Evidence Based Nursing is the focus of this issue of Info-RN: a Newsletter for Nurses. Find out what EBN is, where to find evidence, how to search for evidence, and how to evaluate the evidence you find. E-Resources showcases the RNAO Nursing Best Practice Guidelines an important EBN resource. Patient's need evidence too, take a look at the For Your Patient section to learn about the Cochrane Plain Language Summaries to help your patient understand the medical evidence. The University of Manitoba Libraries have the resources to help you implement an evidence based nursing practice.

[Photograph reproduced with permission: Nurses' Classroom, Winnipeg, 1910. Provincial Archives of Manitoba, Still Images Section. Winnipeg General Hospital Collection. Item Number 336. Negative 12189]

**News**

**What is Evidence Based Nursing?**
Oct 1, 2008 1:22 PM
Evidence based nursing what is it? and where did it come from?

**FINDING THE BEST EVIDENCE: What Databases to Search**
Oct 1, 2008 12:05 PM
Need to find evidence-based nursing information? Then use these databases.

**FINDING THE BEST EVIDENCE: How to Search the Literature**
Oct 1, 2008 12:00 PM
A search of the health literature is always more efficient when you plan your search strategy. You can start by using the following tips in most databases to focus your search.

**FINDING THE BEST EVIDENCE: Critically Reviewing a Research Paper**
Oct 1, 2008 11:50 AM
Critically reviewing a research paper can be a daunting tasking.
However there are several resources in the library to help you apply the techniques necessary to critically evaluate the literature.

**Mini Webliography: Evidence Based Nursing**
Oct 1, 2008 11:40 AM
The following is a selected list of resources available from the UM Libraries on the topic of Evidence Based Nursing.

---

**University of Manitoba Libraries**
The Health Sciences Libraries support the teaching, research, and patient care activities of the staff and students of the Faculties of Dentistry, Medicine, and the Schools of Dental Hygiene and Medical Rehabilitation.

The Elizabeth Dafoe Library supports the research, study, and teaching requirements of the staff and students of the Faculty of Nursing. Other faculties served by the Elizabeth Dafoe Library include the Faculties of Art, Education, Human Ecology, Physical Education and Recreational Studies, and Social Work.

Working with the Winnipeg Regional Health Authority, the University of Manitoba provides library services to Winnipeg hospitals and longterm care centres. The Health Sciences Libraries now include the Neil John Maclean Health Sciences Library (Health Sciences Centre), and the libraries of Concordia, Grace, Seven Oaks, St. Boniface, Victoria, Deer Lodge Centre, Misercordia Health Centre and the virtual library at Riverview Health Centre.

The Health Sciences Libraries and the Elizabeth Dafoe Library offer a wide range of services — including document delivery, literature searches, and training — and provide access to an extensive collection of monographs, journals, videos, and health databases.

---

**Publication Information**
Info-RN is an electronic newsletter of the University of Manitoba Libraries dedicated to informing nurses in Winnipeg of services or resources that will help them access quality health information. Info-RN is published three times a year by the University of Manitoba Health Sciences Libraries. Comments, questions, or letters to the editor should be addressed to: njm_ref@umanitoba.ca

*Editor: Christine Shaw-Daigle, Librarian, St. Boniface General Hospital Library*
*Contributors: Analyn Cohen Baker, Lisa Demczuk, Angela Osterreicher, Melissa Raynard, Christine Shaw-Daigle, Emma Kepron.*
What is Evidence Based Nursing?
Posted Wednesday, October 1, 2008 1:22 PM

The following definition of Evidence Based Nursing is from:


“The term “evidence-based nursing” has emerged fairly recently. This term has evolved from the initial concept of evidence-based medicine, defined as “the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients. The practice of evidence-based medicine means integrating individual clinical expertise with the best available external clinical evidence from systematic research.”

Evidence-based nursing has a broader meaning than research use. Its practice involves the following steps: 1) formulation of an answerable question to address a specific patient problem or situation; 2) systematic searching for the research evidence that could be used to answer the question; 3) appraisal of the validity, relevance, and applicability of the research evidence; 4) decision making regarding the change in practice; 5) implementation of the evidence based practice decision; and finally, 6) evaluation of the decision outcome.”


By Melissa Raynard, Librarian
Concordia Hospital
FINDING THE BEST EVIDENCE: What Databases to Search
Posted Wednesday, October 1, 2008 12:05 PM

Need to find evidence-based nursing information? Then use these databases:

**MEDLINE**

MEDLINE is produced by the National Library of Medicine. MEDLINE covers the fields of medicine, nursing, dentistry, veterinary medicine, the health care system, and the preclinical sciences. This database is updated daily and contains several million citations from 1950 to present. To access this database:

- Go to the UM Health Sciences Libraries’ website
- Click on the PubMed/MEDLINE link found under the heading Health databases in the center menu of the webpage
- For faculty, staff or student of the University of Manitoba OR affiliated hospital library, click on the yellow icon UManitoba
- You will need to enter your 14 digit library ID number and PIN
- For help with using PubMed/MEDLINE use their free online tutorial or attend a library workshop.

To search for evidence in PubMed, you can use the **Clinical Queries** link in the menu to the left. This link accesses a specialized interface that allows practitioners a fast way to find reliable clinical studies and systematic reviews. The preset methodology filters for **Clinical Queries** was developed by RB Haynes and Ann McKibbon at the McMaster University. Using this interface will allow you to find relevant literature on etiology, prognosis, diagnosis and therapy of diseases and diagnostics. **Clinical Queries** is designed to provide a few “good” articles, for a comprehensive search, you would search in PubMed.

**CINAHL**

Cumulative Index to Nursing & Allied Health Literature (CINAHL) is the only database designed specifically to meet the information needs of nurses and allied health professionals. The most widely used index in its field, CINAHL provides access to virtually all English-language nursing journals, publications from the American Nurses’ Association and the National League for Nursing, and primary journals from 13 allied health disciplines.

- Go to the UM Health Sciences Libraries’ website
- Click on the CINAHL link found under the heading Health databases in the center menu of the webpage
- Click on Search CINAHL and pre-CINAHL on EBSCO
- You will need to enter your 14 digit library ID number and PIN
- Choose CINAHL from the list of databases
- For help with using CINAHL, you can use their online help guides or attend a library workshop.

To search for evidence in CINAHL, after you execute your search click on **Search Options** found under **Limit your Results** in the menu to the right. Like PubMed, you can refine your search using specific pre-set search strategies to retrieve clinically relevant reports from the database in the areas of therapy, prognosis, review, qualitative and causation (etiology).

**Evidence-Based Practice** is also a limiter option in CINAHL that you can apply to your search results. When used, this limiter searches the Special Interest field in each record for the value “Evidence-Based Practice.” Your search results will be limited to articles from evidence-based journals; articles about evidence-based practice; research articles (i.e. systematic reviews, clinical trials, meta-analyses, etc.), and commentaries on research studies.

**COCHRANE LIBRARY**

The Cochrane Library is an electronic library covering the field of Evidence-Based Health Care. Access is provided to systematic reviews for those responsible for research, teaching, funding and administration at all levels. The Library is
made possible by the Cochrane Collaboration, which was formed to prepare, maintain and disseminate systematic reviews of the effects of health care, as well as assessing evidence related to prevention strategies and treatment. The Cochrane Library contains four databases: Cochrane Database of Systematic Reviews; York Database of Abstracts of Reviews of Effectiveness; Cochrane Controlled Trials Register, and Cochrane Review Methodology Database.

- Go to the UM Health Sciences Libraries’ website
- Click on the More databases link found under the heading Health databases in the center menu of the webpage.
- Click on C under Databases A-Z
- Click on Cochrane Library
- You will need to enter your 14 digit library ID number and PIN
- For help with using Cochrane Library use their online help or attend a library workshop.

By Angela Osterreicher
Librarian
J.W. Crane Memorial Library
Deer Lodge Centre
Critically reviewing a research paper can be a daunting tasking. However, there are several resources in the library to help you apply the techniques necessary to critically evaluate the literature. "Critical appraisal is the careful assessment of the quality and credibility of the rationale, design, execution, interpretation, presentation and application of published research, as the assessment of the accuracy, completeness and clarity of the written report of the research." (Foote, ). Most research is presented in a standard format: Introduction, Methods, Results and Discussion.

The introduction should give information about the patient population, the disease being studied, previous research and knowledge regarding the research question, and the research hypothesis.

The methods should describe how the research subjects were selected, how they were assigned to interventions, and whether the selection process was disguised (or not) from the researchers, and/or participants. Other information may be provided including an explanation of the setting used, rationale for the study design, and decisions that were made during the study that would impact result analysis. Details about the study dates, ethical approval, inclusion and exclusion criteria, and use of controls would also be found in this section.

The results section should clearly indicate how the study findings derive from the methods used. Looking for mention of tests such as Intention-to-Treat help to determine whether the researchers accounted for all subjects at the beginning and end of the study and that they were analysed in the groups to which they were assigned. Tables and in-text mention of statistics should "add up" and any variance should have a clear explanation. Any adverse events should be stated and whether or not the events contributed to the drop out rate reported. There also should be a reasonable duration of follow up (accounting for costs, disease type etc.). The study data should be displayed in tables or figures and are indicated in the text in a logical manner.

Discussion and Conclusion section should give an interpretation of the results, not just repeat the results. New data or information should not be presented in this section. A comparison and an explanation of similarities or differences to other study findings should be present. The impact of the study to practice should be stated.

It should be noted that some of these points mentioned above are particular to the study design being appraised – consultation of a critical appraisal manual is essential to ensure appropriate analysis. Trisha Greenhalgh’s How to read a paper: the basics of evidence-based medicine is one such guide on how to look at and read a research paper critically. Manuals such as Greenhalgh’s provide a checklist for finding appraising and implementing evidence specific for each study methodology. This book will take you through the process of deciphering and evaluating the literature.

Other Resources

Location: Concordia Hospital Library
Call Number: WY 20.5 N974nc 2005
Location: NJM Health Sciences Library
Call Number: WY 20.5 N974ne 2005
Location: Victoria General Hospital Library
Call Number: WY 20.5 N974nc 2005

Location: Elizabeth Dafoe Library
Call Number: RT 81.5 B87 2007
Location: Deer Lodge Centre Library
Call Number: WY 20.5 B967u4 2007
Location: NJM Health Sciences Library
Call Number: WY 20.5 B967u4 2007
Location: Victoria General Hospital Library
Call Number: WY 20.5 B967u4 2007
Research in nursing and health: understanding and using quantitative and qualitative methods / [edited by] Carol Noll Hoskins, Carla Mariano.

Location: Elizabeth Dafoe Library
Call Number: RT 81.5 D49 2004
Location: Grace General Hospital Library
Call Number: WY 20.5 D4895d2 2004

Understanding nursing research: reading and using research in practice / Carol L. Macnee.
Published: Philadelphia, PA : Lippincott Williams & Wilkins, c2004.

Location: Elizabeth Dafoe Library
Call Number: RT 81.5 M235 2003
Location: St. Boniface General Hospital Library
Call Number: WY 20.5 M169u 2004

Reading, understanding, and applying nursing research: a text and workbook / James A. Fain.

Location: Elizabeth Dafoe Library
Call Number: RT 81.5 F35 2003
Location: St. Boniface General Hospital Library
Call Number: WY 20.5 F162r2 2004
Location: Victoria General Hospital Library
Call Number: WY 20.5 F162r2 2004

Understanding nursing research: using research in evidence-based practice / Carol L. Macnee, Susan McCabe.

Location: Elizabeth Dafoe Library
Call Number: RT 81.5 M235 2008
Location: Grace General Hospital Library
Call Number: WY 20.5 M169u2 2008

Reviewing research evidence for nursing practice: systematic reviews / edited by Christine Webb and Brenda Roe.

Location: Elizabeth Dafoe Library
Call Number: RT 81.5 R488 2007
Location: St. Boniface General Hospital Library
Call Number: WY 20.5 R454r 2007

Click here for a more comprehensive list of evidence based resources available at the University of Manitoba Libraries.

By Andrea Szwajcer, Clinical Librarian
St. Boniface General Hospital Library

Christine Shaw-Daigle, Librarian
St. Boniface General Hospital
The following is a selected list of resources available from the UM Libraries on the topic of Evidence Based Nursing. Each book title is linked to the Library’s catalogue where you may “place a request” for a title of interest. The articles are available online or can be requested from any UM library. Links to the online resources are also provided.

More webliographies can be found on the Health Sciences Libraries website. Webliographies can be used by practicing nurses for continuing education and professional development purposes. Nursing students and other health professionals may find them useful as a starting point for research on a particular topic.

Books

Concordia Hospital Library WY 152 E93ea3 2008
Elizabeth Dafoe Library RC 954 G465 2008
Deer Lodge Centre Library WY 152 E93ea3 2008
Grace General Hospital Library WY 152 E93ea3 2008
Misericordia Health Centre Library WY 152 E93ea3 2008
NJM Health Sciences Library WY 152 E93ea3 2008
Seven Oaks General Hospital Library WY 152 E93ea3 2008
Victoria General Hospital Library WY 152 E93ea3 2008

Elizabeth Dafoe Library RT 81.5 B82 2009

Concordia Hospital Library WB 161 E93en 2008
Elizabeth Dafoe Library RT 42 E95 2008
NJM Health Sciences Library WB 161 E93en 2008
Seven Oaks General Hospital Library WB 161 E93en 2008
Victoria General Hospital Library WB 161 E93en 2008

Elizabeth Dafoe Library RT 81.5 E95 2009
NJM Health Sciences Library

Elizabeth Dafoe Library RT 48.6 A35 2008
Deer Lodge Centre Library WY 49 N9745n8 2008
Grace General Hospital Library WY 49 N9745n8 2008
NJM Health Sciences Library WY 49 N9745n8 2008
Seven Oaks General Hospital Library WY 49 N9745n8 2008
Victoria General Hospital Library WY 49 N9745n8 2008

Grace General Hospital Library WY 100 J65j 2007
Victoria General Hospital Library WY 100 J65j 2007
Journal Articles

Beyond evidence-based nursing: tools for practice.
Jutel A.
AIM: This commentary shares my views of evidence-based nursing as a framework for practice, pointing out its limitations and identifying a wider base of appraisal tools required for making good clinical decisions. BACKGROUND: As the principles of evidence-based nursing take an increasingly greater hold on nursing education, policy and management, it is important to consider the range of other decision-making tools which are subordinated by this approach. EVALUATION: This article summarizes nursing's simultaneous reliance on and critique of evidence-based practice (EBP) in a context of inadequate critical reasoning. It then provides an exemplar of the limitations of evidence-based practice and offers an alternative view of important precepts of decision-making. KEY ISSUE: I identify means by which nurses can develop skills to engage in informed and robust critique of practices and their underpinning rationale. CONCLUSION: Nurses need to be able to locate and assess useful and reliable information for decision-making. This skill is based on a range of tools which include, but also go beyond EBP including: information literacy, humanities, social sciences, public health, statistics, marketing, ethics and much more. IMPLICATIONS FOR NURSING MANAGEMENT: This essay prompts nursing managers to reflect upon whether a flurry of enthusiasm to adopt EBP neglects other important decision-making skills which provide an even stronger foundation for robust nursing decisions.

Navigating the evidence-based practice maze.
Hudson K, Duke G, Haas B, Varnell G.
AIM: This article's purpose is to provide nurses with key points to consider in facilitating informed decision making while navigating the evidence-based practice (EBP) maze. BACKGROUND: EBP in nursing evolved from the medical model and continues developing within the holistic nursing paradigm. Inconsistent terminology, multiple applications, and lack of a unifying theory create challenges for nurses. KEY ISSUES: Recognition that multiple knowledge sources to support clinical decision making have merit for facilitating 'best' patient outcomes; EBP must be an internalized value of professional nursing. CONCLUSIONS: Multiple ways of knowing, or evidence, for informed clinical decision making must be considered based on situational context. No hierarchy fits all situations. Nurses must provide support and resources to facilitate nurse empowerment; nurses are accountable for using EBP to enhance patient outcomes. Implications for nursing management Effective EBP implementation relies on nurses being cognizant of what current nursing EBP trends are based on and where they are going. Nurses have a key role in facilitating consensus regarding evidence to be used in EBP, and ensuring availability of resources for empowering nurses to be accountable for outcome-oriented patient care through utilizing EBP.

Incorporating the National Guideline Clearinghouse into evidence-based nursing practice.
Cassey MZ.
ABSTRACT: The National Guideline Clearinghouse (NGC) can be used as a means of integrating the constantly growing and changing body of scientific clinical evidence into the artful practice of nursing. The NGC offers an extensive collection...
of peer-reviewed, current, scientific standards to support clinical decision making in nursing practice. Nurse leaders should take a leadership role in bringing these relevant resources and new nursing knowledge to policy and procedure committees for active consideration.

Visions of evidence-based nursing practice.
Taylor S, Allen D.
Sue Taylor and Davina Allen argue that there are two fundamental ideas behind evidence-based nursing practice in the UK and look at the tensions within them.

Synthesis of qualitative research and evidence-based nursing.
Flemming K.
ABSTRACT: Evidence-based nursing is central to nursing practice. Systematic reviews have played a key part in providing evidence for decision making in nursing. Traditionally, these have consisted of syntheses of randomised controlled trials. New approaches to combining research include the synthesis of qualitative research. This article discusses the development of research synthesis as a method for creating evidence of effectiveness identified in quantitative research; more effective use of primary data; enhancing the generalizability of qualitative research; the identification of future nursing research topics.

Evidence-based practice: ethical questions for nursing.
Milton CL.
ABSTRACT: Evidence-based nursing practice is a global phenomenon, the purpose of which is to standardize and guide nursing practice based on exclusionary quantitative scientific inquiry. What are the origins of this standard terminology found in medicine, nursing, and other healthcare professions? What are the educational and ethical implications for evidence-based nursing practice from a nursing theoretical perspective? The author will begin a discussion of ethical questions for the discipline to consider as the evidence-based practice movement gains momentum in healthcare arenas worldwide.

Internet resources for evidence-based practice in nursing.
Oermann MH.
ABSTRACT: There are many Web sites where nurses can find valuable information in evidence-based practice. This brief article reviews some of those Web sites and includes Internet resources for learning about evidence-based nursing and finding evidence to guide nursing practice.

Expert standards in nursing as an instrument for evidence-based nursing practice.
Schiemann D, Moers M.
ABSTRACT: This article describes the model of the German Network for Quality Development for developing, consenting, and implementing evidence-based national nursing standards. The advantages and challenges of implementing these expert standards are discussed. Finally, the influence of the national standards on the profession and quality policy is outlined.
Evidence-based nursing in clinical practice: implications for nurse educators.
Penz KL, Bassendowski SL.
ABSTRACT: To improve patient outcomes currently and in the future, it is important that an evidence-based approach to nursing care be incorporated into clinical practice settings. Nurse educators and clinical nurse educators have a mandate to model and facilitate evidence-based nursing through learning activities. Unfortunately, issues present within clinical practice settings have made this approach difficult for registered nurses to fully incorporate into practice. This article outlines issues inhibiting evidence-based nursing, such as time factors, access to information and resources, nurses' research knowledge, skills, and learning opportunities, and the current nursing culture. Strategies for change that can be used by clinical nurse educators to enhance the use of evidence-based nursing in clinical practice areas are also described.

Enhancing evidence-based practice through collaboration.
Springer PJ, Corbett C, Davis N.
ABSTRACT: Hospitals increasingly reference published evidence for any given procedure or guideline as part of the push toward evidence-based nursing. Medical centers and universities can develop a collaborative model to help support evidence-based practice. The authors describe a model of collaboration between a university and medical centers to enhance nurses' knowledge and research skills and provide research opportunities for faculty.

The meaning of evidence-based nursing.
Norberg A.

Online Resources

Canadian Nurses Association – Position Statement
Evidence-based decision making is an important element of quality care in all domains of nursing practice. Evidence-based decision making is essential to optimize outcomes for patients, improve clinical practice, achieve cost-effective nursing care and ensure accountability and transparency in decision making.

University of Minnesota
This tutorial is designed for students in healthcare fields, medical professionals, faculty, and anyone else interested in evidence-based practice. It provides reasons for using EBN, points out some of the barriers for EBN usage, provides links to other EBN internet resources and points out some tools for evaluating the quality of nursing research.

Analyn Cohen Baker, Librarian
Seven Oaks General Hospital
New Books on Evidence Based Nursing
Posted Monday, September 1, 2008 12:26 PM

The following are new books on evidenced based nursing available from the University of Manitoba Libraries.


This resource teaches critical thinking and assessment skills needed to build customized care plans based on each patient's unique needs. Its step-by-step approach guides you through the process, helping you formulate a nursing diagnosis based on known information and assessment findings; identify the appropriate nursing diagnosis; and create a care plan that includes desired outcomes, interventions, and evidence-based rationales.

Available at the Elizabeth Dafoe Library, Deer Lodge Centre Library, Grace General Hospital Library, NJM Health Sciences Library and the Seven Oaks General Hospital Library.


This book provides quick access to concise summaries of the body of nursing research for 192 common medical-surgical interventions. Each nursing care guideline classifies specific nursing activities as Effective, Possibly Effective, or Possibly Harmful, providing a bridge between research and clinical practice. Ideal for both nursing students and practicing nurses.

Available at the Concordia Hospital Library, Elizabeth Dafoe Library, NJM Health Sciences Library, Seven Oaks General Hospital Library and the Victoria General Hospital Library.

**Nursing research: reading, using, and creating evidence** / Janet Houser. Published: Sudbury, Mass. : Jones and Bartlett Publishers, c2008.

Intended to help the undergraduate student learn to read and use research as a basis for nursing practice, this new nursing research textbook puts research into the context of evidence-based practice, helping students gain knowledge of research concepts while learning to apply them. The conversational style of the text minimizes the intimidating aspects of research to maximize understanding.

Available at the Elizabeth Dafoe Library RT 81.5 H72 2008, St. Boniface General Hospital Library and the Seven Oaks General Hospital Library.


The protocols in this book address key clinical conditions and circumstances likely to be encountered by a hospital nurse caring for older adults. They represent "best practices" for acute care of the elderly as developed by nursing experts around the country as part of the Hartford Foundation's Nurses Improving Care to the Hospitalized Elderly project (NICHE).
Available at the Concordia Hospital Library, Elizabeth Dafoe Library, Deer Lodge Centre Library, Grace General Hospital Library, Misericordia Health Centre Library, NJM Health Sciences Library, Seven Oaks General Hospital Library and the Victoria General Hospital Library.

By Melissa Raynard
Concordia Hospital Librarian

New Video: Professional Behavior in Healthcare Professions: professionalism and self-presentation

Posted Wednesday, August 27, 2008 10:54 AM

This DVD for nursing and allied health professionals examines elements of professional behaviors. It covers communication with other health professionals, conflict management, discusses the value of presenting a professional appearance, the shared roles of all healthcare providers and the importance of understanding one’s professional role. An emphasis is placed on the responsibility of all healthcare professionals for creating and maintaining a professional environment. Running time is 23 minutes.

Title: Professional behavior in healthcare professions : professionalism and self-presentation
Location: Grace General Hospital Library
Call Number: WY 87 P964p 2007 AV

By Lisa Demczuk, Librarian
Victoria General Hospital
In 1999 The Registered Nurses Association of Ontario (RNAO) launched the Nursing Best Practices Guideline Program. Since that date it has developed 29 different best practice clinical practice guidelines, as well as resources to support the implementation of these best practices. Subjects covered range from abuse to therapeutic relationships, and include such other topics as stroke, diabetes, hypertension, obesity, skin and wound care and many more. The RNAO has also developed a number of best practice guidelines for healthy work environments.

To access these documents a simple search for your desired topic can be done from the RNAO home page. Alternatively, you can enter the Nursing Best Practice Guidelines area here. Then choose Clinical Practice Guidelines Program.

From here select Guidelines and Fact Sheets. This will bring you to a browseable list of available clinical practice material.

To support the implementation of the best practices outlined in these guides the RNAO website also provides downloadable toolkits and packages on a variety of subjects. Look for them under Implementation Resources on the Clinical Practice Guidelines Program page.

In addition to resources for clinical practice this website also provides best practice guidelines for healthy work environments.

The material found in this section includes guidelines on developing and sustaining healthy workload practices, professionalism in nursing, developing nursing leadership and many more.

All RNAO documents are available to download, via PDF, for free. (Look for the link near the bottom of the page.) They can also be ordered as hard copies. Also, many of these guidelines are available in French or as downloads for Personal Digital Assistants (PDAs).

Several new guidelines are currently being developed, so be sure to check back regularly for updated and new material.

By Emma Kepron, Nursing Librarian
Elizabeth Dafoe Library
Nurses are already familiar with The Cochrane Library and the Cochrane Database of Systematic Reviews for accessing high levels of evidence for treatment decisions. Healthcare consumers and patients also benefit from high quality evidence about the effectiveness of treatments, enabling them, along with their healthcare providers, to make the best possible decisions.

The Cochrane Library provides ‘Plain Language Summaries’, written specifically for consumers and patients. The ‘Plain Language Summaries’ highlight information and research findings on the effectiveness of a treatment in a Cochrane review. These summaries allow busy people to assimilate quickly a review’s content, and, together with the full abstract of the reviews, are accessible at no charge on The Cochrane Library website. http://www.cochrane.org/ Information can be found on the site by using the search feature or browsing the alphabetical list of topics. Nurses and other healthcare practitioners can access the University of Manitoba Libraries’ subscription to The Cochrane Library, available on our website, to view the full content of Cochrane reviews.

Cochrane reviews ask a very specific research question about an intervention, and its effectiveness, in a clearly defined group of people who have a particular health condition or problem. Patients and consumers need to be aware that the reviews do not provide a guideline for treatment and may not be applicable to specific individuals with accompanying health conditions, in different healthcare settings, or receiving different interventions.

Here are a few recent interventions addressed by Cochrane reviews that will be of interest to patients and consumers:

- Do custom-made foot orthotics help with foot pain?
- Can dietary advice prevent type 2 diabetes?
- Which rehabilitation therapy is the most effective after ankle fracture?

By Lisa Demczuk, Librarian
Victoria General Hospital