Knowledge where it’s needed.

Further Help: Please contact the Library Staff for more information. Training can be organised to suit individual or team circumstances.

Royal Bournemouth: library@rbch.nhs.uk
01202 704270

Poole: library@poole.nhs.uk
01202 442101

For easy links to resources and the latest library news visit the library webpage at:

https://dorsetnhs.libguides.com

Follow us on Twitter:

@EastDorsetLKS
This guide will give you ideas on how to check the quality and relevance of articles you have found, which you may be using to support treatment decisions.

**Why do I need to do this?**

When you look at the evidence, can you rely on what you read?
Is it based on sound research?
Are the conclusions based on the results?
Is it relevant to your patients?

There are some useful resources on the Critical Appraisal Skills Programme website to help you.

**How do I go about it?**

You will need to look carefully at the evidence presented in the paper, a framework such as CASP may be a helpful guide.

What are the results really telling you:

1. **Is the study valid?**
   
   Was there any bias? Did the patients or researchers know what treatment they were receiving, or do the authors have any connection to an organization which might benefit from the results?

   Was the research method appropriate - for example, a randomised controlled trial. If so, how were the patients randomised and were they representative of the patient population being studied?

2. **What are the results?**

   Do the results follow from the data collected or the information presented?

   How has the data been obtained? Is there a clear guide to the methods used? Was the sample large enough to give accurate results?

3. **Are the results useful?**

   Is this research relevant to your patients? Are the patients similar in age or circumstance? Can we implement this treatment?

**Help! I'm never going to remember all this!**

There are some useful websites which explain the process. You can obtain checklists and tools to help in your critical appraisal.

Most often used, are the ones are from CASP (Critical Appraisal Skills Programme) [www.casp-uk.net/#!checklists/cb36](http://www.casp-uk.net/#!checklists/cb36)

More help and guidance is available from CEBM (Centre for Evidence Based Medicine) at Oxford [www.cebm.net/category/ebm-resources/](http://www.cebm.net/category/ebm-resources/)

SIGN (Scottish Intercollegiate Guidelines Network) has a useful list of methodology checklists for systematic reviews, meta-analyses, RCTs and others: [http://www.sign.ac.uk/checklists-and-notes.html](http://www.sign.ac.uk/checklists-and-notes.html)

We also have books about research and critical appraisal which you can find on the shelves in the WB20 section. Check out the titles available by looking at the book catalogue: [www.swims.nhs.uk](http://www.swims.nhs.uk)