



MOUNT CARMEL  
Health Sciences Library



# Building & Strengthening Your Evidence Based Practice Literature Searches

Created and Presented by:  
Ken Wright, MSLS  
Health Sciences Librarian  
[ktwright@mchs.com](mailto:ktwright@mchs.com) | 614-234-5222



# Outline of Evidence-Based Workshop

---

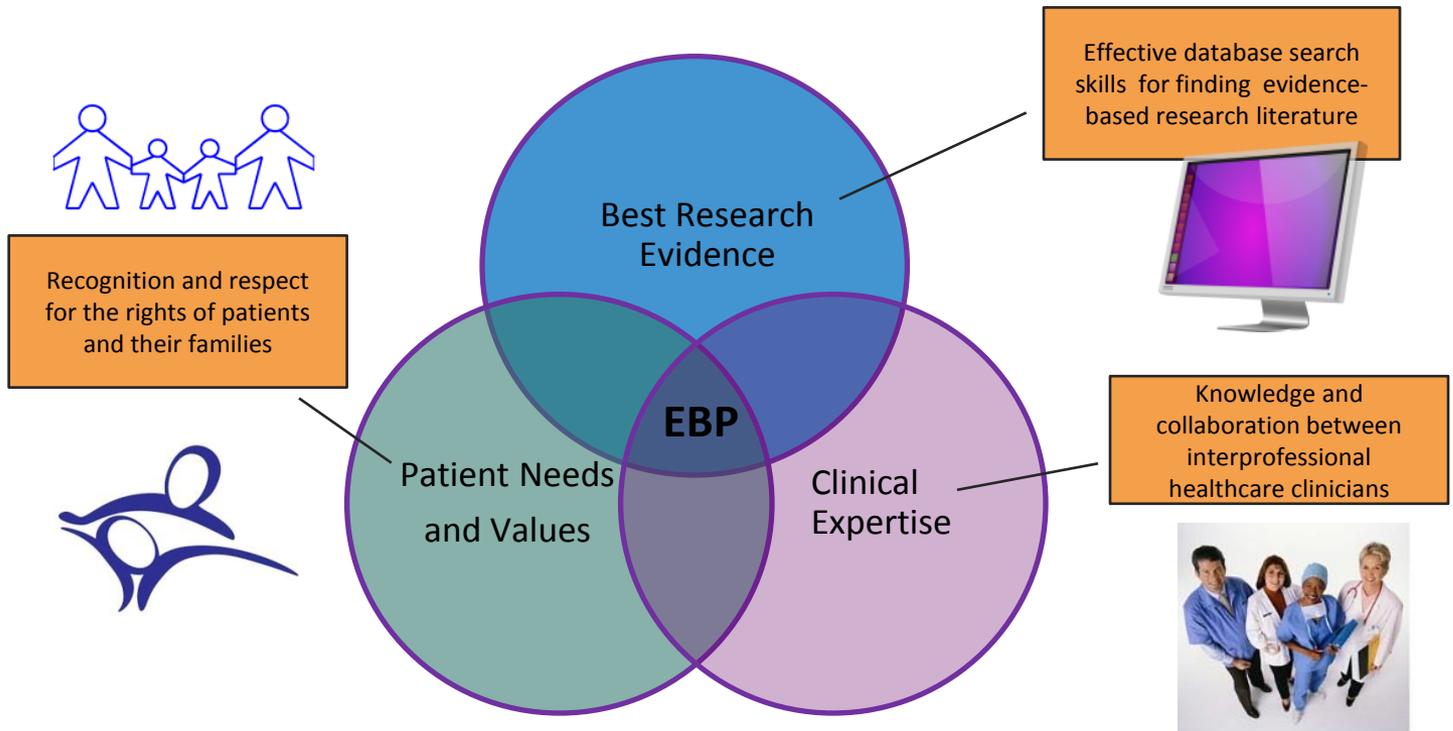
In this workshop you will learn how to:

- ❖ Define Evidence-Based Practice and determine the scope of EBP literature and **levels of evidence**
- ❖ Quickly identify Evidence-Based Resources from the Mount Carmel Health Sciences Library (MCHSL) [Nursing Resources](#) page
- ❖ Build a **P.I.C.O.(T.)** framework using effective clinical questions (i.e., **diagnosis, therapy, prognosis, etiology**) and identify the best study designs/publication types, i.e., systematic reviews, meta-analyses, randomized controlled trials (**RCTs**) of the literature
- ❖ Search appropriate databases (i.e., [CINAHL](#), [ClinicalKey for Nursing](#), [Cochrane Database](#) and [PubMed](#)) to find Evidence-Based Practice literature relevant to your **P.I.C.O.(T.)** topic
- ❖ Use database search filters to locate and access the best EBP literature including original research and systematic reviews of the literature
- ❖ Utilize the customized [EBP Guide](#) from the [Nursing Resources](#) page to assist in developing your knowledge and understanding of the Evidence-Based Practice process



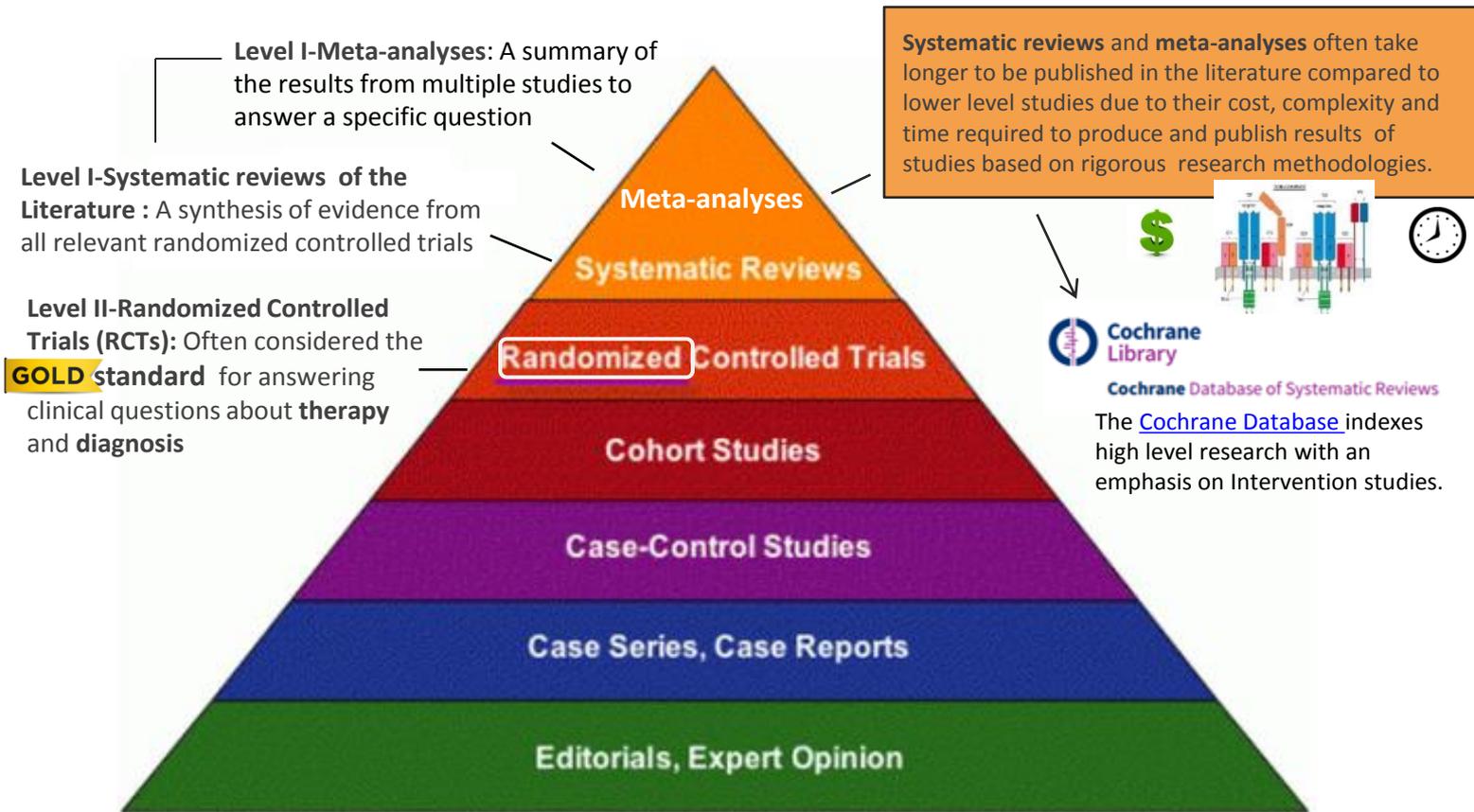
# What is Evidence-Based Practice?

Evidence-based practice is a systematic, problem-solving approach used in making clinical decisions. As the diagram illustrates, **EBP** is the integration of **Clinical Expertise**, **Patient Values** and **the Best Evidence** in order to consistently improve the quality of patient care outcomes.



# Highest Levels of EBP Literature

Evidence-Based literature can be visualized using a pyramid: The higher level (less-biased) evidence is closer to the top of the pyramid. This type of literature is also referred to as **Level I-II** type evidence. Ideally, you want to find high level studies in your literature searches.





# Defining All Levels of EBP Literature

Keep in mind that EBP literature also encompasses lower level studies such as controlled trials without randomization; cohort studies (**level III**) case-control (**Level IV**) or expert opinion/consensus (**Level V**).

If high level studies are difficult to find, do not ignore the less rigorous studies in your searches.

**Level I**-Systematic review or meta-analysis: A synthesis of evidence from all relevant randomized controlled trials

**Level II**-Randomized controlled trial : An experiment in which subjects are randomized to a treatment group or control group

**Level III**- Controlled Trial without Randomization; Cohort study: an observation of a group(s) (cohort[s]) to determine the development of an outcome(s) such as a disease

**Level IV**-Case-control or cohort study Case-control study: a comparison of subjects with a condition (case) with those who don't have the condition (control) to determine characteristics that might predict the condition

**Level V**-Expert opinion or consensus- Authoritative opinion of expert committee



If searching for high level research on a topic and you find very little in the literature, the best evidence could actually be obtained from a consensus of experts or cohort studies. Not all Evidence-Based questions can be effectively answered with a rigorous systematic review or meta-analysis.





# Accessing EBP Resources

Evidence-Based Practice Resources are available from the Mount Carmel Health Sciences Library (MCHSL) **Nursing Resources** page at <https://library.mchs.com/nurses>

**Nurses**

- Nurses
- ACLS Manual
- CE Resources
- Pain Management
- Nursing Certifications
- E-Journals & E-Books
- EBP Resources
- Nursing Research
- Web Sites

**Quick Links**

- FAQ
- Search This Site
- Reserve a Room
- Find Articles
- Find Books
- Touch Base with Your Librarian!
- Create a Library Account
- Library Orientation
- Library Workshops
- Off Campus Access
- Tool Sets

Home » Nurses

## Nursing Resources

The following list of resources is made available especially for Mount Carmel Health System nurses. Hover your mouse over the title of each resource to see a brief description of the resource. If your browser does not display the descriptions when you hover your mouse over the link, read all the MCHSL-provided database descriptions here.

- = More Information
- = Tutorials
- = Mobile Device Instruction
- = Multimedia Tutorial

Visit the circulation desk and you are looking for. You may us at [library@mchs.com](mailto:library@mchs.com)

**EBP Guide**

**Nursing Specialties**

Perioperative Nursing

The Nursing Resources page has links to databases that index Evidence-Based Practice literature including **CINAHL**, **ClinicalKey for Nursing**, **Cochrane Database of Systematic Reviews** and **PubMed**. Each of these databases have unique search options for identifying EBP research articles in PDF full-text.

**Nursing Resources**

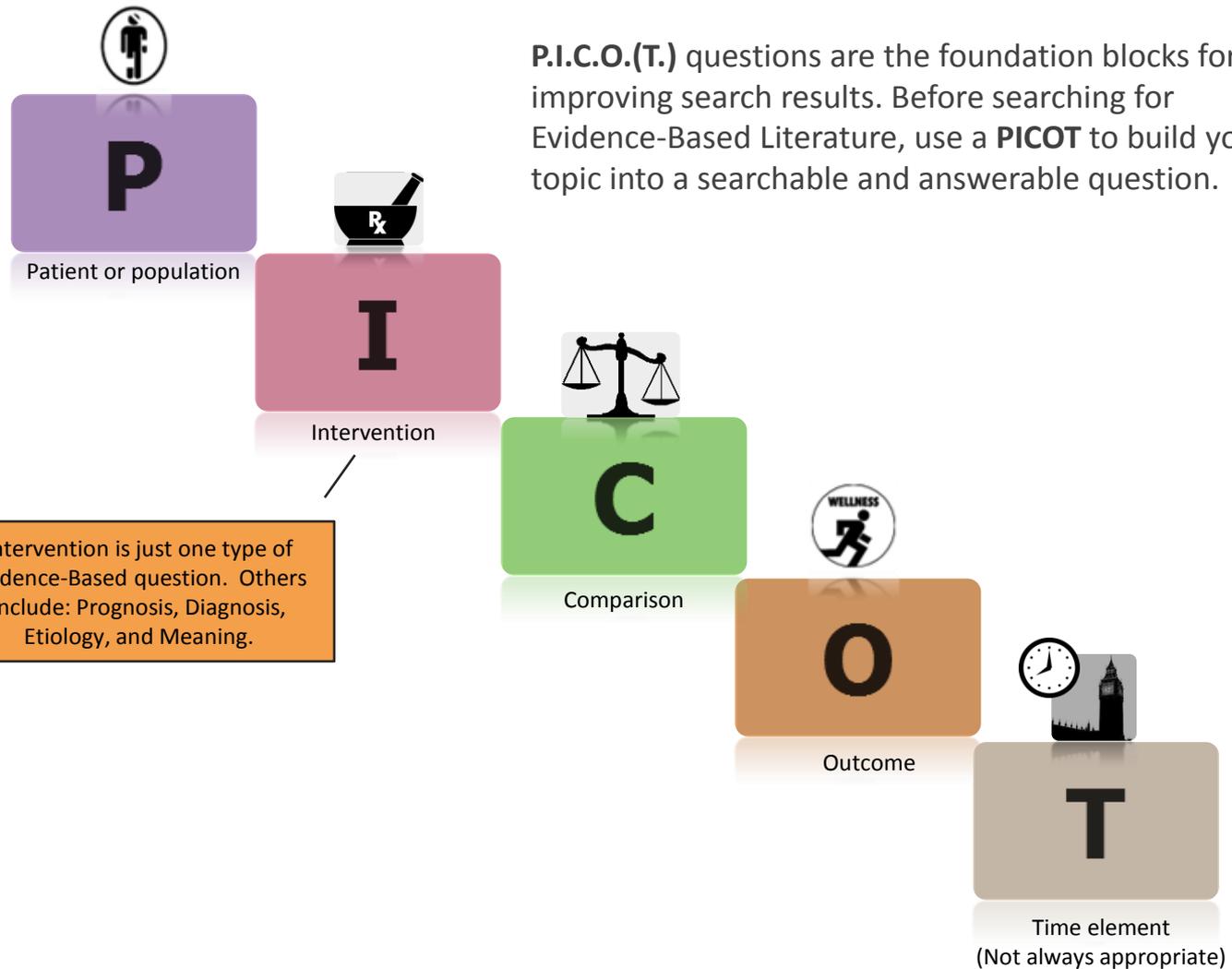
5 Minute Consult has been c  
Ferri's Clinical Advisor (2017) in ClinicaKey

Access Emergency Medicine

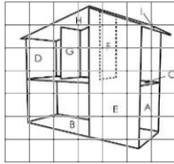
- CINAHL
- New!** ClinicalKey for Nursing
- Cochrane Library

**Nursing Research**

# Before Searching: Building a P.I.C.O.(T.)



# The P.I.C.O.(T.) Question Grid



Use The **P.I.C.O.(T.)** grid before searching the literature. This strategy will create a “blueprint” to help you plan the construction of a well-built clinical question.

<b>P- Patient population or problem</b> →	<b>What patient population or problem are you trying to address?</b> 
<b>I- Intervention/ therapy or issue of interest</b> →	<b>What will you do for the patient or problem?</b> 
<b>C- Comparison with another intervention or issue</b> →	<b>What comparison have you chosen? i.e., no treatment, different type of treatment?</b> 
<b>O-Outcome of interest</b> →	<b>What will be improved for the patient or problem?</b> 
<b>T-Time (Not always appropriate)</b> →	<b>Duration of intervention?</b> 

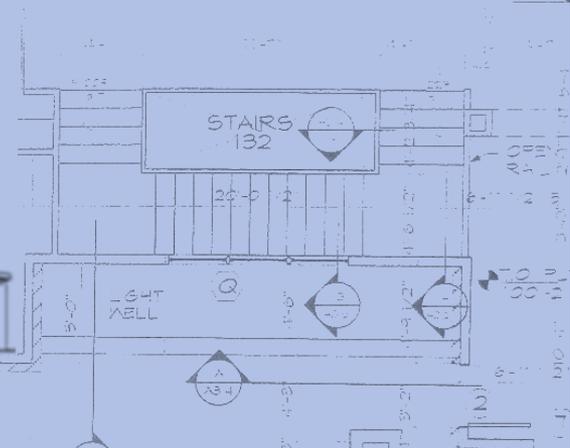
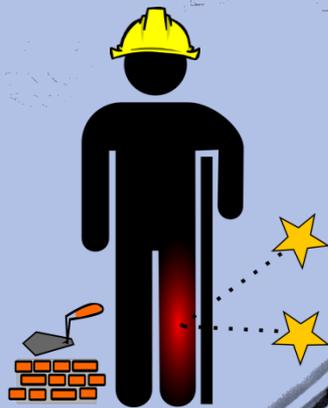


# Constructing the PICO(T.)

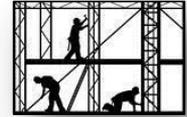


Start to plan a **P.I.C.O.(T.)** before searching the literature.  
The example below is a scenario that can be used to construct a well-built clinical question.

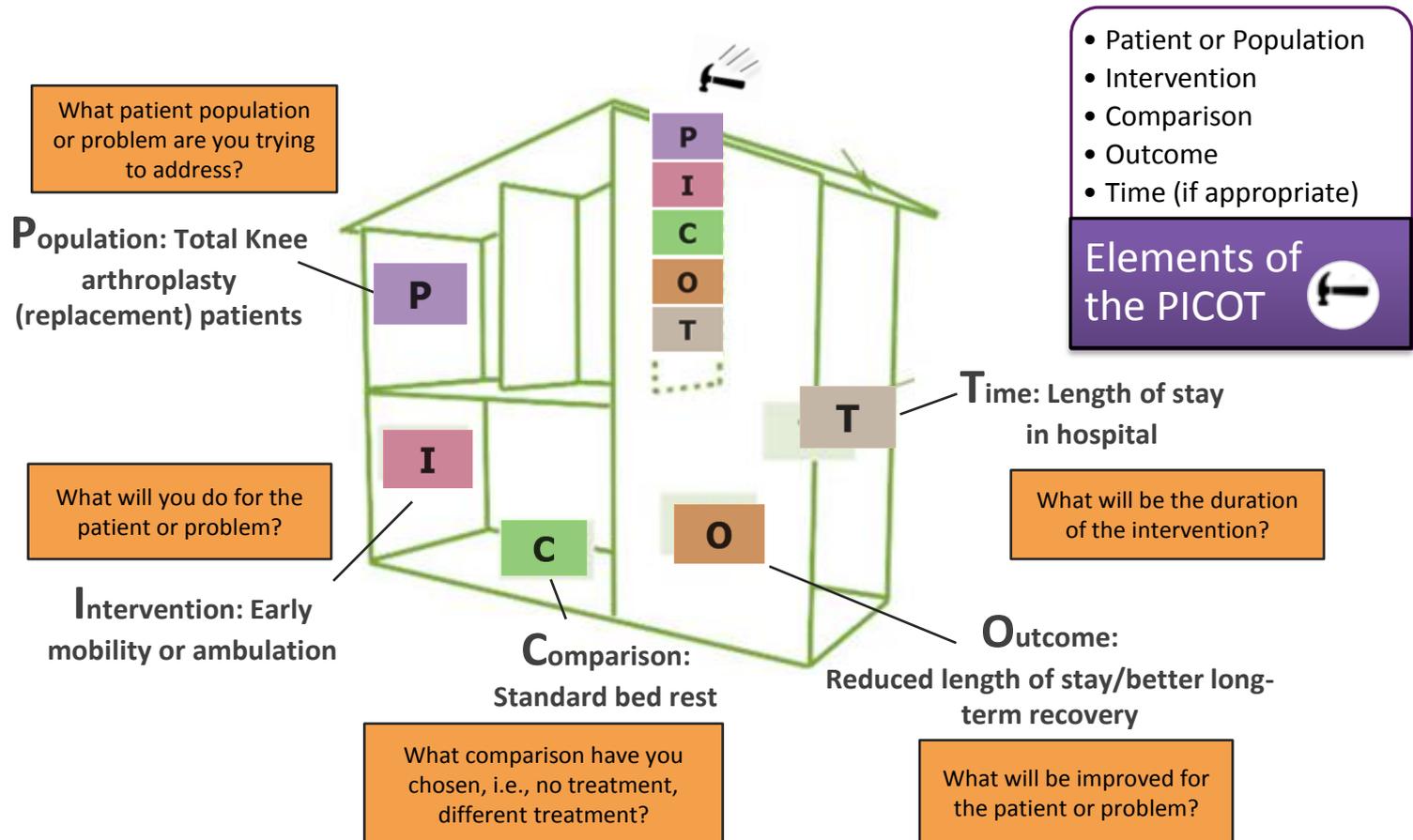
Clinical Scenario: An adult patient who will soon have total knee arthroplasty (replacement) surgery recently read an article on the internet that mentioned something about "early mobility" or "ambulation" after surgery. The article stated that the sooner a patient could get out of bed, the quicker he could leave the hospital with better long-term recovery. He asked you if what he read is true and if there is any substantial research backing up this claim.



# Framing the PICO(T.)



Based on the patient scenario, begin to frame the P.I.C.O.(T.) by choosing elements that most accurately represent the topic. Once you have chosen the elements, it is easier to construct a well-built clinical question that is focused and answerable.



# Determining the best type of PICO(T.)

## Template for Asking PICOT Questions

### INTERVENTION

In \_\_\_\_\_ (P), how does \_\_\_\_\_ (I) compared to \_\_\_\_\_ (C) affect \_\_\_\_\_ (O) within \_\_\_\_\_ (T)?

### THERAPY

In \_\_\_\_\_ (P), what is the effect of \_\_\_\_\_ (I) compared to \_\_\_\_\_ (C) on \_\_\_\_\_ (O) within \_\_\_\_\_ (T)?

### PROGNOSIS/PREDICTION

In \_\_\_\_\_ (P), how does \_\_\_\_\_ (I) compared to \_\_\_\_\_ (C) influence \_\_\_\_\_ (O) over \_\_\_\_\_ (T)?

### DIAGNOSIS OR DIAGNOSTIC TEST

In \_\_\_\_\_ (P) are/is \_\_\_\_\_ (I) compared with \_\_\_\_\_ (C) more accurate in diagnosing \_\_\_\_\_ (O)?

### ETIOLOGY

Are \_\_\_\_\_ (P), who have \_\_\_\_\_ (I) compared with those without \_\_\_\_\_ (C) at \_\_\_\_\_ risk for/of \_\_\_\_\_ (O) over \_\_\_\_\_ (T)?

### MEANING

How do \_\_\_\_\_ (P) with \_\_\_\_\_ (I) perceive \_\_\_\_\_ (O) during \_\_\_\_\_ (T)?

Adapted from the PICOT Questions Template, Ellen Finocout-Overholt, 2006. This form may be used for educational & research purposes without permission.

For this PICOT example the type of question is an **Intervention**. Remember that there are other types of questions including **Prognosis, Diagnosis, Etiology** and **Meaning**. Before conducting any Evidence-Based Project use a template to determine the best PICOT question to help guide your search for the most relevant EBP literature.

PICOT Template

I

**P**opulation: Knee arthroscopy (replacement)patients

**I**ntervention: early mobility or ambulation

**C**omparison: standard bed rest

**O**utcome: reduced length of stay/ long term recovery

**T**ime: hospital duration



# The PICO(T.) Question



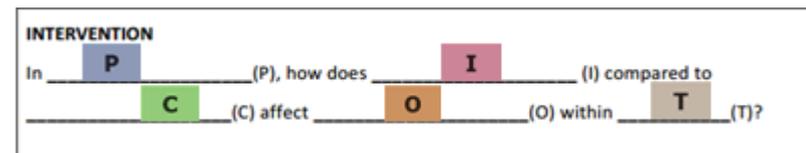
Once you have chosen the elements that make up your PICOT and determined the best type of PICOT question, it is a good strategy to write it down in order to focus on the main points.

- P**opulation: Total Knee arthroscopy (replacement) patients
- I**ntervention: early mobility or ambulation
- C**omparison: standard bed rest
- O**utcome: length of stay/improved long term recovery
- T**ime: hospital duration



*In Total Knee arthroplasty (replacement) patients is early mobility/ambulation more effective than bed rest for reducing patient length of stay in the hospital and better long-term recovery?*

Write out the PICOT question



# Constructing a Search in *CINAHL*

*In Total Knee arthroplasty (replacement) patients is early mobility/ambulation more effective than bed rest for reducing patient length of stay in the hospital and better long-term recovery?*

The [CINAHL](#) database can be accessed from the [Nursing Resources](#) page located on the Mount Carmel Health Sciences Library website.

Home » Nurses

## Nursing Resources



5 Minute Consult has been discontinued, please try:  
Ferri's Clinical Advisor (2017) in ClinicalKey

**CINAHL**

**New!** ClinicalKey for Nursing

Cochrane Library

Davis's Drug Guide for Nurses

Drugs and Lactation Database (LactMed)

**CINAHL** stands for *Cumulative Index to Nursing and Allied Health Literature*. It is used extensively by nurses, nursing students and nursing faculty to find high quality, peer-reviewed Evidence-Based Literature in full-text PDF format.

What is CINAHL

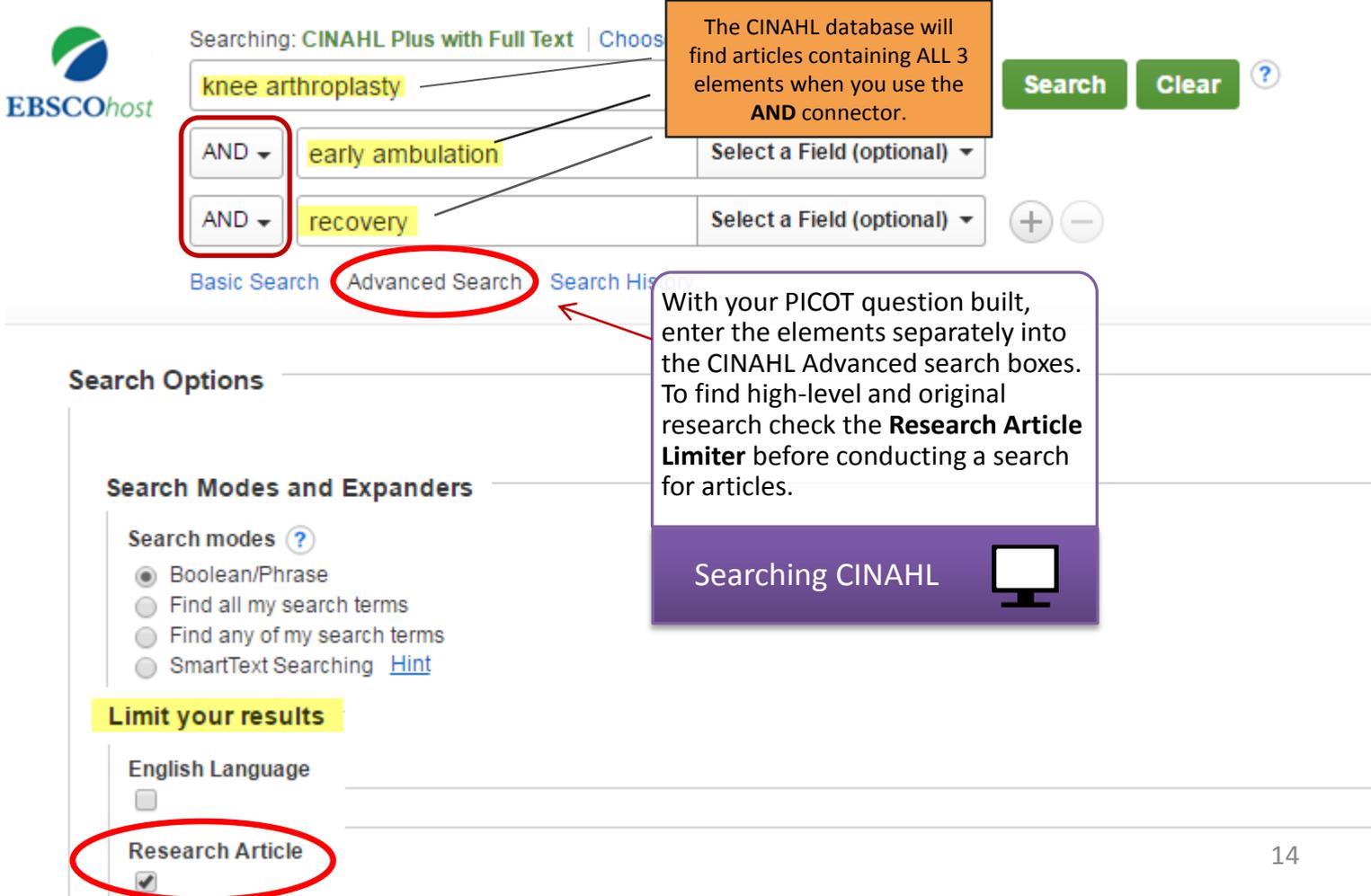


### INTERVENTION

In **P** (P), how does **I** (I) compared to **C** (C) affect **O** (O) within **T** (T)?

# Advanced Search in CINAHL

*In Total Knee arthroplasty (replacement) patients is early mobility/ambulation more effective than bed rest for reducing patient length of stay in the hospital and better long-term recovery?*



The screenshot shows the EBSCOhost search interface for CINAHL. The search terms "knee arthroplasty", "early ambulation", and "recovery" are entered into three separate search boxes, each with an "AND" connector selected from a dropdown menu. The "Advanced Search" link is circled in red. A callout box explains that the CINAHL database will find articles containing ALL 3 elements when using the AND connector. Another callout box explains that with a PICOT question, elements should be entered separately into the CINAHL Advanced search boxes, and that the Research Article Limiter should be checked before conducting a search for articles. The "Research Article" limiter is also circled in red under the "Limit your results" section.

Searching: CINAHL Plus with Full Text | [Choose](#)

EBSCOhost

knee arthroplasty

AND

early ambulation

AND

recovery

Select a Field (optional)

Select a Field (optional)

Search

Clear

Basic Search **Advanced Search** Search History

**Search Options**

**Search Modes and Expanders**

Search modes ?

- Boolean/Phrase
- Find all my search terms
- Find any of my search terms
- SmartText Searching [Hint](#)

**Limit your results**

English Language

**Research Article**

With your PICOT question built, enter the elements separately into the CINAHL Advanced search boxes. To find high-level and original research check the **Research Article Limiter** before conducting a search for articles.

Searching CINAHL

# Search results in *CINAHL*

After searching the elements of your PICOT, click on a relevant title to view a **Detailed Record** (Abstract) and how to access the full-text article.

## Search Results: 1 - 8 of 8

### 1. Continuous femoral nerve block using 0.125% bupivacaine does not prevent early ambulation



Academic  
Journal

Beebe, Michael J; Allen, Rachel; Anderson, Mike B; Swenson, Jeffrey D; Peters, Christopher L; Clinical Orthopaedic research) ISSN: 0009-921X PMID: 23857316 PMCID: PMC3971238

**Subjects:** Anesthetics, Local Administration and Dosage; **Arthroplasty**, Replacement, **Knee** Adverse Effects; Bupivacaine; Surgery; Nerve Block Methods; Postoperative Pain Prevention and Control; Adolescent: 13-18 years; Adult: 19-44 years

Times Cited in this Database: (1)



Full Text Finder



Check Mount Carmel's catalog for this journal



PlumX Metrics

### 2. An enhanced recovery after surgery program for hip and knee arthroplasty.



Academic  
Journal

Christelis, Nicholas; Wallace, Sophie; Sage, Claire E; Babitu, Uate; Liew, Susan; Dugal, James; Nyulasi, Ibolya; Muller, Ralf; Journal Article - research) ISSN: 0025-729X PMID: 25877118

**Subjects:** **Arthroplasty**, Replacement, Hip Rehabilitation; **Arthroplasty**, Replacement, **Knee** Rehabilitation; Postoperative Pain Prevention and Control; Aged, 80 & over; Middle Aged: 45-64 years; Female; Male



Full Text Finder



Check Mount Carmel's catalog for this journal

### 3. The impact of analgesic modality on early ambulation following total knee arthroplasty



Academic  
Journal

Perlas, Anahi; Kirkham, Kyle R; Billing, Rajeev; Tse, Cyrus; Brull, Richard; Gandhi, Rajeev; Chan, Vincent W S; Regier, Robert A; Journal Article - research) ISSN: 1098-7339 PMID: 23759708

**Subjects:** Analgesia Methods; Anesthetics, Local Administration and Dosage; **Arthroplasty**, Replacement, **Knee** Adverse Effects; Postoperative Pain Prevention and Control; Aged: 65+ years; Middle Aged: 45-64 years; Female; Male

# Detailed Record and Full-Text in *CINAHL*

**Detailed Records** are very helpful when you need to find a collection of articles on your P.I.C.O.T. They save you time by providing valuable information about the scope of a particular article and whether or not it meets the selection criteria of your EBP topic.

 Detailed Record

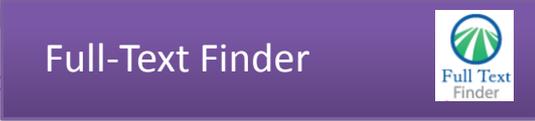
An enhanced **recovery** after surgery program for hip and **knee arthroplasty**.

Authors: Claire E; Babitu, Uate; Liew, Susan; Dugal, James; Nyulasi, Il

Affiliation: T... christelis@alfred.org.au.



For articles that are not immediately available in PDF full-text, there is a **Full-Text Finder** link. If the library does not have the article you need, there is another option called **Interlibrary Loan**, in which you can request an article and have it delivered to your email address.



Source: M... 015; 202(7): 363-368. (6p)

Publication Type: J...

Language: English

Major Subjects: **Arthroplasty**, Replacement, Hip -- Rehabilitation  
**Arthroplasty**, Replacement, **Knee** -- Rehabilitation  
Restorative Care, Methods

Scan Detailed Records for Major and Minor Subjects and use them as additional search terms. These are also known as **CINAHL Headings**, which are standard nursing terms indexed throughout the CINAHL database.

Look for high level research such "Double Blind" studies to reduce research bias. They are often in the form of Randomized Controlled Trials (RCTs).

nd Over; **Early Ambulation**; Female; Prospective Studies; Human; **Length of Stay**

d; Biomedical; **Double Blind Peer Reviewed**; Peer Reviewed



# Interlibrary Loan in CINAHL

## 2. An enhanced recovery after surgery program for hip and knee arthroplasty.



Academic  
Journal

Christelis, Nicholas; Wallace, Sophie; Sage, Claire E; Babitu, Uate; Liew, Susan; Dugal, James; Nyulasi, Ibolya; Mul  
202(7): 363-368. 6p. (Journal Article - research) ISSN: 0025-729X PMID: 25877118

**Subjects:** Arthroplasty, Replacement, Hip Rehabilitation; Arthroplasty, Replacement, Knee Rehabilitation; Postop;  
Aged, 80 & over; Middle Aged: 45-64 years; Female; Male

 [Check Mount Carmel's catalog for this journal](#)



Full Text  
Finder

If an article is not in the electronic journal collection simply fill out an **Interlibrary Loan Form** (ILL Form) and it will be emailed to you in PDF full-text format, usually in less than 24 hours.



Interlibrary Loan



Library Catalog

 [Check Mount Carmel's catalog for this journal](#)

ILL Form

 [Request this article through Interlibrary Loan](#) 

Other Resources

 [Search Google for related information](#)

MCHSL Print Collection

 [Display MCHSL holdings for this journal title](#)

**ILL Form**

Please enter the information below in order to visit us smoothly. Loan request for one library subscription. The request will be sent via E-mail.

**Name**

**Last Name**

**Title**

**Department**

**Address**

**E-mail Address**

**Phone**

**Work/Personal**

**Delivery**

**I am requesting more than one article and would like to be notified:**

**Date needed**

**Comments**

\* Subscribers request ILL

**Item Details**

**Accession Date**  The electronic journal of articles

**ISSN**

**Volume**

**Issue**

**Date**

**Article Title**  An enhanced recovery after surgery program for hip and

**Author**  Christelis, Nicholas

**Start Page**

**PMID**

# Constructing a Search in *ClinicalKey for Nursing*

From the [Nursing Resources](#) page there is a link to [ClinicalKey for Nursing](#)

## Nursing Resources

The following list of resources is made available especially for Mount Carmel Health System nurses. Hover your mouse over the title of each resource to see a brief description of the resource. If your browser does not display a description, hover your mouse over the link to see descriptions here.

Visit the circulation desk if you are looking for. You may email us at [library@mchs.com](mailto:library@mchs.com)

**ClinicalKey for Nursing** is designed for nurses who need to find Evidence-Based Literature quickly and effectively. The point-of-care features provide efficient searches to high level resources including Nursing Guidelines, Systematic Reviews, and Evidence Based Nursing Monographs.

ClinicalKey for  
Nursing



5 Minute Consult has been featured in  
Ferri's Clinical Advisor (2017) in ClinicalKey

CINAHL

**New!** ClinicalKey for Nursing



### EBP Guide

### Nursing Specialties

- Perioperative Nursing
- OB/GYN Guide
- Nurse Residency Program Guide
- ER Nursing Guide

### Nursing Workshops

- Evidence-Based Practice
- Searching the Nursing Research Literature

### Library Services

- Request Article(s)
- Request a Literature Search



# Searching *ClinicalKey* for Nursing

Enter several elements from your P.I.C.O.(T.) topic into the single search box and then click search. The search results page includes a left side bar menu that filters by source types, including Systematic Reviews (**Level I-II**) and Randomized Controlled Trials (RCTs).

## ClinicalKey® for Nursing



**Filter By:** [X Clear all](#)

Source Type ▲

- Journal Articles 79
  - Full Text Only
  - Full text and MEDLINE
- Systematic Reviews 4
- Randomized Control Trials 3
- Narrative Reviews 25
- Books 14
- Clinical Trials 9
- Procedures Consult 3

7 results

MEDLINE®

Early mobilization  
joint replacement

Clinical rehabilitation.  
Guerra, Mark L; Singh, Parm...

MEDLINE®

Continuous adductor canal block versus cont  
nerve block after total knee arthroplasty for...

Archives of orthopaedic and trauma surgery.  
Wiesmann, Thomas; Piechowiak, Karolin... [Show all](#). Published March 1, 2016.

Once you have entered several PICOT elements and searched the literature there is a left sidebar menu with filters to sort by publication types. Selecting “Systematic Reviews” and “Randomized Controlled Trials” is an effective way to quickly locate **Level I** and **Level II** EBP literature.

ClinicalKey for  
Nursing Source Types



# Accessing articles in *ClinicalKey for Nursing*

Articles in [ClinicalKey for Nursing](#) link to full-text PDF documents.

MEDLINE®

Early mobilization of patients who have had a hip or knee joint replacement reduces length of stay in...

Clinical rehabilitation.

Guerra, Mark L; Singh, Parminder J; Taylor, Nicholas F. Published September 1, 2015.

MEDLINE®

Multidisciplinary rehabilitation of patients after hip and knee replacement at the hip and knee

The Cochrane database of systematic reviews.

Khan, F; Ng, L... Show all. Published January 1, 2008.

FULL TEXT ARTICLE

Femoral and sciatic nerve blocks for postoperative analgesia. A systematic review

International Journal of Orthopaedic and Trauma Nursing.

Tune, Bryan. Published May 1, 2012. Volume 16, Issue 2.

MEDLINE®



Article

**CLINICAL REHABILITATION**

Early mobilization of patients who have had a hip or knee joint replacement reduces length of stay in hospital: a systematic review

Mark L Guerra<sup>1</sup>, Parminder J Singh<sup>2</sup> and Nicholas F Taylor<sup>1,4</sup>

**Abstract**  
**Objectives:** To systematically review the effect of early mobilization after hip or knee joint replacement surgery on length of stay in an acute hospital.  
**Methods:** Randomized controlled trials were selected from electronic databases based on inclusion criteria requiring an experimental group mobilizing (sitting out of bed/walking) earlier than a comparison group post joint replacement surgery of the hip or knee in an acute hospital. Clinically homogeneous data were analyzed with meta-analysis.  
**Results:** Five randomized controlled trials (totaling 622 participants) were included for review. A meta-analysis of 3 trials found a reduced length of stay of 1.8 days (95% confidence interval 1.1 to 2.6) in favor of the experimental group. In 4 of the 5 trials the experimental group first sat out of bed within 24 hours post-operatively. In 4 of the 5 trials the experimental group first walked within 48 hours post-operatively. Individual trials reported benefits in range of motion, muscle strength and health-related quality of life in favor of the experimental group. There were no differences in discharge destination, incidence of negative outcomes or adverse events attributable to early mobilization when compared to the comparison groups.  
**Conclusion:** Early mobilization post hip or knee joint replacement surgery can result in a reduced length of stay of about 1.8 days. Trials that reported these positive results showed that early mobilization can be achieved within 24 hours of operation. This positive gain was achieved without an increase in negative outcomes.

**Keywords:** Early mobilization, knee joint replacement, hip joint replacement, length of stay

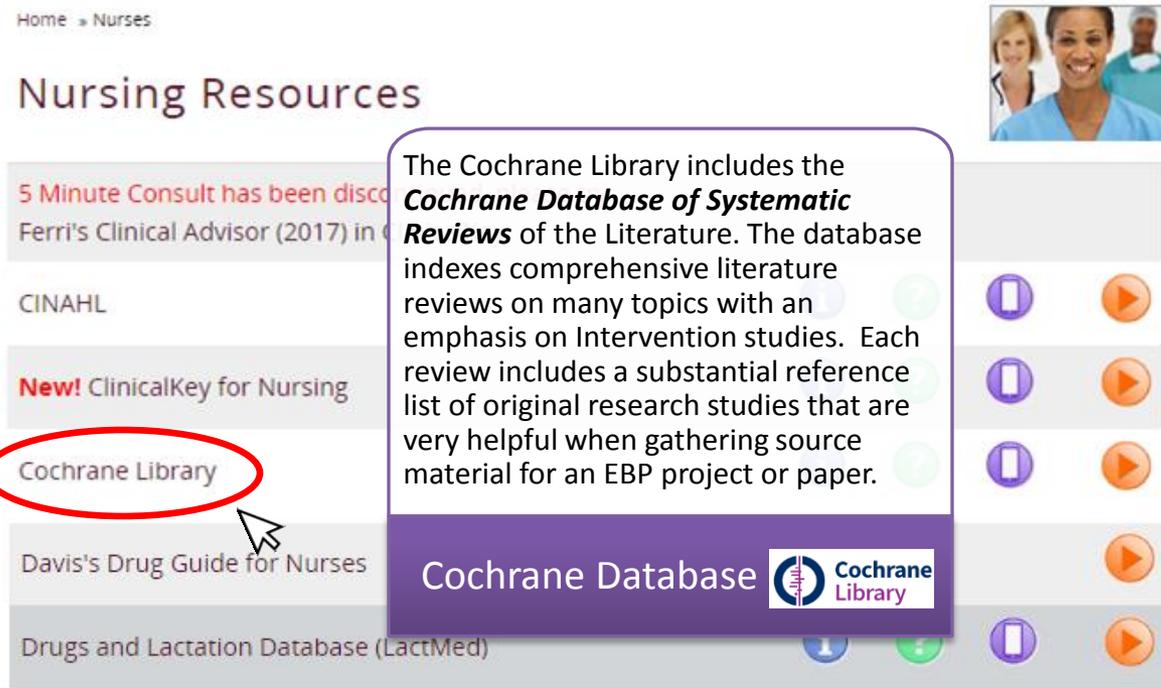
Received 17 October 2013, accepted 10 October 2014

**Corresponding author:** Mark L Guerra, Physiotherapy Department, Eastern Health, Peninsula Hospital, Dromy Drive, Ringwood Vic, Victoria, 3115, Australia. Email: mark.guerra@ehealth.vic.gov.au

**Footnote:** <sup>1</sup>Physiotherapy Department, Eastern Health, Melbourne, Victoria, Australia; <sup>2</sup>Orthopaedic (Cervical), Eastern Health, Melbourne, Victoria, Australia; <sup>3</sup>Medical Health Clinical Research Office, Eastern Health, Australia; <sup>4</sup>Department of Physiotherapy, La Trobe University, Australia

# Constructing a search in the *Cochrane Database of Systematic Reviews*

From the [Nursing Resources](#) page there is a link to the [Cochrane Library](#).



Home » Nurses

## Nursing Resources

5 Minute Consult has been disc  
Ferri's Clinical Advisor (2017) in C

CINAHL

**New!** ClinicalKey for Nursing

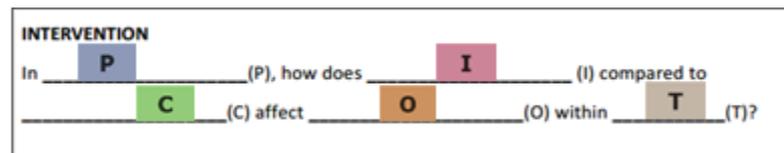
**Cochrane Library**

Davis's Drug Guide for Nurses

Drugs and Lactation Database (LactMed)

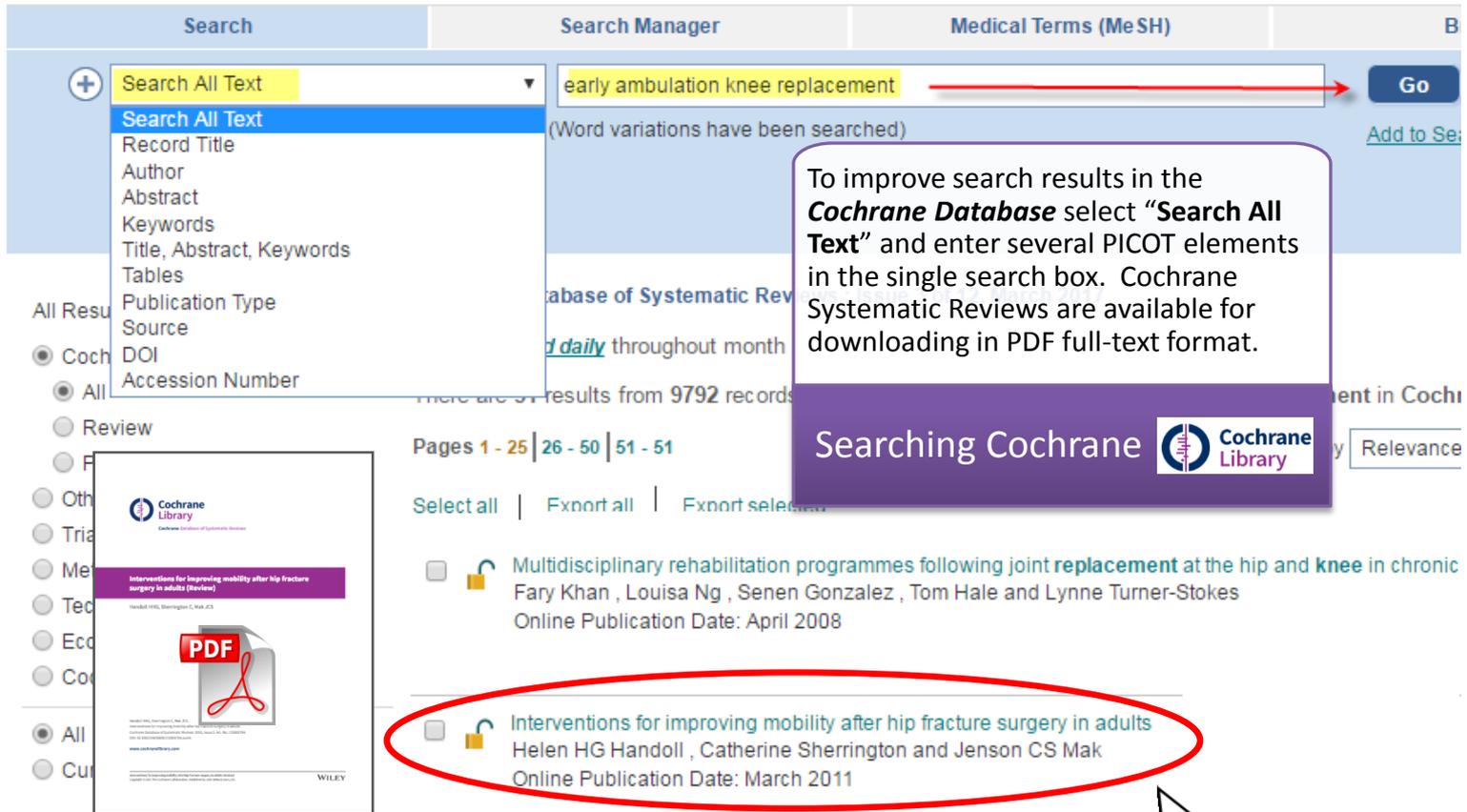
The Cochrane Library includes the **Cochrane Database of Systematic Reviews** of the Literature. The database indexes comprehensive literature reviews on many topics with an emphasis on Intervention studies. Each review includes a substantial reference list of original research studies that are very helpful when gathering source material for an EBP project or paper.

Cochrane Database 



# Searching the *Cochrane Database*

*In Total Knee arthroplasty (replacement) patients is early mobility/ambulation more effective than bed rest for reducing patient length of stay in the hospital and better long-term recovery?*



The screenshot displays the Cochrane Database search interface. The search box contains the text "early ambulation knee replacement" with a red arrow pointing to the "Go" button. A dropdown menu is open, showing "Search All Text" selected. Below the search box, the text "(Word variations have been searched)" is visible. The search results are displayed in a list format, with the following entries:

- [Multidisciplinary rehabilitation programmes following joint replacement at the hip and knee in chronic](#)  
 Fary Khan , Louisa Ng , Senen Gonzalez , Tom Hale and Lynne Turner-Stokes  
 Online Publication Date: April 2008
- [Interventions for improving mobility after hip fracture surgery in adults](#)  
 Helen HG Handoll , Catherine Sherrington and Jenson CS Mak  
 Online Publication Date: March 2011

A red oval highlights the second search result. A purple callout box contains the following text:

To improve search results in the **Cochrane Database** select "Search All Text" and enter several PICOT elements in the single search box. Cochrane Systematic Reviews are available for downloading in PDF full-text format.

At the bottom of the callout box, there is a purple banner with the text "Searching Cochrane" and the Cochrane Library logo.

# Constructing a Search *PubMed*

From the [Nursing Resources](#) page there is a link to [PubMed \(Medline\)](#)

Home » Nurses

## Nursing Resources

The following list of resources is made available especially for Mount Carmel Health System nurses. Hover your mouse over the title of each resource to see a brief description of the resource. If your browser does not display the descriptions when you hover your mouse over the link, read all the MCHSL-provided database descriptions here.

-  = More Information
-  = Tutorials
-  = Mobile Device Instructions
-  = Multimedia Tutorial

Visit the circulation desk and we will be happy to help you find the resources you are looking for. You may also call us at 513-383-2200 or email us at [library@mchs.com](mailto:library@mchs.com)



EBP Guide

Nursing Specialties

Perioperative Nursing

OB/GYN Guide

**PubMed** is the largest biomedical database in the world and includes a very helpful search filter for quickly identifying high level (**Level I and II**) Evidence-Based literature. Once connected to *PubMed* there is a link to the “**Clinical Queries**” search filter.

PubMed Database   
US National Library of Medicine  
National Institutes of Health

ProQuest Nursing and Allied Health Source



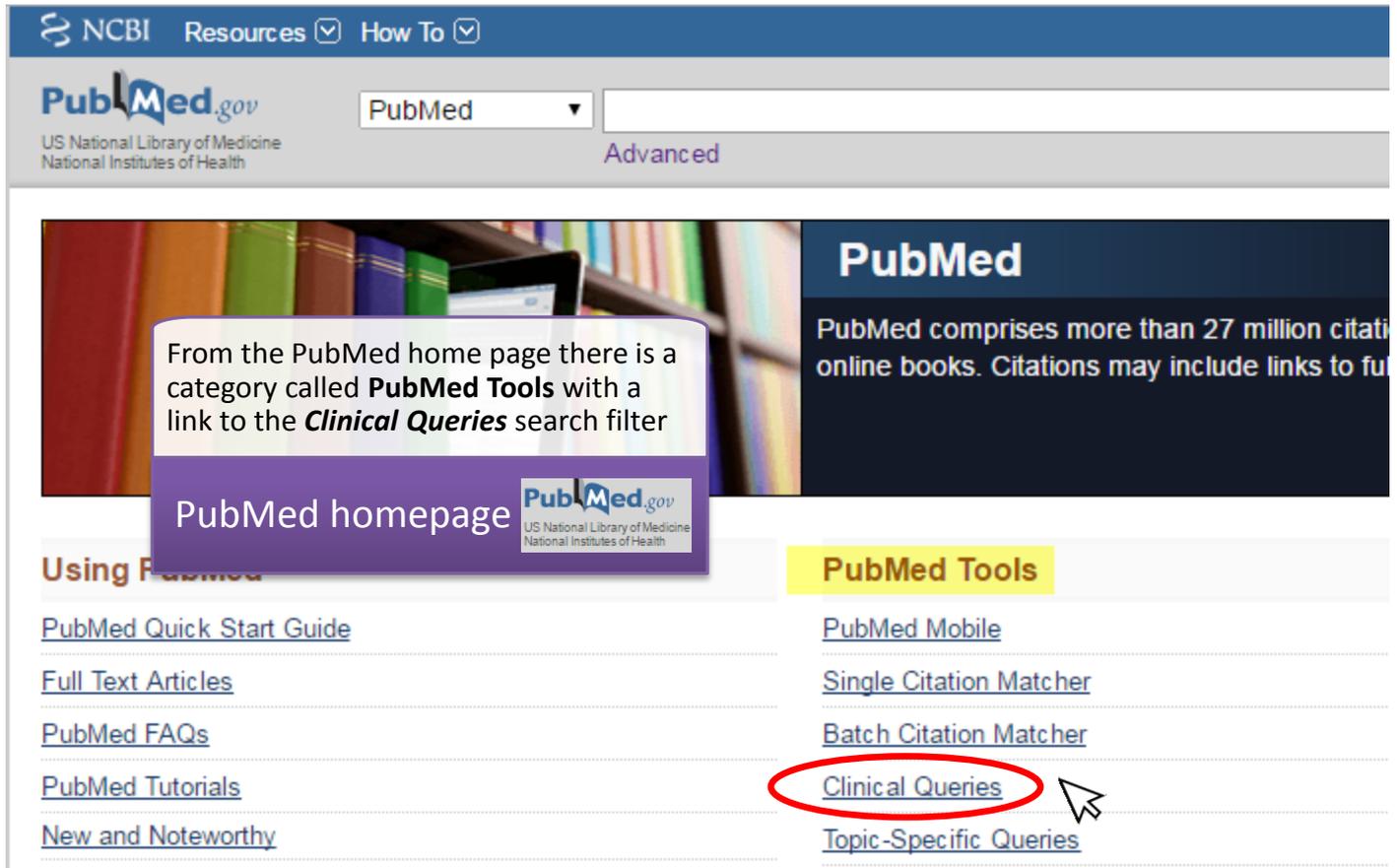
PsycINFO



PubMed (MEDLINE)



# PubMed's *Clinical Queries*



NCBI Resources How To

PubMed.gov  
US National Library of Medicine  
National Institutes of Health

PubMed

Advanced

**PubMed**

PubMed comprises more than 27 million citations online books. Citations may include links to full-text articles.

From the PubMed home page there is a category called **PubMed Tools** with a link to the **Clinical Queries** search filter

PubMed homepage

**Using PubMed**

- [PubMed Quick Start Guide](#)
- [Full Text Articles](#)
- [PubMed FAQs](#)
- [PubMed Tutorials](#)
- [New and Noteworthy](#)

**PubMed Tools**

- [PubMed Mobile](#)
- [Single Citation Matcher](#)
- [Batch Citation Matcher](#)
- [Clinical Queries](#)
- [Topic-Specific Queries](#)

# Searching *Clinical Queries*

## PubMed Clinical Queries

Results of searches on this page are limited to specific clinical research areas. For comprehensive searches, use [PubMed](#)

early ambulation knee arthroplasty

### Clinical Study Categories

Category: Therapy ▼  
 Scope:  
 Etiology  
 Diagnosis  
Therapy  
 Prognosis  
 Clinical prediction guides

Systematic Reviews

**Results: 5**  
 Combined adductor canal block with periarticular infiltration versus periarticular infiltration for analgesia after total knee

Enter several PICOT elements into the single search box and select the appropriate **clinical study category**. For this PICOT the best type is a **Therapy** category. After searching, a result list will include links to high level Systematic Reviews of the literature in PDF full-text format.

**Early mobilization of patients who have had a hip or knee joint replacement reduces length of stay in hospital: a systematic review**

Mark L Guerra<sup>1</sup>, Parminder J Singh<sup>2</sup> and Nicholas P Taylor<sup>1\*</sup>

**Abstract**  
**Objective:** To systematically review the effect of early mobilization after hip or knee joint replacement surgery on length of stay in an acute hospital.  
**Methods:** Randomized controlled trials were selected from electronic databases based on inclusion criteria requiring an experimental group mobilizing (going out of bed/standing) earlier than a comparison group post joint replacement surgery of the hip or knee in an acute hospital. Clinically homogeneous data were analyzed with meta-analysis.  
**Results:** Five randomized controlled trials (involving 622 participants) were included for review. A meta-analysis of 5 trials found a reduced length of stay of 1.8 days (95% confidence interval 1.1 to 2.6) in favor of the experimental group. In 4 of the 5 trials the experimental group first walked within 24 hours post operatively. In 1 of the 5 trials the experimental group first walked within 48 hours post operatively. Individual trials reported benefits in range of motion, muscle strength and health-related quality of life in favor of the experimental group. There were no differences in discharge destinations, incidence of negative outcomes or adverse events attributable to early mobilization when compared to the comparison group.  
**Conclusions:** Early mobilization post hip or knee joint replacement surgery can result in a reduced length of stay of about 1.8 days. Trials that reported these positive results showed that early mobilization can be achieved within 24 hours of operation. This positive gain was achieved without an increase in negative outcomes.

**Keywords:**  
 Early mobilization, knee joint replacement, hip joint replacement, length of stay

Received 17 December 2015; accepted 11 October 2016

\*Corresponding author: Mark L Guerra, Physiotherapy Department, Eastern Health, Melbourne, Victoria, Australia. Email: mark.guerra@easternhealth.vic.gov.au



Evaluate  
 us Femoral  
 After Total  
 B. Macrinici V,  
 management  
 rve or  
 l knee  
 l trial.

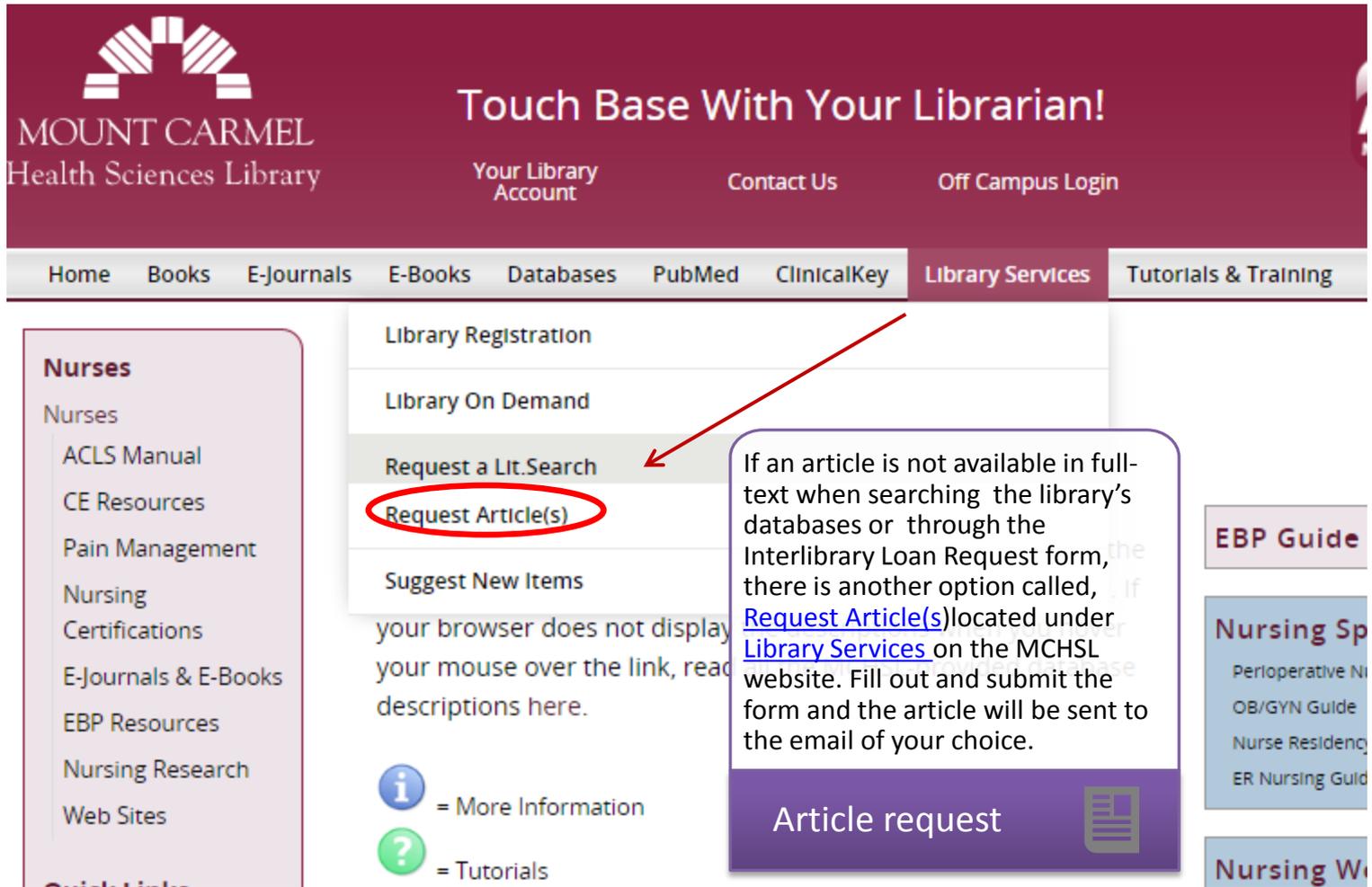
**Results: 5 of**  
 Combined adductor canal block with periarticular infiltration versus periarticular infiltration for analgesia after total knee arthroplasty.  
 Ma J, Gao F, Sun V, et al. *Journal of Orthopaedic Surgery and Sports Medicine* (Baltimore).  
 Adductor canal block versus femoral nerve block in total knee arthroplasty: A meta-analysis.  
 Kuang MJ, Xu LY, Ma J, et al. *Journal of Orthopaedic Surgery and Sports Medicine*. 2016 Jun;41(6):1033-40.  
 Adductor Canal Block Versus Femoral Nerve Block in Total Knee Arthroplasty: A Meta-Analysis. What Does the Evidence Suggest?  
 Hussain N, Ferreri TG, Prusick PJ, Banfield L, Long B, Prusick VR, Bhandari M, et al. *Regional Anesthesia and Pain Medicine*. 2016 May-Jun; 41(3):314-20.  
 Early mobilization of patients who have had a hip or knee joint replacement reduces length of stay in hospital: a systematic review.

Clinical Queries

  
 US National Library of Medicine  
 National Institutes of Health

Early mobilization of patients who have had a hip or knee joint replacement reduces length of stay in hospital: a systematic review.

# Requesting Article(s) Option



The screenshot displays the website's navigation and service menus. The top navigation bar includes: Home, Books, E-Journals, E-Books, Databases, PubMed, ClinicalKey, **Library Services**, and Tutorials & Training. The 'Library Services' dropdown menu is open, listing: Library Registration, Library On Demand, Request a Lit. Search, **Request Article(s)** (circled in red), and Suggest New Items. A red arrow points from the 'Request Article(s)' link to a text box on the right. The text box explains that if an article is not available in full-text, users can use the 'Request Article(s)' option. Below the text box is a purple button labeled 'Article request' with a document icon. A sidebar on the left lists 'Nurses' resources, and a sidebar on the right lists 'EBP Guide' and 'Nursing Sp' resources.

**Nurses**

- Nurses
- ACLS Manual
- CE Resources
- Pain Management
- Nursing Certifications
- E-Journals & E-Books
- EBP Resources
- Nursing Research
- Web Sites

Library Registration

Library On Demand

Request a Lit. Search

**Request Article(s)**

Suggest New Items

your browser does not display your mouse over the link, read descriptions here.

 = More Information

 = Tutorials

If an article is not available in full-text when searching the library's databases or through the Interlibrary Loan Request form, there is another option called, [Request Article\(s\)](#) located under [Library Services](#) on the MCHSL website. Fill out and submit the form and the article will be sent to the email of your choice.

Article request 

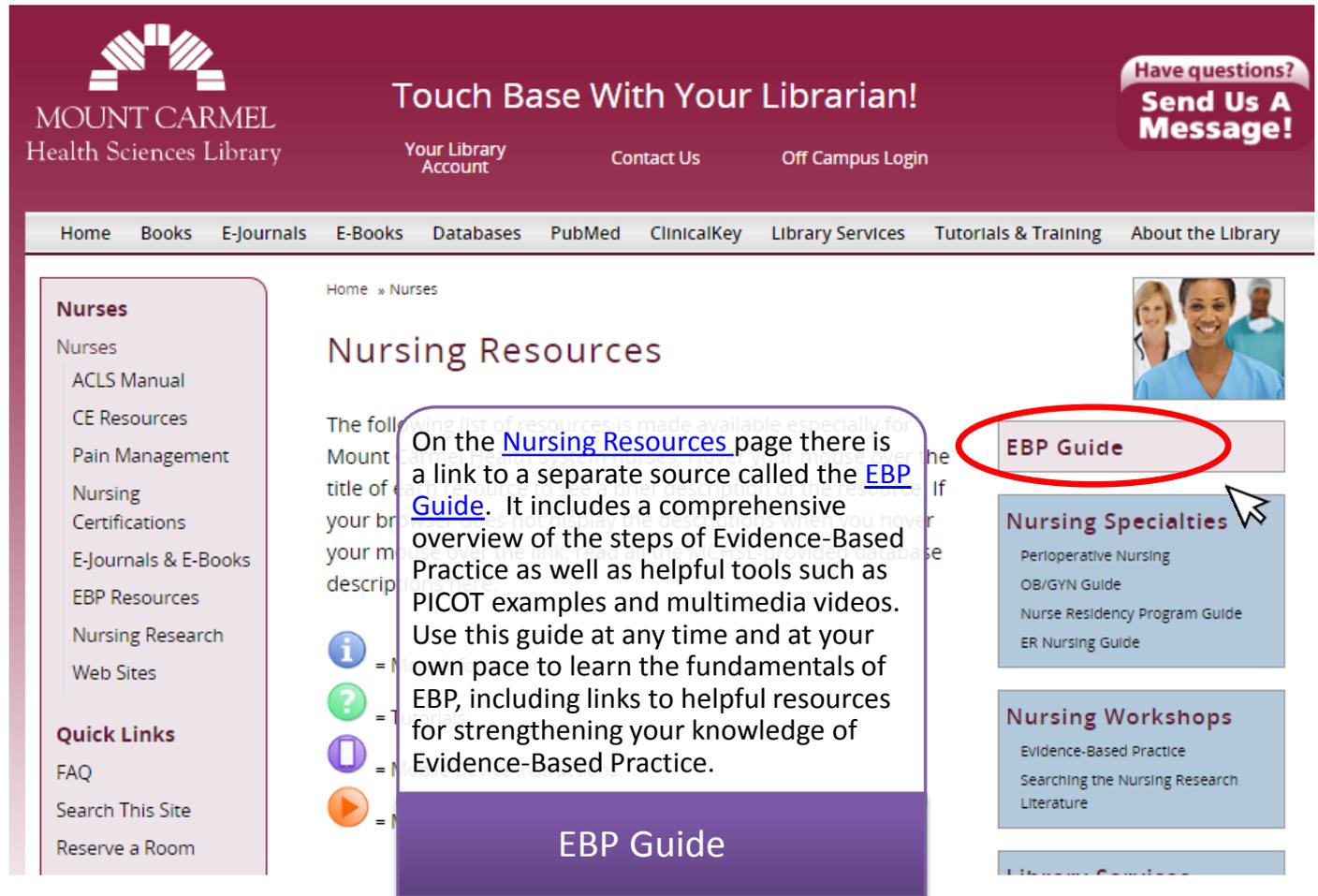
EBP Guide

Nursing Sp

- Perioperative Ni
- OB/GYN Guide
- Nurse Residency
- ER Nursing Guide

Nursing W

# Additional EBP Guide

**MOUNT CARMEL**  
Health Sciences Library

Touch Base With Your Librarian!

Your Library Account    Contact Us    Off Campus Login

Have questions?  
**Send Us A Message!**

Home   Books   E-Journals   E-Books   Databases   PubMed   ClinicalKey   Library Services   Tutorials & Training   About the Library

Home » Nurses

## Nursing Resources

The following list of resources is made available especially for nurses. If you have any questions, please contact your librarian. If you have any questions, please contact your librarian. If you have any questions, please contact your librarian.

**EBP Guide**

On the [Nursing Resources](#) page there is a link to a separate source called the [EBP Guide](#). It includes a comprehensive overview of the steps of Evidence-Based Practice as well as helpful tools such as PICOT examples and multimedia videos. Use this guide at any time and at your own pace to learn the fundamentals of EBP, including links to helpful resources for strengthening your knowledge of Evidence-Based Practice.

**EBP Guide**

**Nurses**

- Nurses
- ACLS Manual
- CE Resources
- Pain Management
- Nursing Certifications
- E-Journals & E-Books
- EBP Resources
- Nursing Research
- Web Sites

**Quick Links**

- FAQ
- Search This Site
- Reserve a Room

**Nursing Specialties**

- Perioperative Nursing
- OB/GYN Guide
- Nurse Residency Program Guide
- ER Nursing Guide

**Nursing Workshops**

- Evidence-Based Practice
- Searching the Nursing Research Literature

# Workshop Summary



- ❖ Before searching databases for Evidence-Based literature build a PICOT so that your topic is clearly defined and focused. (A good time saver too!)
- ❖ Use a question grid or template to identify the type of PICOT question to ask: Is it a Diagnosis, Therapy, Prognosis, Etiology type of question? (i.e., what do you want to accomplish for the patient or what is the intended outcome?)
- ❖ Write out your PICOT to help you determine the best elements to use to search the databases.
- ❖ Search for high level (**Level I and Level II**) publication types, i.e., systematic reviews, meta-analyses, randomized controlled trials (**RCTs**) of the literature (If there are none or very few high level studies on your topic use lower levels of evidence to answer your PICOT question)
- ❖ Use database search filters advantageously to locate the best EBP literature including original research and systematic reviews of the literature, i.e., [Clinical Queries](#) filter in [PubMed](#) and Source Types in [ClinicalKey for Nursing](#).
- ❖ Utilize the customized [EBP Guide](#) from the [Nursing Resources](#) page to assist in developing your knowledge and understanding of the Evidence-Based Practice process.



MOUNT CARMEL  
Health Sciences Library



# Thank you for attending: Building & Strengthening Your Evidence-Based Practice Literature Searches

If you need any further assistance please contact Your Library at: 234-5214 or  
visit us at <http://library.mchs.com>