Good evening and welcome to the webinar!
Please explore your screen while we wait

Attendee list
To see who else is here, click on the ‘Participant’s’ bar, and scroll down the list.

Chat
Use this feature to ask questions or make comments.

Presentation Materials

Note:
To send a chat to someone, click on their name on the attendee list, and click ‘Start Private Chat’ (This will open a new chat tab next to the ‘Everyone’ tab)

Are your speakers on? Video & sound will start at 7:30
Physiotherapy Resources in the PABC e-Library: 3 Simple Ways to Impact your Practice – for Absolute Beginners (or a review for the Experienced)

presented by Deb Monkman, MLS, BSc
Physiotherapy Association of British Columbia

Thursday, January 17, 2013
What town are you Webinaring from tonight?

Please type in the chat box to everyone!
Survey Says…

1. 44% able to do PubMed search
2. 19% able to find full-text articles
3. 3% able to set up Alerts
4. 3% able to use Primal Pictures (anatomy)
5. 60% never use the PABC eLibrary
6. 61% in private practice only
Outline

1. Overview of evidence-informed practice
2. From Google to PubMed
3. Alerts
4. How to get a full-text article
5. Q&A
Evaluation of Rehabilitation Reference Centre

A Point-of-Care Resource

by Deb Monkman, MLS, BSc, PABC Clinical Librarian

1. Clinical Reviews – Summaries on rehabilitation topics incorporating the best available evidence through rigorous systematic surveillance, written by EBSCO’s team of rehab specialists.

2. Exercise Images – More than 9,800 exercise images from Visual Health Information (VHI), along with a custom print feature that allows users to add personalized care notes as well as order and sort exercises based on a patient’s individual treatment plan.

3. Patient Education – More than 1,500 patient education topics, many of which are quite general and medically-focused rather than rehab-focused.

Also:

• Drug information
• Research instruments
• Books
• News
Drawbacks of RRC

What are the Drawbacks of RRC for Members?

Some members expressed concerns that information was incomplete, inaccurate, out-dated or not detailed enough for their specialty. Some comments about the pitfalls include:

- “There is not a great selection of paediatric exercise images, but what was there was good.”
- “For my specialties (lymphoedema and incontinence), this particular site is limited.”
- “I felt the summaries lacked depth with regard to physiology and pathology, although the list of contra indications to certain treatments… was useful in a quick search.”
- “The exercises provided are quite basic, especially for hip and knee arthroplasty rehab”
- “I searched for total hip replacement exercise protocol… and did not find a list of suggested exercises for each stage. There should be tons of info on such an easy topic.”
- “We are very focused on hand therapy so it’s not that useful for us.”
- “I looked up cerebral palsy hemiplegia and congenital muscular torticollis and it didn’t give me the detail that would be useful in my practice.”
- “I found the explanations good, the lists quite exhaustive, but the rehab advice vague and short on the conditions I searched.”
Continuum of databases to learn to search

FREE

Google

PEDro Rehab+ (webinar #1)

PubMed (webinar #1)
FREE

Google

PEDro Rehab+ (webinar #1)

PubMed (webinar #1)

Via e-HLbc

EBSCO Medline, CINAHL (webinar #2), & PsycINFO With full-text

OVID Medline & EBMR, including Cochrane Library With full-text

Continuum of databases to learn to search
1. OVERVIEW
Evidence-Informed Practice
What’s in the PABC eLibrary
What is evidence-informed practice?

- Individual Clinical Expertise
- Patient’s Values and Expectations
- Improved Patient Outcomes
- Best Available Clinical Evidence
Process of evidence-informed practice  Click here for details

• Step 1: Formulate a well-built question
  http://www.youtube.com/user/BCPhysio#p/u/1/pdy5W5OzqGM

• Step 2: Identify articles and other evidence-based resources to answer the question

• Step 3: Critically appraise the evidence to assess its validity
  (JOURNAL CLUB)

• Step 4: Apply the evidence
  (HOW JOURNAL CLUB CHANGED MY PRACTICE & THE “E”ASE OF PRACTICE – various clinical topics)

• Step 5: Re-evaluate the application of evidence and areas for improvement
Levels of Evidence

- Systematic Reviews and Meta-analyses
- Randomized Controlled Double Blind Studies
- Cohort Studies
- Case Control Studies
- Case Series
- Case Reports
- Ideas, Editorials, Opinions
- Animal research
- In vitro ('test tube') research
PABC eLibrary

Databases
(Medline, CINAHL, PsycINFO, EBMR)

Special resources
Knowledge broker toolkits, outcome measures, patient ed, etc.

Full-text Journals
(A-Z Journals List)

Clinical Librarian services
Lit search Articles Etc.
Use the **A-Z Journals List** to find ALL full-text journals that we have.
EBSCO databases to link to ALL full-text journals that we have.

Use the A-Z Journals List to find ALL full-text journals that we have.

Keeping it simple: 3 key resources for physio

• EBSCO Medline
  • EBSCO with full-text journals

• EBSCO CINAHL
  • CINAHL with full-text journals

• EBSCO PsycINFO
  • PsycARTICLES

• EBSCO Biomedical Reference Collection

• OVID Medline

• OVID EMBR (incl. Cochrane)

• LWW Total Access Journals
Let’s take a tour of the eLibrary

Welcome to the Clinical Practice Library

Keep Current: Plug In Here

QuickLinks: Toolkits & Best Practices | Library Databases | A-Z Journal List | PubMed | For all other links, use left menu bar

Can’t find what you want? Email me at librarian@bcphysio.org

What’s New?

January 11, 2013 - News from our Knowledge Broker, Alison Hoens

- Announcing a new project on Robotics & Social Gaming, with Exercise called FEATHERS: Functional Engagement in Assisted Therapy through Exercise Robotics
- Latest update on Wheelchair Provision on Progressive Neuromuscular Disease Guidelines
Welcome to the PABC eLibrary

Access biomedical and physiotherapy databases, full-text journals, and pre-set Alerts with articles on popular topics.

- About the Library & Services
- Databases
- Journals
- Alerts

For training on how to use the PABC eLibrary, visit Training - webinar & tutorials

Additional popular information resources for physiotherapists:

- Practice Resources - Links & FAQs - this will lead you to many resources on our site and beyond
- Outcome Measures
- Mobile Apps Treasure Trove
- Patient Education
- Social Media Resources

For Knowledge Broker resources, see KB Resources, Toolkits & Best Practices

For other options, please use the menus bars at the left and top, or the site search engine.
Access Primal Pictures (Anatomy in 3-D) through OVID databases
Read more
The sternothyroid muscle arises from the posterior surface of the manubrium sterni, below the origin of the sternohyoid, and from the posterior edge of the cartilage of the first rib.

Insertion
The muscle inserts into the oblique line on the lamina of the thyroid cartilage.

Nerve supply
Branches from the ansa cervicalis supply the sternothyroid muscle.

Vascularity
Sternothyroid receives its blood supply from branches of the thyrocervical trunk.
2. FROM GOOGLE TO PEDRO TO PUBMED

Poll #1: Have you used them for research/clinical articles & info?
Search Example

What is the effect of **continuous passive motion** (CPM) [on range of knee flexion, lack of extension, pain levels and analgesic use] after total **knee replacement** surgery (arthroplasty)
Cochrane systematic review
With all of the words: cpm
With the exact phrase: knee replacement
With at least one of the words:
Without the words:
Where my words occur:
Anywhere in the article
Anywhere in the title of the article

Author
Return articles written by:
e.g., "PJ Hayes" or McCarthy

Publication
Return articles published in:
e.g., J Biol Chem or Nature

Date
Return articles published between:
e.g., 1996

Collections

Articles and patents
- Search articles in all subject areas ( include patents).
- Search only articles in the following subject areas:
  - Biology, Life Sciences, and Environmental Science
  - Business, Administration, Finance, and Economics
  - Chemistry and Materials Science
  - Engineering, Computer Science, and Mathematics
  - Medicine, Pharmacology, and Veterinary Science
  - Physics, Astronomy, and Planetary Science
  - Social Sciences, Arts, and Humanities

Legal opinions and journals
- Search all legal opinions and journals.
Factors associated with reduced early survival in the Oxford phase III medial unicompartment knee replacement
BM Kuipers, BJ Kollen, PC Kajser Bots, BJ Burger... - The Knee, 2010 - Elsevier
The aim of this study was to determine the prognostic value of preoperative patellofemoral osteoarthritis, BMI and age for implant survival of unicompartmental knee arthroplasty (UKA) performed in patients meeting strict admission criteria. The data and radiographs of 437 ...
Cited by 11 - Related articles - All 9 versions

Is discharge knee range of motion a useful and relevant clinical indicator after total knee replacement?
Part 1
JM Naylor, V Ko, S Rougellis... - ... of evaluation in ..., 2011 - Wiley Online Library
... Introduction Knee range of motion (ROM) is commonly measured after total knee replacement (TKR) [1–12]. ... Service factors [specifically, the use of cryotherapy [22] or continuous passive motion (CPM) [23]] were also included as these have been shown to predict early ROM. ...
Related articles - All 4 versions

Percutaneous Neuromodulation Pain Therapy Following Knee Replacement
T Wanich, J Gelber, S Rodeo... - The journal of knee ..., 2011 - thieme-connect.com
... hypothesize that the use of Deepwave is efficacious in reducing the severity of acute pain and opioid use in patients following total knee replacement (TKR) surgery. ... Continuous passive motion (CPM) was initiated on all patients immediately postoperatively in the recovery room. ...

Does Continuous Sciatic Nerve Block Improve Postoperative Analgesia and Early Rehabilitation After Total Knee Arthroplasty?: A Prospective, Randomized, Double- ...
G Cappelleri, D Ghisi, A Fanelli... - ... Anesthesia and Pain ..., 2011 - journals.lww.com
... If the patient was not able to complete rehabilitation because of pain, CPM was stopped ahead of time and the episode recorded. ... Power calculation was based on the mean and SD of the consumption of morphine during the 48 hours after total knee replacement when a single ...
Will you find free full-text on Google/Google Scholar?

- Limited free full-text on web
- Some older articles are free
- Open access journals are free
- Go to PABC eLibrary to find the full-text
Google/Google Scholar is...
Google/Google Scholar is...

USFEL:  
• Lots of media and ideas – web sites, pdf files, images, blogs, sales, academic papers (Google Scholar), patient’s experience, jobs, etc. Sometimes even full-text articles!

LIMITED:  
• Random journal articles, quality??, few full-text – Maybe there are better articles?
• Physiotherapy Evidence Database
• Free database of over 16,500 randomised trials, systematic reviews and clinical practice guidelines in physiotherapy
  – Highest levels of evidence
• All trials on PEDro are independently assessed for quality

PEDro
## Search Results

Click on a title to view details of that record. If your search has returned many records you may need to click on Next (at the top or bottom of the list of records). To display a list of records from one or a series of searches, click on Select and then Display Selected Records (at the top of the page).

Record 1 - 20 of 33 [Next] [Last]

<table>
<thead>
<tr>
<th>Title</th>
<th>Method</th>
<th>Score (10)</th>
<th>Select Record</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continuous passive motion following total knee arthroplasty: a useful adjunct to early mobilisation?</td>
<td>systematic review</td>
<td>N/A</td>
<td>Select</td>
</tr>
<tr>
<td>Effect of continuous passive motion after total knee arthroplasty: a systematic review</td>
<td>systematic review</td>
<td>N/A</td>
<td>Select</td>
</tr>
<tr>
<td>Efficacy of continuous passive motion following total knee arthroplasty: a metaanalysis</td>
<td>systematic review</td>
<td>N/A</td>
<td>Select</td>
</tr>
<tr>
<td>Continuous passive motion following primary total knee arthroplasty: short- and long-term effects on range of motion</td>
<td>systematic review</td>
<td>N/A</td>
<td>Select</td>
</tr>
<tr>
<td>Effectiveness of prolonged use of continuous passive motion (CPM), as an adjunct to physiotherapy, after total knee arthroplasty</td>
<td>clinical trial</td>
<td>8/10</td>
<td>Select</td>
</tr>
<tr>
<td>Effectiveness of continuous passive motion and conventional physical therapy after total knee arthroplasty: a randomized clinical trial</td>
<td>clinical trial</td>
<td>8/10</td>
<td>Select</td>
</tr>
<tr>
<td>Effect of adjunctive range-of-motion therapy after primary total knee arthroplasty on the use of health services after hospital discharge</td>
<td>clinical trial</td>
<td>8/10</td>
<td>Select</td>
</tr>
<tr>
<td>Exercise combined with continuous passive motion or slider board therapy compared with exercise only: a randomized controlled trial of patients following total knee arthroplasty</td>
<td>clinical trial</td>
<td>8/10</td>
<td>Select</td>
</tr>
<tr>
<td>Continuous passive motion as an adjunct to active exercises in early rehabilitation following total knee arthroplasty – a randomized controlled trial</td>
<td>clinical trial</td>
<td>7/10</td>
<td>Select</td>
</tr>
</tbody>
</table>
PEDro is...
PEDro is...

USEFUL:
• Physiotherapy specific
• Rates quality of RCTs
• Links to some free full-text

LIMITED:
• Limited to RCTs, systematic reviews and practice guidelines
• Duplicates Medline and CINAHL (but some unique journals)
• Simple searches only
PubMed
www.pubmed.gov

• Large biomedical database (17M records), includes physiotherapy journals
• PubMed = Medline: PubMed is a FREE interface to the Medline database
• PABC e-Library has EBSCO Medline & OVID Medline
• PubMed is ‘google-like’
Simple search ‘Google-style’

What was actually searched, based on what you typed in.

Limit results here

Filter results here

See 13 articles about CPM gene function
See also: CPM carboxypeptidase M in the Gene database
cpm in Homo sapiens | Mus musculus | Rattus norvegicus | All 16 species

Results: 1 to 20 of 39

1. Blood, bugs, and motion - what do we really know in regard to continuous passive motion postarthroplasty?
   Glassner PJ, Slover JD, Bosco JA 3rd, Zuckerman JD.
   Related citations

2. Use of inpatient continuous passive motion versus no CPM in computer-assisted total knee arthroplasty.
   Akkirre MR, Swarnik ML.
   PMID: 2142693 [PubMed - indexed for MEDLINE] Related citations

3. [The effects of two different continuous passive motion protocols in patients undergoing total knee arthroplasty: a prospective analysis].
   Ersözüti S, Sahin O, Özgür AF, Tuncay IC.
   Related citations

4. [Early clinical results of total knee arthroplasty with journey prosthesis].
   Zhongguo Xiu Fu Chong Jian Wai Ke Za Zhi. 2009 Sep;23(9):1030-3. Chinese.

Filter results here

Enter your results:
- All (39)
- Free Full Text (9)
- Review (5)

Find related data

Database: Select

Find items

Search details

("arthroplasty, replacement, knee"[MeSH Terms] OR ("arthroplasty"[All Fields] AND "replacement"[All Fields]) AND "knee"[All Fields]) OR
PubMed is...
PubMed is...

**USEFUL:**
- Biomedical literature
- All levels of evidence
- Links to some free full-text – but there’s more in PABC e-Library via EBSCO or OVID Medline
- Easy to search (google-like)
- More sophisticated search features (limits)

**LIMITED:**
- Does not include all physio literature – use CINAHL too
Summary

- Google and Google Scholar
- PEDro – small physio database, trials with ratings, systematic reviews and guidelines
- PubMed – large database, physio + biomedicine, all levels of evidence
- Get citations & abstracts then go to PABC e-Library to get full-text articles
3. ALERTS
3 Ways to Get Alerts

1. Ready-made physiotherapy Alert services
   • Rehab+  http://plus.mcmaster.ca/rehab/Default.aspx
   • E.g., hand, sports, oncology, seniors

2. Create a search Alert
   • Set up a custom search strategy in PubMed, Medline, or CINAHL
   • E.g., FES in adolescents with spinal cord injury

3. Get a journal table of contents Alert
#1 - Subscribe to Rehab+

**Advantage:**
- Rated out of 7
- Clinical reviewer comments

**Disadvantage:**
- Limited to 120 journals
- Not as current as a search Alert

---

<table>
<thead>
<tr>
<th>Article Title</th>
<th>Specialty</th>
<th>Relevance</th>
<th>Newsworthiness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comparison of miniscalpel-needle release, acupuncture needling, and stretching exercise to trigger point in myofascial pain syndrome.</td>
<td>Musculoskeletal</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Clin J Pain</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Respiratory muscle training improves cardiopulmonary function and exercise tolerance in subjects with subacute stroke: a randomized controlled trial.</td>
<td>Cardiovascular &amp; Respiratory</td>
<td>6</td>
<td>6</td>
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<tr>
<td>Clin Rehab</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Resistance training improves cardiovascular risk factors in obese women despite a significative decrease in serum adiponectin levels.</td>
<td>Community Integration/Living</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Obesity (Silver Spring)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Just click on the title to review the abstract and/or PubMed record.

Best wishes from Rehab+
**SPECIALTY** | **RELEVANCE TO PRACTICE** | **IS THIS NEWS?**
--- | --- | ---
Community Integration/Living | ☐ | ☐
Health promotion/ Prevention | ☑ | ☑
Mobility | ☑ | ☑

**Abstract**

OBJECTIVE: To assess the effects of inpatient rehabilitation specifically designed for geriatric patients compared with usual care on functional status, admissions to nursing homes, and mortality. DESIGN: Systematic review and meta-analysis.

DATA SOURCES: Medline, Embase, Cochrane database, and reference lists from published literature. Review methods Only randomised controlled trials were included. Trials had to report on inpatient rehabilitation and report.

CONCLUSION: Inpatient rehabilitation specifically designed for geriatric patients has the potential to improve outcomes related to function, admission to nursing homes, and mortality. Insufficient data are available for defining characteristics and cost effectiveness of successful programmes.

**Comments from Clinical Raters**

**Community Integration/Living**

This is very useful information for care planning. A short-term increase in expense with a long-term potential decrease in hospital readmission, mortality, and long term care admission seem worth it.

**Health promotion/ Prevention**

As a physiotherapist, I was very pleased but not surprised with the results presented in this paper. This article is beneficial to health care providers and recipients in the sector of geriatrics in that: (1) it provides evidence that inpatient rehabilitation specifically designed for geriatric patients is effective in improving function, preventing admissions to LTC facilities and preventing mortality and (2) it suggests some general criteria for this type of inpatient rehabilitation. More information is needed regarding specific criteria for effective inpatient geriatric rehabilitation.
Create a free account

<table>
<thead>
<tr>
<th>Enable Alerts</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient Population*</td>
<td>Neonates, Pediatrics, Adolescents, Adults, Geriatrics, All</td>
</tr>
<tr>
<td>Clinical Settings*</td>
<td>All, Community/Home Care/School, Hospital/Institution, Private Practice/Clinic</td>
</tr>
<tr>
<td>Specialty*</td>
<td>Cardiovascular &amp; Respiratory, Chronic Pain, Client/patient education, Community Integration/Living, Environmental/Assistive Technology, Fitness/exercise, Hand Therapy, Health promotion/Prevention, Leisure/recreation, Manual Therapy, Mental Health/Illness, Mobility, Musculoskeletal, Neurological, Obstetrics/Gynecology, Oncology, Palliative care, Primary care FHT (FHT -- Family Health Teams), Skin/Burns, Sports Therapy, Work and Work Injury</td>
</tr>
<tr>
<td>Email Alert Frequency*</td>
<td>Daily</td>
</tr>
<tr>
<td>Cut Off Score for Alerts*</td>
<td>Relevance: 4, Newsworthiness: 4</td>
</tr>
</tbody>
</table>

* (NB: For multiple age groups, please hold Ctrl while selecting lines)

** (NB: For multiple settings, please hold Ctrl while selecting lines)

* (NB: For multiple specialties, please hold Ctrl while selecting lines)
Set up PubMed Search

Effectiveness of a 6-week injury prevention program on kinematics and kinetic variables in adolescent female soccer players: a pilot study.
Ortiz A, Trudelle-Jackson E, McConnell K, Wylie S.
PMID: 20222333 [PubMed - indexed for MEDLINE]
Related citations
Design a good search

1. Exercise Intensity and Technical Demands of Small-Sided Games in Young Brazilian Soccer Players: Effect of Number of Players, Maturation, and Reliability.
   PMID: 21912285 [PubMed - as supplied by publisher]
   Related citations

2. Analysis of the profile, areas of action and abilities of Brazilian sports physical therapists working with soccer and volleyball.
   Silva AA, Bittencourt NF, Mendonça LM, Tirado MG, Sampaio RF, Fonseca ST.
   PMID: 21829986 [PubMed - in process]
   Related citations

3. Changes in a top-level soccer referee's training, match activities, and physiology over an 8-year period: a case study.
   PMID: 21725113 [PubMed - indexed for MEDLINE]
   Related citations

4. Treatment of muscle fiber rupture with high frequency therapy.
   Hakimi R.
   PMID: 21698952 [PubMed - indexed for MEDLINE]
   Related citations
Create a free account

My NCBI allows you to create automatic email alerts, save your searches and records, filter results by subject, and much more.

Sign in directly to your My NCBI account:

Sign in via Partner Organization

Last logged in via: Google

- Google
- NIH & eRA Commons*
  * eRA Commons account holders now enter login credentials on the NIH Login screen
- UKPMC Funders Group grantees

Or choose from:

- Case Western Reserve University
- Colorado State University
- Columbia University
- Cornell University

See expanded list »
Save your search

My NCBI — Saved Searches

Your PubMed search

Search: soccer AND physical therapy

Name of Search: soccer AND physical ther.

Save  Cancel
Select search settings

Save Search successful.

Your PubMed search

Search: soccer AND physical therapy

Name of Search: soccer AND physical therapy

E-mail: librarian@bcphysio.org

Would you like e-mail updates of new search results?

- No thanks.
- Yes, once a month.
  - Which day? the first Saturday
- Yes, once a week.
  - Which day? Saturday
- Yes, every day.

Formats:

Report format: Abstract

Number of items:

Send at most: 50 items

Send even when there aren't any new results

Any text you want to be added at the top of your e-mail (optional):

My weekly soccer and physiotherapy alert

Save  Cancel  Delete
Revise as necessary!

• Experiment with your search strategy – what gives the best results

• Contact me if you have a complex search strategy and need help
# 3 – Journal Alert

- Do you have a favourite journal?
- Subscribe to the Table of Contents via the publisher
- Check out 22 popular physiotherapy journals on members site – link directly to the most recent articles
<table>
<thead>
<tr>
<th>Title</th>
<th>Where to get full-text articles:*</th>
<th>Indexed in Medline or CINAHL?</th>
<th>How to sign up for Alerts at the publisher’s Web site**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Click on the title for the most recent articles (from journal publisher or PubMed RSS feed)</td>
<td>Free to PABC members (years available) request from PABC librarian for years not available Request articles from PABC librarian</td>
<td>Both</td>
<td>Sign up for email and RSS alerts</td>
</tr>
<tr>
<td>American Journal of Sports Medicine</td>
<td>Request articles from PABC librarian</td>
<td>Both</td>
<td>Sign up for email and RSS alerts</td>
</tr>
<tr>
<td>Archives of Physical Medicine and Rehabilitation</td>
<td>Request articles from PABC librarian</td>
<td>Both</td>
<td>Sign up for email and RSS alerts</td>
</tr>
<tr>
<td>Australian Journal of Physiotherapy</td>
<td>Free full-text at publisher’s site for back issues (except most recent 4 issues not available). For current 4 issues, request articles from PABC librarian</td>
<td>Both</td>
<td>Sign up for email alerts and see table of contents</td>
</tr>
<tr>
<td>Effective March 2010: Name changes to Journal of Physiotherapy</td>
<td></td>
<td>Both</td>
<td></td>
</tr>
<tr>
<td>Clinical Journal of Sport</td>
<td>Request articles from PABC librarian</td>
<td>Both</td>
<td>Sign up for email and RSS alerts</td>
</tr>
</tbody>
</table>
Is Hip Muscle Weakness a Predisposing Factor for Patellofemoral Pain in Female Novice Runners? A Prospective Study

Friday, September 02, 2011, 5:30:38 PM | Thijs, Y., Pattyn, E., Van Tiggelen, D., Rombaut, L., Witvrouw, E. →

**Background:** Hip muscle weakness has been proposed to contribute to patellofemoral malalignment and the development of the patellofemoral dysfunction syndrome (PFDS). However, from the retrospective studies that have addressed this issue, it is still unclear if hip muscle weakness is a cause or a consequence of PFDS.

**Purpose:** This study was undertaken to investigate if hip muscle weakness is a predisposing factor for the development of PFDS.

**Study Design:** Cohort study (prognosis); Level of evidence, 2.

**Methods:** Before the start of a 10-week “start to run” program, the isometric strength of the hip flexor, extensor, abductor, adductor, and external and internal rotator muscles was measured in 77 healthy female novice runners. During the 10-week training period, patellofemoral pain was diagnosed and registered by an orthopaedic surgeon.

**Results:** Statistical analysis revealed that there was no significant difference in strength of any of the assessed hip muscle groups between the runners who did and did not develop PFDS. Logistic regression analysis did not identify a deviation in strength of any of the assessed hip muscle groups as a risk factor for PFDS.

**Conclusion:** The findings of this study suggest that isometric hip muscle strength might not be a predisposing factor for the development of PFDS.
Will Alerts give me the full-text article?

- Only if it is freely available on the web
- Use PABC eLibrary to find full-text articles
4. GETTING THE FULL-TEXT ARTICLE
Where can you get full-text articles?

1. **Free** on the Internet (Open Source or Open Access) – publisher does not charge for journals

2. For a fee on the Internet – publisher charges for journals (subscribe to the journal or pay for a single article) or via an article supply service

3. From a library – print or online subscriptions
   - PABC e-Library – **free to you**
   - Hospital library – **best bet if you work at a hospital**
   - Other libraries – public libraries may provide free access
How can you get full-text articles?

1. Is it free on the Web? Google the article - is the full-text free or not? (often not)
   When searching PubMed, does it link to free full-text?

2. Look in the PABC eLibrary – A-Z Journals List: Is the journal you want available in full-text?

3. Ask me (or your hospital librarian if you work at a hospital)
When you have a citation

Use the A-Z Journal List to see if the journal title (Brain Injury) is available in full-text.


**Abstract**

OBJECTIVE: To conduct a systematic review of the rehabilitation literature of moderate to severe acquired brain injuries (ABI) from traumatic and non-traumatic causes. METHODS: A review of the literature was conducted for studies looking at interventions in ABI rehabilitation. The methodological quality of each study was determined using the Downs and Black scale for randomized controlled trials (RCTs) and non-RCTs as well as the Physiotherapy Evidence Database (PEDro) scale for RCTs only. CONCLUSION: Only 28% of the interventional studies were RCTs. Over half of the 275 interventional studies were single group interventions, pointing to the need for studies of improved methodological quality into ABI rehabilitation. PMID: 17364527 [PubMed - indexed for MEDLINE]

Click on one of these
Navigate to the issue you need.
Navigate to the article.

1. Foreword
   Subjects: PREFACES & forewords; BRAIN -- Wounds & injuries
   Database: Biomedical Reference Collection: Comprehensive

2. A systematic review of the rehabilitation of moderate to severe acquired brain injuries
   By: Teasell, Robert; Bayona, Nestor; Marshall, Shawn; Cullen, Nora; Bayley, Mark; Chundamala, Josie; Villamere, Daniel; Morley-Forster, Pamela; Lippert, Corbin; Hilditch, Maureen; Welch-West, Penny; Weiser, Margaret; Ferri, Connie; McCabe, Pat; McCormick, Anna; Aubut, Jo-Anne; Connor, Paul; Salter, Katherine. *Brain Injury*, Feb 2007, Vol. 21 Issue 2, p107-112, 6p, 1 Chart; DOI: 10.1080/02699050701201524; (AN 24404680)
   Subjects: SYSTEMATIC reviews (Medical research); REHABILITATION; BRAIN -- Wounds & injuries; SPASMS; RANDOMIZED controlled trials; PHYSICAL therapy
   Database: Biomedical Reference Collection: Comprehensive

3. The efficacy of acquired brain injury rehabilitation
   By: Cullen, Nora; Chundamala, Josie; Bayley, Mark; Jutila, Jeffrey. *Brain Injury*, Feb 2007, Vol. 21 Issue 2, p113-132, 20p, 1 Chart; DOI: 10.1080/02699050701201540; (AN 24404679)
   Subjects: INTERVENTIONAL radiology; BRAIN -- Wounds & injuries; CLINICAL medicine; RANDOMIZED controlled trials; SOLDIERS; DRUGS -- Administration
   Database: Biomedical Reference Collection: Comprehensive
Summary

• Some free full-text on the Web
• MORE full-text in the PABC e-Library (free for you)
• When you have a citation, look in the A-Z Journals List
• If not available, then ask me
• Webinar on finding full-text articles
We have covered...

1. Overview of evidence-informed practice & what’s in the PABC eLibrary (Knowledge Centre & Library)
2. Google > Google Scholar > PEDro > PubMed
3. Setting up an Alert
4. Finding full-text articles
What would you like to do next…

- Explore library pages on members site
- Play with Primal Pictures anatomy
- Search for journal articles using… Google Scholar or PEDro or PubMed
- Sign up for an alert on Rehab+
- Find full-text articles using A-Z List
- Take the next course on lit searching
- Ask Deb for stuff 😊
QUESTIONS?

• **Self-reflection**: what action would you like to take as a result of the webinar? POLL 2

• Visit the member website

• **THANK YOU!**

Email Deb at [librarian@bcphysio.org](mailto:librarian@bcphysio.org)