

Cochrane Database of Systematic Reviews



By Razieh Zahedi



What is The Cochrane Library?

SEARCH THE COCHRANE LIBRARY

Title, Abstract or Keywords **GO**

or try an [Advanced Search](#)

BROWSE COCHRANE DATABASE OF SYSTEMATIC REVIEWS

- [Anaesthesia & pain control](#) (134)
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- [Cancer](#) (250)
- [Consumers & communication](#) (29)
- [Dentistry and oral health](#) (103)
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- [Ear, nose, & throat](#) (92)
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COCHRANE CENTRAL REGISTER OF CONTROLLED TRIALS

[Search for trials](#)

BROWSE OTHER RESOURCES

The Cochrane Library has a wide range of resources:

[All Cochrane Library databases](#) | [Other Reviews \(DARE\) | Methods Studies](#) | [Technology Assessments | Economic Evaluations](#)

SPECIAL COLLECTIONS

- [World Tuberculosis Day](#) (24 March 2010)
- [Cochrane Evidence Aid: resources for Chile and Haiti earthquakes](#)
- [Cochrane Influenza Resources: evidence from Cochrane reviews](#)

[View all](#)

EDITORIAL

With the launch of this, the new homepage of The Cochrane Library, we reach a landmark in the programme of activities aimed at improving the presentation of Cochrane Reviews to our audience. Our "web programme" aims to ensure that The Cochrane Library is a website built around the needs and preferences of its users...

[Read more](#) | [View archive](#)

HIGHLIGHTED NEW AND UPDATED COCHRANE REVIEWS

- [Paracetamol/acetaminophen \(single administration\) for perineal pain in the early postpartum period](#)
- [Service organisation for the secondary prevention of ischaemic heart disease in primary care](#)
- [Medical versus surgical management for gastro-oesophageal reflux disease \(GORD\) in adults](#)
- [Reduction versus abrupt cessation in smokers who want to quit](#)
- [Saline nasal irrigation for acute upper respiratory tract infections](#)
- [Advance provision of emergency contraception for pregnancy prevention](#)
- [Antidepressants for depression in physically ill people](#)

Journal Club Article Podcast Available

The Cochrane Library offers high-quality evidence for health care decision making



What is the Cochrane Library?

- **Evidence based:** combining the best research evidence with clinical expertise and patient values
- **Single source:** bringing together international research on the effectiveness of healthcare treatments and interventions
- **Extensive:** over 6,000 Cochrane systematic reviews and over 650,000 other records, covering clinical trials, methods, technology and economic evaluations
- **Quality:** Impact Factor of 5.653
- **Reliable:** adhere to a strict methodology to ensure Cochrane reviews are comprehensive, thus minimizing bias
- **Up-to-Date:** Cochrane Reviews are updated monthly - ensuring that treatment decisions can be based on the most up-to-date, reliable evidence
- **Easy to use:** flexible viewing and searching functionality (including MESH)³



The Cochrane Collaboration

- **Structure** - established as an international organisation in 1993, registered as a charity in the U.K.
- **Aim** - to help people make well-informed decisions about health care.
- **How** - by preparing and maintaining, and promoting access to, systematic reviews of the effects of healthcare interventions.





The Cochrane Database of Systematic Reviews

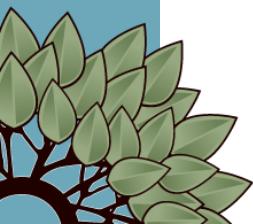
- ✓ Over 6,000 full text Cochrane reviews and protocols (html & PDF format)
- ✓ Cochrane reviews adhere to a strict process, minimizing bias and ensuring reliability.
- ✓ The process begins with a protocol – a plan or set of steps to be followed in a study.

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[Genetic disorders](#) (82)
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[Mental health](#) (318)
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[Neurology](#) (468)
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[Pregnancy & childbirth](#) (359)
[Public health](#) (2)
[Rheumatology](#) (169)
[Skin](#) (85)
[Tobacco, drugs, & alcohol dependence](#) (102)
[Urology](#) (87)
[Wounds](#) (65)

Cochrane Logo



Cochrane Collaboration's Vision

That healthcare decision-making around the world will be informed by high-quality, timely research evidence, and that The Cochrane Collaboration will play a pivotal role in the production and dissemination of this evidence across all areas of health care, including complementary medicine.



What is a Systematic Review?

- Identify an intervention for a specific disease or other problem in health care
- Ask whether or not this intervention works
- Locate, appraise and synthesize evidence from relevant scientific studies
- Summarize conclusions about effectiveness



What is the Cochrane Library?

- A collection of databases
- Main output of the Cochrane Collaboration
- Highest level of evidence on which to base clinical treatment decisions



What is in the Cochrane Library?

Cochrane Database of Systematic Reviews (Cochrane Reviews)

Regularly updated summaries of the best available evidence prepared by members of the Cochrane Collaboration.

- The first and foremost is the Cochrane Database of systematic reviews. A Cochrane systematic review Identifies an intervention for a specific disease or other problem in healthcare and determines whether or not this intervention works.
- If there is no review on a specific topic, the other databases in The Cochrane Library will provide information on other good quality reviews and randomized controlled trials.

Database of Abstracts of Reviews of Effects (DARE)

Other published reviews prepared by people outside of the Cochrane Collaboration.



More Cochrane Library Databases

Cochrane Central Register of Controlled Trials (CENTRAL)

Where to look if you want to track down the original studies (primary studies) – the largest single source of controlled trials.

Cochrane Methodology Register (CMR)

As exciting as it sounds! Where to find studies which look at the science of systematic reviewing.

Health Technology Assessment Database (HTA)

An international collection of health technology assessments.

NHS Economic Evaluation Database (NHS EED)

International economic evaluations of health care interventions.

About the Cochrane Collaboration (About)

Where to look for information about Cochrane review groups and other activities of the Cochrane Collaboration.



The Cochrane Library

Cochrane Reviews (CDSR)

4400 complete reviews and 2500 protocols



Top 10 Accessed Worldwide, 2007

- See which reviews are getting the most attention from *Cochrane Library* users...
 1. Interventions for preventing falls in elderly people
 2. Interventions for preventing obesity in children
 3. Beta-blockers for hypertension



Ways to search the Cochrane Library

- From The Cochrane Library homepage you can either choose to **browse** the content or use one of several **search** options:
 - Basic
 - Advanced
 - MeSH





THE COCHRANE LIBRARY

Independent high-quality evidence for health care decision making

from [The Cochrane Collaboration](#)

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[Complementary & alternative medicine \(494\)](#)

[Consumer & communication strategies \(40\)](#)

[Dentistry & oral health \(117\)](#)

Browsing

SPECIAL COLLECTIONS



Cochrane Evidence Aid:
resources for
earthquakes



Breast cancer detection



Care homes for older
people

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EDITORIAL

We need access to all data from
all clinical trials



A variety of
international
organisations,
funders, and others
have made calls for
sharing research data.

These calls have mostly been
restricted to publicly funded research,
but if the over-riding objective of
healthcare research is to improve
patient care and health policy, the
distinction between publicly funded



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Evidence for healthcare decision-making

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Enter search term Title, Abstract or Key

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[Insoles for prevention and treatment of back pain](#)

[Low level laser therapy for nonspecific low-back pain](#)

[Lumbar supports for prevention and treatment of low back pain](#)

[Manipulation and mobilisation for mechanical neck disorders](#)

[Manual material handling advice and assistive devices for preventing and treating back pain in workers](#)

[Massage for low-back pain](#)

[Massage for mechanical neck disorders](#)

[Medicinal and injection therapies for mechanical neck disorders](#)

[Multidisciplinary bio-psycho-social rehabilitation for chronic low-back pain](#)

[Multidisciplinary biopsychosocial rehabilitation for neck and shoulder pain among working age adults](#)

[Multidisciplinary biopsychosocial rehabilitation for subacute low-back pain among working age adults](#)

[Muscle relaxants for non-specific low-back pain](#)

[Neuroreflexotherapy for non-specific low-back pain](#)

[Non-steroidal anti-inflammatory drugs for low back pain](#)

[Opioids for chronic low-back pain](#)

[Patient education for mechanical neck disorders](#)

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[Collapse All](#)

- + Acute Respiratory Infections (145)
- + Airways (268)
- + Anaesthesia (123)
- Back (57)
 - + [Cervical spine](#) (17)
 - Brachial Plexus (0)
 - Cervico-brachial neuralgia (0)
 - Thoracic outlet syndrome (Liaison with Neuromuscular Disease Group) (0)
 - Thoracic spine (0)
 - + Lumbar spine (39)
 - + No specific localization (1)
- + Bone, Joint and Muscle Trauma (179)



Searching the Cochrane Library

- Search using “basic”
- Searching using “advanced”
- Search using MeSH (Medical Subject Headings)
- Devise a complex search strategy





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Search for a MeSH descriptor

Enter MeSH term:

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SEARCH TIPS

Using the MeSH Search

Find records using the MeSH thesaurus search through the following methods.

Thesaurus Search Options

Use the thesaurus to find a term for a MeSH Tree Search. Enter word in text box and click on Thesaurus to display the complete index of all MeSH descriptors that include the word. Click on an index term to select it for a MeSH Tree Search (see below).

MeSH Tree Search Options

Enter a term in the text box

Advanced Search

For greater flexibility choose the Cochrane
Advanced Search

The Advanced Search screen allows you to build searches by combining several different concepts using Boolean operators (AND, OR or NOT) and lets you limit your search according to particular databases, types of record or year(s).



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SEARCH TIPS

Tip No. 1:

Boolean operators AND, OR, and NOT can be selected from the pulldown selection boxes or entered directly within the search text boxes. Use parentheses to separate components when entering complex search directly in text box with mixed Boolean operators.

Example: *(colchicine AND liver) AND (fibrosis OR cirrhosis)*

Tip No. 2:

The AND operator is used by default between search terms. The string *brain stem* will match records where both words are included in any order or

Search For:

In:

To search using field labels (e.g. heart:ti) use the [Search History](#) page.

osteoarthritis

Search All Text

AND

knee

Search All Text

AND

Enter search term 3

Author

AND

Enter search term 4

Abstract

AND

Enter search term 5

Keywords

Go directly to Search History

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MeSH Tree Search Options

Enter a term in the text box

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Definition

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Add qualifier restriction: **Qualifiers:**

Explode

All

Tree Number 1

Tree Number 2

Tree Number 1

Musculoskeletal Diseases [+12]

Int Diseases [+24]

Arthritis [+11]

Osteoarthritis [+3]

97%

23



Organizing the search....

- PICO - A well-formulated question makes it easier to produce the strategy and find the evidence
- Strategy will be based on controlled vocabulary (Medical Subject Headings), and text words (develop list of key terms, synonyms)



Start with PICO

Patient/Population

Intervention

Comparison

Outcome



Framing the question

Are aquatic-exercise interventions in the treatment of knee and hip osteoarthritis effective and safe?

- In patients with *knee or hip osteoarthritis* (population)
- Are aquatic-exercise interventions (intervention)
- No comparator (comparison)
- *Effective and safe? (outcome)?*



PICO

Patient group

- **Knee osteoarthritis**
- **Hip osteoarthritis**

Intervention

- **Aquatic exercise interventions**



PICO

Patient group

- osteoarthritis, knee (MeSH)
- osteoarthritis, hip (MeSH)
- (osteoarthritis OR osteoarthros*) AND (knee OR hip)

Intervention

- hydrotherapy (MeSH)
- balneology (MeSH)
- swimming (MeSH)
- balneotherap*
- aquatic NEXT exercis*
- (aquatic OR water) NEXT sport*
- pool NEXT therap*
- water NEXT aerobic*
- water NEXT exercis*
- water NEXT run*
- water NEXT training
- water NEXT gymnastic*
- (water* OR aquatic OR pool) AND physiotherapy



Reading the Reviews

- Results screen defaults to the Cochrane Database of Systematic Reviews (CDSR)
- Reviews and Protocols (restrict to reviews)
- Layers of detail
 - The **Abstract** summarizes the objectives, methods, results and conclusions.

The **Synopsis** is a 100-word plain language summary found directly beneath the abstract, with pointers to sections of the full review.

(http://www.nicsl.com.au/cochrane/guide_tell.asp)

Full review provides background, detailed methods, details of the individual trials, reviewers' conclusion and maybe comments posted by readers, and the authors' responses.



Lead-in Tools

- MeSH thesaurus (www.ncbi.nlm.nih.gov/pubmed/thesaurus)
- Mayo Clinic
- Wikipedia



Accessibility

- Podcast summaries of certain topic

<http://cochrane.org/podcasts/index.htm>

