infection control
- B. **Adolescent mental health**
- C. Educational interventions to prevent injury in seniors
- D. Reducing foodborne illness in hospital cafeterias
- E. **Impacting cancer screening rates**

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## Search **Option B**

**Question:** *What primary health care provider delivered interventions are effective in improving the mental health of adolescents?*

- **P**opulation: *Adolescents*
- **I**ntervention: *Delivered by primary health care provider*
- **C**omparison/**C**ontrol: *Usual care*
- **O**utcomes: *Mental health*

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The screenshot shows a search filter interface with three main columns:

- Focus of Review:** A list of health topics with checkboxes. Red arrows point to "Adolescent Health" and "Mental Health".
- Intervention Location:** A list of settings with checkboxes. A red arrow points to "Primary health care provider".
- Population Characteristics:** A list of demographic groups with checkboxes. A red arrow points to "adolescents (13-19)".

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The screenshot shows a search options panel with the following content:

- Options - Click here to refine your search**
- 1. Expand or Narrow Your Search.**  
*This option allows you to increase or decrease the number of results returned.*
- Population Characteristics:** adolescents (13-19)
- Focus of Review:** Adolescent Health, Mental Health. A red arrow points to a dropdown menu with options: AND, OR, NOT.
- Intervention Location:** Primary health care provider
- Instructions:**
  - Select **AND** to combine the current term or topic area with the term or topic area listed above it. Results will require **BOTH** terms to be present in review articles.
  - Select **OR** to combine the current term or topic area with the term or topic area listed above it. Results will have **EITHER** term present in the review articles.
  - Select **NOT** to exclude the current term or topic area. Results will **NOT** have the specific term in the review articles.
- Running this search will return 9 results
- Run This Search** button

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**Your Search:**


**Your Current Search:**  
"adolescents (13-19) in Population Characteristics AND Adolescent Health AND Mental Health in Focus of Review AND Primary health care provider in Intervention Location " returned 9 results

[Print Search](#) | [Back to Search](#)

► **Options** - Click here to refine your search

**Current Results**

To sort click a column heading

Article	Authors	Date	Rating
<a href="#">Behavioural and cognitive behavioural therapy for obsessive compulsive disorder in children and adolescents</a>	O'Kearney, R.T. et al.	2006	10 (strong)
<a href="#">Family therapy for depression</a>	Henken, H.T. et al.	2007	10 (strong)
<a href="#">Family and parenting interventions in children and adolescents with conduct disorder and delinquency aged 10-17</a>	Woolfenden, S.R. et al.	2001	10 (strong) 
<a href="#">Evidence-based psychosocial treatments for phobic and anxiety disorders in children and adolescents</a>	Silverman, W.K. et al.	2008	9 (strong)
<a href="#">A meta-analytic review of depression prevention programs for children and adolescents: Factors that predict magnitude of intervention effects</a>	Stice, E. et al.	2009	9 (strong)
<a href="#">Psychosocial interventions following self-harm: Systematic review of their efficacy in preventing suicide</a>	Crawford, M.J. et al.	2007	9 (strong)

Effectiveness of early interventions for preventing mental illness in

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# Search Option E

**Question:** *Do community educational interventions impact cancer screening rates?*

- **P**opulation: *General population*
- **I**ntervention: *Community educational interventions*
- **C**omparison/**C**ontrol: *Usual care*
- **O**utcomes: *Cancer screening rates*

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**Focus of Review**

- Addiction/Substance Use
- Adolescent Health
- Adult Health
- Child Health
- Chronic Diseases
  - arthritis
  - asthma
  - cancer
    - breast cancer
    - cervical cancer
    - colon cancer
    - lung cancer
    - oral cancer
    - prostate cancer
    - skin cancer
    - testicular cancer
  - cardiovascular disease
  - chronic lung disease
  - dementia/alzheimer's disease
  - diabetes
  - lifestyle behaviours
  - obesity
  - osteoporosis
- Communicable Disease/Infection
- Dental Health

**Intervention Location**

- Camp
- City/regional/provincial/state/national
- Clinic
- Commercial site
- Community
- Community health centre
- Community/recreation centre
- Correctional institution
- Day care centre
- Dentist
- Family centre
- Farm
- Health bus
- Health departments
- Highways
- Home
- Hospice
- Hospital
- Internet
- Mail
- Nursing home/long-term care facility
- Other

**Intervention Strategies**

- Advocacy
- Behaviour modification
- Creating supportive environments
- Education/awareness & Skill development/training
- Emergency preparedness
- Immunization
- Public health inspection & Environmental health
- Screening
  - communicable disease
  - non-communicable disease
- Surveillance

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**Your Search:**

*Your Current Search:*  
"cancer in Focus of Review AND Screening in Intervention Strategies AND Community in Intervention Location " returned 15 results

[Print Search](#) | [Back to Search](#)

► **Options** - Click here to refine your search

**Current Results**

To sort click a column heading

Article	Authors	Date	Rating
<a href="#">Effects of communicating individual risks in screening programmes: Cochrane systematic review</a>	Edwards, A. et al.	2003	10 (strong)
<a href="#">The determinants of screening uptake and interventions for increasing uptake: A systematic review</a>	Jepson, R. et al.	2000	9 (strong)
<a href="#">Screening for breast cancer with mammography</a>	Gotzsche, P.C. et al.	2009	8 (strong)
<a href="#">Interventions for tobacco cessation in the dental setting</a>	Carr, A.B. et al.	2006	7 (strong)
<a href="#">A systematic review of mammography educational interventions for low-income women</a>	Bailey, T.M. et al.	2005	7 (strong)
<a href="#">Is screening for breast cancer with mammography justifiable?</a>	Gotzsche, P.C. et al.	2000	6 (moderate)
<a href="#">Effectiveness and cost-effectiveness of population screening for colorectal cancer: A systematic review of the literature</a>	Kerr, J. et al.	2007	6 (moderate)

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# Questions?

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*Thank you  
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