Jottings

Much as I love sitting down with a paper copy of the EBM journal, the online version has functions that paper can never copy. Linkage to full text articles is one example. The abstracts give not only an excellent summary and commentary, but also 1-click access to the full original text (if you want some more details), and to the references in the commentary. Similarly, Richard Lehman’s “Evidently...” column provides links to the full text of the articles he discusses. The articles in Evidently are selected from the most relevant articles that don’t quite make the list for full abstraction. As you can see, there are certainly some gems among these. For this issue, there were around 90 articles that were “b-listed” for possible inclusion in Evidently. And those came from the larger pool of several hundred articles from 100+ journals that passed our basic validity criteria (see the “Purpose and Procedure” for these criteria). But sadly, only around 5% of current research articles pass these basic criteria. Of course, that’s the advantage of reading the EBM journal: its 2 stage filter by quality then relevance means you only see the carefully selected gems from the world’s major journals.

Do you have any comments or questions on the articles in EBM? We’d like to hear about your ideas, experience, questions, or problems on any of the articles. On the right hand bar in each article is a place for responses. So please click and tell!

PAUL GLASZIOU, MBBS, PhD
University of Oxford
Oxford, UK

EBM notebook

Teaching evidence-based practice on foot

Come along to watch some clinical teachers in action:

1. A hospital physician rounding with the team’s medical students examines a middle aged woman with upper extremity deep vein thrombosis. After the bedside visit, the attending asks aloud about the frequency of underlying diseases associated with this condition, admits aloud he doesn’t know the answer, and records the question concisely in his PDA. After rounds, the attending invites the students along as he finds and appraises evidence about this topic and “thinks aloud” about how he’ll use this knowledge in planning further testing.

2. An attending physician and 2 learners examine a patient with new onset congestive heart failure. After teaching how to hear a subtle S3 gallop with the stethoscope’s bell, the physician explains the accuracy and precision of this finding as a test for heart failure and provides a reference for further learning.

3. After starting emergent therapy for a patient’s thyroid storm, an attending physician guides the team through the quantitative results of prognostic studies of this condition. The team then discusses how to use this evidence in counselling the patient.

These teaching moments share 4 important features. Firstly, notice that the teaching is actually happening, despite the several barriers and disincentives clinical teachers face. Secondly, the teaching happens “on foot”—that is, during the course of busy clinical work, rather than off site. Thirdly, while not exclusively so, these episodes involve teaching-in-context at the bedside. This essay examines a fourth shared feature, the use of evidence from clinical care research. In all 3 episodes, the attending made conscientious, explicit, and judicious use of either the process of evidence-based learning or its yield. The subtle but important variations in how this was done can be described as 3 different modes of teaching evidence-based practice, which are summarised in table 1.

In the first encounter, the attending role-models evidence-based practice (mode 1 in table 1), combining the actual doing with the “think aloud” technique to guide the learners’ attention to what is being done. By using mode 1, we show our learners how we incorporate evidence, along with other knowledge, into clinical decisions, so they come to see the use of evidence as part of good clinical practice. We show by our example that we really do it, and we can give pointers on when, where, and how to do it, too. Given the maxim “actions speak louder than words,” we can expect this first mode of teaching evidence-based practice to be very effective in itself, and it should reinforce what learners derive from other modes.

In the second encounter, the teacher weaves evidence in among the other facts and skills being taught (mode 2 in table 1). When we teach clinical topics with evidence in the mix, we show by example how to integrate evidence with other useful knowledge in the context of preparing to make real clinical decisions, so learners come to see that using evidence is part of good clinical learning. Also, since the evidence and the other knowledge can be learned together,
they might be better organised in memory in the elaborated networks of knowledge so important for clinical thinking. By using mode 2, we are “putting our money where our mouth is”—that is, spending valuable teaching time and effort on using evidence in context, so we might expect this mode to be effective as well, although we haven’t seen either mode 1 or mode 2 studied.

In the third encounter, the teacher targets specific skills within evidence-based practice about which to coach the learners (mode 3 in Table 1). By using mode 3, we help our learners develop their abilities for evidence-based learning, which in turn should boost their capacity for lifelong learning and professional development. By targeting 1 or a few specific skills at a time, the teacher makes it possible to fit these learning moments into the schedule of busy practice, knowing that the cumulative learning from many such moments could be great. Here, we get somewhat closer to having evidence about the effectiveness of this approach. The Cochrane review of trials of teaching critical appraisal skills found some trial evidence of improvements in participants’ knowledge. A recent review of the trials of teaching EBM to postgraduates concluded that standalone teaching improved knowledge, but not skills, attitudes, or behaviour, while teaching that is clinically integrated into routine practice improved knowledge, skills, attitudes, and behaviour.

Although none of the trials appear to have tested the teaching strategies and tactics described above for modes 1–3, Table 1 shows these modes would qualify as “clinically integrated.”

Although this essay concerns teaching “on foot,” there are other promising ways to teach evidence-based practice that are “clinically integrated” even if they’re not “on foot.” We’ll use the teaching mode structure in Table 1 to describe 2 examples. Firstly, in an interactive large group classroom session for students and house officers on the approach to patients with involuntary weight loss, the teacher can include:

### Table 1: 3 modes for teaching evidence-based practice on foot

<table>
<thead>
<tr>
<th>1. ROLE MODELLING evidence-based practice</th>
<th>2. WEAVING evidence in with other clinical teaching</th>
<th>3. TARGETING specific skills of evidence-based practice</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What:</strong></td>
<td>Integrate evidence with other knowledge when teaching clinical care</td>
<td>Identify specific skills for evidence-based practice to teach</td>
</tr>
<tr>
<td><strong>Why:</strong></td>
<td>Learners see the use of evidence as part of good clinical practice</td>
<td>Learners develop their abilities to access, understand, and use evidence</td>
</tr>
<tr>
<td><strong>How:</strong></td>
<td>“Think aloud” tactic</td>
<td>Select one or few strongest or most relevant bits of evidence</td>
</tr>
<tr>
<td><strong>Where:</strong></td>
<td>Practice settings</td>
<td>Practice settings</td>
</tr>
<tr>
<td><strong>When:</strong></td>
<td>Can be done in classroom, too</td>
<td>Can be done in classroom, too</td>
</tr>
<tr>
<td><strong>Who:</strong></td>
<td>Any teacher, any learner</td>
<td>Teachers who can coach these skills</td>
</tr>
</tbody>
</table>

### Table 2: Learning more about teaching evidence-based practice

<table>
<thead>
<tr>
<th>Strategy or tactic</th>
<th>Why?</th>
<th>How?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deliberate practice of teaching</td>
<td>Purposeful refinement of teaching craft</td>
<td>Select areas on which to focus attention</td>
</tr>
<tr>
<td>Keep a teaching journal</td>
<td>Record observations and interpretations of teaching and learning experiences</td>
<td>Take prospective notes on planning, execution, and reflection of one’s teaching</td>
</tr>
<tr>
<td>Get coached on teaching</td>
<td>Learn more about teaching from peers and masters</td>
<td>Identify skilled teachers who are able and willing to be a teaching coach</td>
</tr>
<tr>
<td>Attend courses on teaching evidence-based practice</td>
<td>Concentrated focus on building teaching skills and repertoire during short period of time</td>
<td>Find and attend a course that best fits your learning and teaching needs</td>
</tr>
<tr>
<td>Learn more about human learning</td>
<td>Helps build conceptual models that underlie our teaching craft</td>
<td>Find and use resources on:</td>
</tr>
<tr>
<td></td>
<td>Boosts range of teaching options available</td>
<td>a. human learning in general</td>
</tr>
<tr>
<td></td>
<td>Helps troubleshooting when teaching goes awry</td>
<td>b. learning in specific settings, such as in small groups</td>
</tr>
</tbody>
</table>
evidence about the frequency of underlying diseases in the material covered. In doing so, the teacher has selected to weave the results of research evidence in with other knowledge to guide explicitly the specific decisions and actions, so we can recognize this as teaching in mode 2 in table 1. Secondly, consider a department-wide, daily conference like Morning Report, wherein residents are asked to bring back to the group the evidence-based answers to questions that arose in the care of their patients, using an Educational Prescription. In addition to facilitating the residents’ discussions of their questions, searches, appraisals, and answers, the teacher can also interject relevant and narrowly focused “slices” about the process of evidence-based practice. Because the teacher is targeting specific skills about which to coach learners, this is teaching in mode 3 in table 1. Most of the clinically integrated forms of teaching we’ve seen or read about emphasize ≥1 of these modes.

Keep in mind that the 3 modes in table 1 are not meant to be either jointly exhaustive (other possible ways exist to teach the wise use of evidence) or mutually exclusive (as hybrids do exist). Furthermore, these modes are complementary, and the best teachers of evidence-based practice use all 3, moving from one to the next to fit the clinical and teaching situation. If we actually use evidence in our own practice and clinical teaching (modes 1 and 2), we’ll have more realism and legitimacy when we coach our learners on specific skills of evidence-based practice (mode 3).

What can we do to prepare ahead of time to teach in these modes? The following 7 suggestions help us prepare for any mode. Firstly, we should refine our own skills in evidence-based practice, so we’re sufficiently competent to serve as role models. Secondly, we can work to gain access to evidence resources we’ll need, whether through our healthcare system (local or national) or on our own. Thirdly, because we encounter some problems and decisions repeatedly, we can anticipate the questions we’ll have and track down evidence-based answers ahead of time, so they’re ready for use. Fourthly, rather than store the entire text of the evidence, we might assemble and keep available concise summaries of the evidence, such as the 1 page summaries from evidence-based synoptic journals such as Evidence-Based Medicine or ACP Journal Club, or from our own CATS (critically appraised topics) or eCATs. Fifthly, for some of these recurring answers, investigative teams have assembled evidence-based decision aids to explicitly guide our patients and ourselves through the processes of integrating evidence with values, so we can retrieve these ahead of time and keep them within reach. Sixthly, it can be useful to obtain and keep handy some how-to references on evidence-based practice, appropriate to our discipline. Sevently, we should develop our teaching awareness, or reflection-in-action, that allows us to recognize the teaching moments as they occur and helps us choose which to seize and which to let pass.

Beyond these 7 suggestions, a few things can be done ahead of time to prepare to teach in each mode. For mode 1, role modelling, many of us feel more comfortable after practising the use of evidence several times without a watching learner, before being observed by learners using evidence in real patient care. Once we feel comfortable with when, how, and how much evidence to add to our patient encounters, we’ll be better able to show others this “flavouring” or “spice” in our practice. For mode 2, we can anticipate that certain bits of evidence will be used alongside predictable aliquots of other knowledge, so we can prepare these mixtures ahead of time, as “teaching vignettes.” For mode 3, it can help to prepare ahead of time some short (ie, 2–5 min) scripts about the specific skills you’ll be targeting, as “teaching slices” of evidence-based practice (not the whole pie), whether your own or from others. How can we improve further our teaching of evidence-based practice? As a complex craft built on experience as well as knowledge, excellence in teaching takes time to develop. Table 2 includes 5 suggestions for using that time well. Firstly, to develop excellence or even mastery, we probably need to undertake deliberate practice where we purposefully and repeatedly engage in activities designed to improve aspects of our craft. Secondly, we can keep reflective teaching journals to record observations and interpretations of our own teaching, including both successes and failures, as well as observations of other teachers, including those outside clinical medicine. Thirdly, we can identify the topics we can observe our teaching and provide us detailed feedback and coaching. Fourthly, we can attend one of the growing number of workshops on teaching evidence-based practice being held around the world. Fifthly, because teaching is so intertwined with learning, we can learn more about how humans learn and how this learning can be facilitated.

This essay has focused on how to teach evidence-based practice as part of clinical teaching, not on whether to do so. I have tried to collect here the teaching strategies and tactics that others have found useful, and I look forward to learning more from many of you.

W SCOTT RICHARDSON, MD
Wright State University School of Medicine
Three Owl Learning Institute
Dayton, Ohio, USA
Finding the gold in Medline: clinical queries

Medline is the premier source for access to the broad spectrum of the medical literature. With >15 000 000 references from >4800 biomedical journals, the Medline treasure trove contains citations for virtually all the gold that the biomedical research enterprise has to offer.

But finding exactly what you want in such a huge database has its challenges. Firstly, the indexing is fairly coarsely grained, so that it can be difficult to specify exactly what you are seeking. Secondly, the English language is notorious for synonyms, homonyms, eponyms, and neologisms, making it impossible to include all the possible variants, while at the same time ensuring that you will retrieve many unwanted citations. Thirdly, few doctors have adequate training and competency for searching Medline. Fourthly, even if you find something that appears to be what you want, it is impossible to be sure that you have not missed something that is even better. Finally and worst of all, the concentration of articles to be sure that you have not missed something that is even more relevant is so dilute that even the experts can get lost. To do this, we used the approach of validating search filters for Medline that would sort the gold from the silt. To do this, we used the approach of validating diagnostic tests, using proposed search terms as “tests” and a spectrum of the medical literature. With a hand search of 10 clinical journals as the “gold standard.” To reduce these problems, over a decade ago we developed hand search of 10 clinical journals as the “gold standard.”

We recently completed a new study that tackles developing strategies in a much larger database, 170 journals (161 special PubMed web page, Clinical Queries (www.ncbi.nlm.nih.gov/entrez/query/static/clinical.html), so that anyone interested in these topics could conduct searches at a level that is likely beyond what even an experienced librarian could achieve.

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Measures of association as used to address therapy, harm, and aetiology questions

WHAT ARE MEASURES OF ASSOCIATION?

Measures of association describe the strength of the relationship between an exposure (or intervention) and an outcome in clinical studies (randomised controlled trials [RCTs], cohort studies, and case control studies). There are 2 types of measures: relative (relative risk, relative risk reduction, odds ratios) and absolute (absolute risk reduction, number needed to treat).

Confidence intervals (CI) should be given for each measure of association to quantify their uncertainty and are usually reported as 95% CI (ie, the interval has a 95% chance of including the true, but unknown, population value). If the 95% CI overlaps the value of no effect (see below), the result is not statistically significant at the 5% level (p<0.05). The use of p values and CIs to measure statistical uncertainty will be considered in a future statistics note.

The identification of a statistically significant association between an exposure and an outcome alone does not imply causation. Possible bias and consistency need to be considered.1–3 When addressing therapy, harm, or aetiology questions, a systematic review of ≥2 double blind RCTs typically provides more convincing evidence than an individual RCT, which again provides more convincing evidence than an individual cohort or case control study.

WHEN ARE THEY USED?

All of the absolute and relative measures of association described above can be used in RCTs and cohort studies. In case control studies, however, only odds ratios should be calculated because in such a study the prevalence of the outcome (eg, a disease) is not known as the groups are determined by outcome rather than exposure status.

HOW ARE THEY CALCULATED?

The most common measures are calculated below using the results from probably the earliest RCT, which evaluated the role of streptomycin in the treatment of tuberculosis (TB):4

<table>
<thead>
<tr>
<th>Patients</th>
<th>Randomisation</th>
<th>Intervention</th>
<th>Follow up</th>
<th>Outcome at 6 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>N=107, 15–30 year old men and women with acute bilateral pulmonary TB</td>
<td>Streptomycin and bedrest (n=55)</td>
<td>Placebo and bedrest (n=55)</td>
<td>Alive: 51, Dead: 4</td>
<td>38, 14</td>
</tr>
</tbody>
</table>
Q: What proportion died on streptomycin?
- 4 out of 55 or 7.3%.
- This percentage is called the experimental event risk (EER).

Q: What proportion died on placebo?
- 14 out of 52 or 26.9%.
- This percentage is called the control event risk (CER).
- Some authors call the EER and CER “rates” instead of risks, which is technically inaccurate as rates describe the number of events per person time.

**Absolute Risk Reduction (ARR)**

Q: What was the difference in risk of death between the two groups?
- 19.6% (95% CI 5.7% to 33.6%) more people died on placebo compared with streptomycin. This result is statistically significant at the 5% level because the 95% CI does not overlap the value of no effect (ARR = 0%).
- This is called the absolute risk reduction (ARR) and is calculated by subtracting the EER from the CER.

\[
\text{ARR} = \text{CER} - \text{EER} = 26.9\% - 7.3\% = 19.6\%
\]

- When positive outcomes are considered (eg, survival), and the intervention is more helpful than the control, this is called the absolute benefit increase (ABI).

**Number Needed to Treat (NNT)**

Q: How many people with TB would I need to treat with streptomycin to prevent 1 additional death?
- 6 (95% CI 3 to 18) patients with TB would need to be treated with streptomycin to prevent 1 additional person dying. This result is statistically significant at the 5% level because the 95% CI does not overlap the value of no effect (NNT = infinity when ARR = 0%). The word “additional” is used to stress the fact that not everybody died on placebo.
- This measure is called the number needed to treat (NNT). The NNT is usually rounded up to the nearest whole number to provide a more conservative estimate of the added value of the intervention.
- The NNT is the reciprocal of the ARR.

\[
\text{NNT} = \frac{1}{\text{ARR}} = \frac{1}{19.6\%} = \frac{1}{(19.6/100)} = 5.1 = 6
\]

- A negative NNT is also known as the number needed to harm (NNH).

**Relative Risk (RR)**

Q: What was the risk of dying on streptomycin relative to placebo?
- The bar graph shows that for every 1 patient who died on streptomycin, approximately 4 patients died on placebo (27/7).
- This is called the relative risk (RR). The RR compares the risk of death in the intervention group (EER) with the risk of death in the control group (CER).

\[
\text{RR} = \frac{\text{EER}}{\text{CER}} = \frac{7.3\%}{26.9\%} = 0.27
\]

- The relative risk of dying on streptomycin compared with placebo was 0.27 (95% CI 0.10 to 0.77). This result is statistically significant at the 5% level because the 95% CI does not overlap the value of no effect (RR = 1).

**Relative Risk Reduction (RRR)**

Q: How much less common was death on streptomycin compared with placebo?
- Treatment with streptomycin was associated with a 73% (95% CI 23% to 90%) reduction in the risk of death compared with placebo. In other words, antibiotic treatment prevented approximately three quarters of the deaths that would have occurred on placebo. This result is statistically significant at the 5% level because the 95% CI does not overlap the value of no effect (RRR = 0%).
- This is called the relative risk reduction (RRR) and is commonly used in promotional literature distributed by pharmaceutical companies.
- The RRR can be calculated by either dividing the ARR by the CER or subtracting the RR from 1.

\[
\text{RRR} = 1 - \text{RR} = \frac{\text{ARR}}{\text{CER}} = \frac{19.6\%}{26.9\%} = 0.73 = 73\%
\]

- When positive outcomes are considered and the intervention is more helpful than the control, this is called the relative benefit increase (RBI).