How Journal Club Changed My Practice:
Tennis Elbow

Lit search case study presented by Deb Monkman
Practice update presented by Timberly George,
BScKin, BScPT, SPC Diploma Sport PT

Wednesday, November 14, 2012
What town are you Webinaring from tonight?

Please type in the chat box to everyone!
Outline

1. **Intro** – moving on from Tennis Elbow Journal Club with Alison Hoens and Dr Alex Scott

2. **PICO** – Asking a clinical question

3. Which database? What search terms? What limits?

4. How to evaluate search results

5. How to get a full-text article

6. Over to Timberly for practice update!
1. INTRO
MWM & exercise, corticosteroid injection, or wait and see for TE: Randomised Trial. Bisset et al, BMJ 2006

- **Aim:** to investigate short & long term efficacy of a PT intervention* compared with corticosteroid injections and wait & see

- **Conclusions:**
  - PT superior to wait & see in first 6 wks & to injections after 6 wks.
  - Short term benefit to injection is reversed after 6 wks with high recurrence rates and should be used with caution.

Access to databases & journals

Online tutorials, webinar recordings & course materials

Where Is All the Good Stuff? – On the Members’ Site, under Library

(Librarian & Knowledge Broker’s Stuff from me & Alison Hoens)
Just Need a Summary?

Where to find summaries: [http://www.bcphysio.org/content/links-physiotherapy-resources-library-help#S](http://www.bcphysio.org/content/links-physiotherapy-resources-library-help#S)

1. PABC’s [KB Resources, Toolkits, and Best Practices](#) – tennis elbow coming soon!!!


3. [Clinical Knowledge Summaries](#) (UK NHS) – includes medical and rehab [http://www.cks.nhs.uk/tennis_elbow](http://www.cks.nhs.uk/tennis_elbow)
1. My clinical question is…
2. PICO (population, intervention, comparison, outcome)
3. Databases to be used: Medline, CINAHL etc
4. Limits: publication type, years, age groups
5. Concepts – keywords & subject headings
2. PICO – HOW TO ASK THE QUESTION
What is PICO?

- **Population**: age group, gender, type(s) of injury, acute/chronic, hospital/surgical setting, etc.
- **Intervention**: What treatment(s)
- **Comparison**: Physio treatment, surgery, no treatment, etc.
- **Outcome**: Pain, function,

Tutorial: [http://www.youtube.com/user/BCPhysio#p/u/1/pdy5W5OzqGM](http://www.youtube.com/user/BCPhysio#p/u/1/pdy5W5OzqGM)
PICOs

1. In adults with (acute/chronic) tennis elbow, what physical therapy interventions (A/P, IMS, US, Laser, Taping/Bracing, Exercise, C/T spine manual therapy, PRP injections, SWT, Iontophoresis, exercise, mobili(z/s)ation) are effective (reduced pain, increased ROM, etc), compared to medical interventions?

2. Are there any adverse effects/contraindications of NSAIDS in adults with tennis elbow?
3. WHICH DATABASE? WHAT SEARCH TERMS?
Which database(s) would you search?

Watch [online tutorial](#) on databases available to you

**OPEN POLL #1**

1. **Medline/PubMed**
2. **CINAHL**
3. **PEDro**
4. **Rehab +**
5. **Google Scholar**
6. **EBMR**
7. **Google**

All these databases are useful, depending on your needs.

For broadest results, use Medline & CINAHL.

For highest levels of evidence only, use PEDro.
What are the concept? What are the synonyms? What are the MeSH or CINAHL Headings? This fabulous PABC tutorial explains it all!

**Tennis elbow**
- Tennis elbow – keyword
- Lateral epicondylitis or lateral epicondylosis or lateral epicondyl* or elbow tendinitis/tendonitis/tendinos*/tendinopath*(note: * picks up other ending) - keyword
- TENNIS ELBOW – subject heading in CINAHL
- TENNIS ELBOW – subject heading in Medline

**Physiotherapy interventions**
- Physiotherap* or physical therap* or rehab* - keywords [Note: rehabilitation is a subheading]
- Sometimes useful: conservat* or non operat* or non surg*
- Explode PHYSICAL THERAPY – subject heading in CINAHL; exploding includes all the specific types of PT
- Explode PHYSICAL THERAPY MODALITIES - subject heading in Medline; exploding includes all the specific types of PT
Absolute beginner? Try GOOGLE SCHOLAR
I recommend:
Search EBSCO Medline & CINAHL
Quick & Dirty Search

Select both Medline & CINAHL

You are searching in the title, subject headings & abstract

Hot Tip! ‘Select a field’ = Title. Then look at terminology used

No full-text pdf or Linksource – so email Deb for article
Lateral epicondylitis: a review of the literature.

Authors: Waseem M; Nuhmani S; Ram CS; Sachin Y

Author Address: Sports Medicine, Guru Harkrishan Hospital, Delhi, India. mdwaseempt@rediffmail.com


Publication Type: Journal Article; Review

Language: English


MeSH Terms: Tennis Elbow*/diagnosis
Tennis Elbow*/etiology
Tennis Elbow*/therapy
Elbow Joint/*physiopathology
Muscle, Skeletal/*physiopathology
Biomechanics ; Elbow Joint/pathology ; Elbow Joint/surgery ; Exercise Therapy ; Humans ; Magnetic Resonance Imaging ; Muscle, Skeletal/pathology ; Muscle, Skeletal/surgery ; Orthopedic Procedures ; Physical Therapy Modalities

Abstract: Lateral epicondylitis (Tennis Elbow) is the most frequent type of myotendinositis and can be responsible for substantial pain and loss of function of the affected limb. Muscular biomechanics characteristics and equipment
These are the main “physio terms”.

MH physical therapy+ means: search all the narrower terms (+ = ‘explode’) under the subject heading (MH) for PT.

Also consider: conservat* or nonsurg* or nonsurg* or nonoperat* or nonoperat*
Limit to publication types for highest levels of evidence:

**Medline**
- Review (narrative & systematic)
- Metaanalysis
- Guideline
- Practice guideline
- Randomized controlled trials

**CINAHL**
- Review (narrative)
- Systematic review
- Metaanalysis
- Practice guidelines
- Randomized controlled trials

Use “Advanced Search” button under the search box

Hold down Control key to select more than one
4. EVALUATING SEARCH RESULTS
Tips on Evaluating the Results
Step 1

1. Scan abstracts – what is the state of the literature? find better search terms; all case studies or lots of RCTs or reviews?

2. Read a current article intro - reviews the literature and cites studies you may want (search in ‘title,’ limit to full-text)

3. Concerned about quality of RCTs? Check PEDro’s ratings of RCTs
Tips on Evaluating the Results
Step 2

1. Does the title indicate it is relevant to your PICO?
2. Is it from a reputable source? Peer reviewed journal
3. Does the author list indicate someone who has published quite a bit in this area?
4. Check the abstract for: concerns over methods, suitable outcome measure, results not “overstated”
5. GETTING THE FULL-TEXT ARTICLE
Will you find free full-text on Google, Google Scholar or PubMed?

- 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
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? (often not)

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) – I have more access
What are the most common mistakes people make when lit searching?

1. Not doing a PICO – being too general (e.g., I need info on tennis elbow)
2. Searching only Medline – search CINAHL too
3. Using only one term - think synonyms & spellings (e.g., lateral epicondylitis) and not checking for subject headings (because the heading is actually TENNIS ELBOW!) [Remember sneaky ‘title’ search]
4. Forgetting to narrow down a search by limiting to age groups, publications types, years, etc.
5. Limiting to full-text too soon – best to find the good stuff and then get the full-text, in the A-Z List… and don’t forget to ask me!
Summary

• **PICO** – get clear on what you want to find when searching, scanning & reading articles

• **Google or Google Scholar** – JACKPOT!?? EBSCO Medline & CINAHL are best bets

• **Search terms**: think of keywords (broad, narrow, synonyms), look up subject headings, sneaky ‘search in title’ trick & see what terms are used

• **Limits**: years, pub types, age groups, fulltext

• **Evaluate & revise** search based on better terms, subject headings, as necessary

• **Full-text** – in PABC A-Z Journals List, free on web, or ask me
6. OVER TO TIMBERLY’S PRESENTATION
QUESTIONS?

Please fill out the post-webinar survey

THANK YOU!

Email Deb at librarian@bcphysio.org

All course materials & a recording of this webinar are on the members site > Library