

A Guide to Resources on Evidence-Based Geriatrics

Prepared by the
J.W. Crane Memorial Library, Deer Lodge Centre
University of Manitoba Health Sciences Libraries
January 2009

“Evidence-based medicine (EBM) is the integration of best research evidence with clinical expertise and patient values”.
Centre for Evidence-Based Medicine, University Health Network, Toronto.



This guide is intended as an introduction to resources on evidence-based practice in geriatrics both freely available on the Internet and at the University of Manitoba Health Sciences Libraries.

For background information and an introduction to evidence-based practice, visit the suggested websites in Section 1, or read one or more of the books listed in Section 2.



Indicates a Canadian resource

Contents:

1. Learning about evidence-based practice
2. Reading about evidence-based practice
3. Reading about evidence based geriatrics
4. Searching for journal literature
5. Searching for guidelines and best practices
 - Guidelines and best practices on the Internet
 - Guidelines and best practices in geriatrics
6. Evidence-based practice on the Internet
7. Evidence-based geriatrics on the Internet

1. Learning about Evidence Based Practice

Centre for Evidence-Based Medicine website, Oxford Centre for Evidence-Based Medicine

www.cebm.net/index.asp

An excellent starting place to learn about evidence-based practice.



**Centre for Health Evidence
User Guides to Evidence –based practice**

<http://www.cche.net/usersguides/main.asp>

NOTE: Additional sites on EBP are in Section 6.

2. Reading about Evidence-based practice

The following selected books on evidence-based practice are available at the University of Manitoba Libraries.

American Medical Directors Association. ***Guideline implementation : clinical practice guideline.*** Columbia MD : AMDA, 1998.

American Medical Directors Association. ***We care: tools for provider and staff to implement clinical practice guidelines.*** Columbia, Md: AMDA, 2002.

Baer RA editor. ***Mindfulness-based treatment approaches : clinician's guide to evidence base and applications.*** Amsterdam; Boston: Elsevier, Academic Press; 2006.

Brown SJ. ***Evidence-based nursing : the research-practice connection.*** Sudbury, Mass: Jones and Bartlett Publishers; 2009


Cullum N editor. ***Evidence-based nursing : an introduction.*** Oxford; Malden, MA: Blackwell Pub./BMJ Journals/RCN Pub; 2008

Dixon, Robert A; Munro, James F; Silcocks, Paul B. ***The evidence based medicine workbook : critical appraisal for clinical problem solving.*** Boston : Butterworth-Heinemann, 1997.

Dunn W. ***Bringing evidence into everyday practice : practical strategies for healthcare professionals.*** Thorofare, NJ: Slack; 2008

Greenlaugh, Trisha. ***How to read a paper : the basics of evidence-based medicine*** London : BMJ Publishing Group, 1997.

Guyatt G editor. ***Users' guides to the medical literature : essentials of evidence-based clinical practice***. 2nd ed. New York: McGraw-Hill Medical; 2008.

 Loney, Patricia; Chambers, Larry; Bennett, Kathryn; Roberts, Jacqueline; Stratford, Paul; McMaster University. System-Linked Research Unit. ***Critical appraisal of the health care literature : how to critically appraise an article about prevalence or incidence of a health problem***. Hamilton : McMaster University, 1997.

Melnyk, Bernadette Mazurek; Fineout-Overholt, Ellen. ***Evidence-based practice in nursing & healthcare : a guide to best practice***. Philadelphia : Lippincott Williams & Wilkins, 2005.

Sackett, David L.; Richardson, W. Scott; Rosenberg, William; Haynes, R. Brian ***Evidence-based medicine: how to practice and teach EBM***. New York, NY : Churchill Livingstone, 1997.

Salisbury J, Glasziou P. ***Evidence-based practice workbook : bridging the gap between health care research and practice***. 2nd ed. Oxford: Blackwell; 2007.

Schmidt NA editor. ***Evidence-based practice for nurses : appraisal and application of research***. Sudbury, Mass; Toronto: Jones and Bartlett; 2009.

Titler, Marita; Menten, Janet C.; University of Iowa. Gerontological Nursing Interventions Research Center ***Guidelines for writing evidence-based practice protocols***. Iowa City, Iowa : University of Iowa, 2001.

University of York. NHS Centre for Reviews and Dissemination. ***Finding studies for systematic reviews : a basic checklist for researchers***. York, England : University of York, 1999.

Webb C editor. ***Reviewing research evidence for nursing practice : systematic reviews***. Oxford; Malden, MA: Blackwell Pub; 2007

3. Reading about Evidence-Based Geriatrics

Books and Book Chapters:



ABC's of BPGs Workbook. Toronto: RNAO, 2007.

<http://www.rnao.org/Page.asp?PageID=924&ContentID=1911>

Blackburn JA editor. ***Handbook of gerontology : evidence-based approaches to theory, practice, and policy.*** Hoboken, N.J: Wiley; 2007.

Cassel, CK. ***Geriatric medicine: an evidence based approach.*** 4thed. New York: Springer, 2003.

Enguidanos SM editor. ***Evidence-based interventions for community dwelling older adults.*** New York: Haworth Press; 2006.

Eldridge C. ***Evidence-based falls prevention : a study guide for nurses.*** 2nd ed. Marblehead, MA: HCPro; 2007.

Evidence -based geriatric nursing protocols for best practice. 3rd ed. New York : Springer Pub., c2008.

Leipzig, Rosanne. "Evidence-based medicine and geriatrics" IN ***Geriatric medicine: an evidence based approach.*** 4th ed. by Cassel, Christine K. et. al. New York: Springer, 2003.

Levkoff S editor. ***Evidence-based behavioral health practices for older adults : a guide to implementation.*** New York: Springer Pub.; 2008.

Moss KS; Scogin FR. Behavioral and cognitive treatments for geriatric depression: an evidence -based perspective / Kathryn S. Moss and IN ***Handbook of behavioral and cognitive therapies with older adults*** . Edited by Dolores Gallagher-Thompson, Ann M. Steffen, Larry W. Thompson. New York : Springer, 2008.

Strauss SE and Sackett DL. ***Practising evidence-based geriatrics.*** Abingdon : Radcliffe Medical Press, 1999.

Townsend, Mary C. ***Essentials of psychiatric mental health nursing : concepts of care in evidence -based practice.*** 4th ed. Philadelphia : F.A. Davis Co., 2008. (Chapters on Delirium, dementia, and amnesic disorders and The Aging Individual).

Watson RR editor. ***Complementary and alternative therapies and the aging population.*** London: Academic; 2009

Journal Articles:

- Allen D. The appliance of science. *Nursing Older People* 2005 Sep;17(6):8.
- Bergman Evans B. Evidence-based guideline: improving medication management for older adult clients. *Journal of Gerontological Nursing* 2006 Jul;32(7):6-13.
- Cassel BG, Parkers V, Poon R, Rae H. Quality improvement: best practices and long-term indwelling urinary catheters. *Perspectives* 2008 3;32(1):13-17.
- Cheng HY. Assessing the quality of evidence from randomized, controlled drug and nutritional supplement trials conducted among nursing home residents between 1968 and 2004: what can we learn? *Journal of the American Medical Director's Association* 2009 Jan;10(1):28-35
- Cheng H. Randomized, controlled trials: Gold or bronze? *Journal of the American Medical Director Association* 2006 Nov;7(9):611-612.
- Colon EC, Schenck A, Gorospe J, McArdle J, Dobson L, DePorter C, et al. Translating evidence-based falls prevention into clinical practice in nursing facilities: results and lessons from a quality improvement collaborative. *Journal of the American Geriatrics Society* 2006 Sep;54(9):1414-1418.
- Evidence-based interventions with older adults. *Special issue of Journal of Gerontological Social Work*. 2008;50 Suppl 1
- Harvath TA, Flaherty-Robb M, White DL, Talerico KA, Hayden C. Best practices initiative: nurturing partnerships that promote change. *Journal of Gerontological Nursing* 2007 11;33(11):19-26
- Levenson SA, Morley JE. Evidence rocks in long-term care, but does it roll? *Journal of the American Medical Directors Association* 2007 10;8(8):493-501
- Nazarko L. How clinical governance can enhance care for older people. *Nursing Times* Mar 16-22 2004;100(11):42-45.
- Lyons SS, Specht JP, Karlman SE, Maas ML. Everyday excellence: a framework for professional nursing practice in long-term care. *Research in Gerontological Nursing* 2008 7;1(3):217-228.
- M, Scott D. Unlocking practice guidelines. *Canadian Nursing Home* 2008; 3;19(1):18-23
- McConnell ES, Lekan D, Hebert C, Leatherwood L. Academic-practice partnerships to promote evidence-based practice in long-term care: oral hygiene care practices as an exemplar. *Nursing Outlook* 2007 3;55(2):95-105

- Nay R. Evidence-based practice: does it benefit older people and gerontic nursing. *Geriatric Nursing* Nov-Dec 2003;24(6):338-342.
- Sabir M, Breckman R, Meador R, Wethington E, Reid MC, Pillemer K. The CITRA research-practice consensus-workshop model: exploring a new method of research translation in aging. *Gerontologist* 2006 12;46(6):833-839.
- Santos J. Promoting best practices in long-term care homes. *Perspectives* 2007 9;31(3):5-9.
- Sue DY. Evidence-based guidelines: extrapolation, adherence and outcome. *Journal of the American Geriatrics Association* Jul 2002;51(7):1038-1039.
- Tellis-Nayak V. Moving toward evidence-based. Cherished myths vs. stubborn facts. *Nursing Homes and Long Term Care Management* 2007;56(1):22.
- Tellis-Nayak V. Moving toward evidence-based. Disenchantment among LTC leaders -- and its toll on quality. *Nursing Homes and Long Term Care Management* 2007 10;56(10):20.
- Timmerman T, Teare G, Walling E, Delaney C, Gander L. Evaluating the implementation and outcomes of the Saskatchewan pressure ulcer guidelines in long-term care facilities. *Ostomy and Wound Management* 2007 2;53(2):28
- McWilliam CL. Promoting evidence-based health policy, programming and practice for seniors: lessons from a national knowledge transfer project. *Canadian Journal on Aging* Winter 2003;22(4):415-430.
- Zarowitz BJ, Ouslander JG. The application of evidence-based principles of care in older persons. Series published monthly in the *Journal of the American Medical Directors Association*

4. Searching for Evidence-Based Literature

Searching the Journal Literature:

The following is a good introduction to searching for evidence-based journal articles:

Searching for the best evidence: searching MEDLINE and CINAHL. *Evidence Based Nursing* Oct 1998;1(4):105-107.

For a calendar of workshops on searching the literature (for University of Manitoba Library affiliates) see:
<http://umanitoba.ca/libraries/units/health/training/workshops.html>

Databases:

Pubmed:

PubMed, a service of the National Library of Medicine, includes over 14 million citations for biomedical articles back to the 1950's. These citations are from MEDLINE and additional life science journals..

For an excellent introduction to searching PUBMed system, work through the Pubmed tutorials at: <http://www.nlm.nih.gov/bsd/disted/pubmed.html#qt>

Clinical queries searching and Systematic Reviews filter:

<http://www.ncbi.nlm.nih.gov/entrez/query/static/clinical.html>

These features are provided by Pubmed to help searchers locate evidence-based resources. “**Clinical queries**” provides clinicians with four research methodology filters: therapy, diagnosis, etiology, and prognosis. “**Systematic reviews**” combines your search term(s) with citations identified as systematic reviews, meta-analyses, reviews of clinical trials, evidence-based medicine, consensus development conferences, and guidelines.

University of Manitoba affiliated users sign in to PubMed at:

<http://www.umanitoba.ca/libraries/units/health/databases/atoz/databasesa.html>

CINAHL: Cumulated Index of Nursing and Allied Health Literature

Contains article citations with abstracts, when available, from 13 nursing and allied health disciplines. Access to affiliated users at:
<http://www.umanitoba.ca/libraries/units/health/databases/atoz/databasesc.html>

Hint: One method of limiting CINAHL searches is to use the *Special Interest Limit: Evidence-based practice*.

Cochrane Database of Systematic Reviews:

Full text of regularly updated systematic reviews prepared by the Cochrane Collaboration. Access to affiliated library users at:
<http://www.umanitoba.ca/libraries/units/health/databases/atoz/databasesc.html>

For further information on the Cochrane Collaboration see:
<http://www.cochrane.org/resources/leaflet.htm> or browse the Cochrane homepage at www.cochrane.org

Check out the Cochrane Dementia and Cognitive Improvement Group site at: www.cochrane.de/cochrane/revabstr/DEMENTIAAbstractIndex.htm

The Database of Abstracts of Reviews of Effectiveness (DARE).

Database of abstracts of systematic reviews on the effectiveness of health care interventions and the organisation of health care delivery. The structured abstract provides comment on the quality of the review's methodology. DARE can be used by health practitioners and policymakers to develop local practice guidelines, establish protocols, and determine policy guidelines.

Access to affiliated University of Manitoba users at:
<http://www.umanitoba.ca/libraries/units/health/databases/atoz/databasesd.html>

TRIP (Turning Research Into Practice)

<http://www.tripdatabase.com>

Produced by Centre for Research Support (CeReS), Wales, England. The TRIP Database is an amalgamation of 26 databases of hyperlinks from 'Evidence-based' sites around the world. Access to affiliated University of Manitoba users at:

<http://www.umanitoba.ca/libraries/units/health/databases/atoz/databasesest.html>

5. Searching for Guidelines and Best Practices:

An excellent collection of articles on clinical practice guidelines can be found at:



<http://www.muhc-ebn.mcgill.ca/guidelines.htm>

Some sources for guidelines and best practice on the Internet are:

National Guideline Clearinghouse

<http://www.guideline.gov/>

A public resource for evidence-based clinical practice guidelines. NGC is an initiative of the Agency for Health Care Research, U.S. Department of Health and Human Services.

National Quality Measures Clearinghouse

<http://www.qualitymeasures.ahrq.gov>

Another initiative of the Agency for Health Care Research, the NQMC is a public repository for evidence-based quality measures, browsable by disease/condition; treatment/intervention; domain or organization.



Canadian Medical Association

<http://mdm.ca/cpgsnew/cpgs/index.asp>

These guidelines are produced or endorsed in Canada by a national, provincial/territorial or regional medical or health organization, professional society, government agency or expert panel.



Registered Nurses Association of Ontario

<http://www.rnao.org>

The Registered Nurses Association of Ontario (RNAO) launched the Nursing Best Practice Guidelines (NBPG) Project in November 1999 with funding from the Ontario Ministry of Health and Long Term Care. The purpose of this multi-year project is to support Ontario nurses by providing them with Best Practice Guidelines for client care.

Note: In addition to guidelines, the site provides excellent information on implementing guidelines in practice.

Scottish Intercollegiate Guidelines (SIGN)

<http://www.sign.ac.uk/guidelines/published/index.html>

SIGN, formed in 1993, aims to improve the quality of health care for patients in Scotland by reducing variation in practice and outcome, through the development and dissemination of national clinical guidelines containing recommendations for effective practice based on current evidence.

New Zealand Guidelines Group

<http://www.nzgg.org.nz>

The New Zealand Guidelines Group promotes the delivery of high quality health and disability services throughout New Zealand through a change in culture based on evidence and effectiveness. Excellent information on guideline development and evaluation is also found at this site.

NeLH

<http://www.library.nhs.uk/GUIDELINESFINDER/>

From Britain's National Health Service (NHS), the National Electronic Library of Health Guidelines Finder provides an index to clinical guidelines. It currently holds details of over 900 UK national guidelines with links to Internet downloadable versions of the guidelines. and is updated weekly.

Guidelines in Geriatrics

American Health Care Directors Association

<http://www.amda.com/tools/guidelines.cfm>

The AMDA charges for these publications, but many have been purchased by the J.W. Crane Memorial Library.

American Geriatrics Association Guidelines

http://www.americangeriatrics.org/education/cp_index.shtml

British Geriatrics Society Compendium of Guidelines, Policy Statements and Statements of Good Practice.

http://www.bgs.org.uk/Publications/Clinical%20Guidelines/clinical_guidelines_index.htm

Quality Improvement Scotland

http://www.nhshealthquality.org/nhsqis/qis_display_search_pub.jsp

A series of best practice statements on care of older persons including promoting mobility, oral care, and depression.

University of Iowa Gerontological Nursing Interventions Center

<http://www.nursing.uiowa.edu/centers/gnirc/rtdcore.htm>

The Center charges for these publications, but many are available at the J.W. Crane Memorial Library.

6. Evidence-based Practice on the Internet

The Centre for Reviews and Dissemination (CRD), University of York

<http://www.shef.ac.uk/scharr/ir/netting/>

Established in 1994, The CRD aims to provide research-based information about the effectiveness of interventions used in health and social care. Promotes the use of research-based knowledge, by offering systematic reviews, the DARE, NHS EED (Economic Evaluation Database, and the Health Technology Assessment database, publications: CRD Reports, Effective Health Care, and Effectiveness Matters, and a dissemination service.



Health Information Research Unit -- Evidence-Based health Informatics

<http://hiru.mcmaster.ca/>

The Health Information Research Unit (HIRU) at McMaster University conducts research in the field of health information science and is dedicated to the generation of new knowledge about the nature of health and clinical information problems, the development of new information resources to support evidence-based health care, and the evaluation of various innovations in overcoming health care information problems.

Joanna Briggs Institute for Evidence-based Nursing

<http://www.joannabriggs.edu.au>

The Joanna Briggs Institute, established in 1995, is an initiative of Royal Adelaide Hospital and the University of Adelaide to provide a collaborative approach to the evaluation of evidence derived from a diverse range of sources. With the support of leading hospitals and universities, the JBI Collaboration has grown steadily to include state collaborating centres within Australia, as well as Hong Kong, New Zealand, The United States, Scotland, China, South Africa, Spain, Canada, Thailand and England.

University of Manitoba affiliated users may access Joanna Briggs here:

http://www.umanitoba.ca.proxy2.lib.umanitoba.ca/libraries/units/e_resources/splash_pages/Joanna_Briggs.htm

7. Evidence-based Geriatrics on the Internet

Cornell Institute for Translational Research into Aging (CITRA)

<http://www.citra.org>

Funded by the National Institute on Aging, the mission of CITRA is to cultivate and maintain close ties between Cornell researchers in social science, clinical research and mental health, with community-based practitioners. This tie between community based organizations, social scientists, and medical researchers provides a living learning laboratory where research is conceptualized, conducted, and disseminated with continuous feedback from invested stakeholders

Geronurse.com

<http://www.geronurse.com>

The website of the Gerontological Demonstration Project is an important pioneering initiative intended to create an infrastructure for e-based learning to promote the attainment of evidence-based gerontological practice in Scotland. Features best practice guidelines in development and available.

Long Term Care Best Practices Resource Centre

<http://www.rgpc.ca/best/resources.cfm>

From the Regional Geriatric Program central (RGPC), one of 5 regional geriatric programs located in Ontario, this site contains a wide variety of excellent evidence-based resources included the Best Practice Blogger:

<http://www.rgpc.ca/best/newsletters.cfm>

NICHE (Nurses Improving Care for Healthsystem Elders)

http://www.consultgerirn.org/resources/geriatric_topics

NICHE is a national geriatric nursing program with sites in 30 states coordinated by the John A. Hartford Foundation Institute for Geriatric Nursing at New York University. The goal of NICHE is to incorporate best practices and guidelines to achieve systematic nursing change to benefit hospitalized older patients.

To inquire about accessing any of the resources in this publication, please contact:

J. W. Crane Memorial Library
University of Manitoba Health Sciences Libraries
Deer Lodge Centre
2109 Portage Avenue
Winnipeg, Manitoba
R3L 0P3

<http://www.umanitoba.ca/libraries/health/deerlodge>

e-mail: dlclibrary@umanitoba.ca

compiled by Laurie Blanchard: laurie_blanchard@umanitoba.ca updated January, 2009