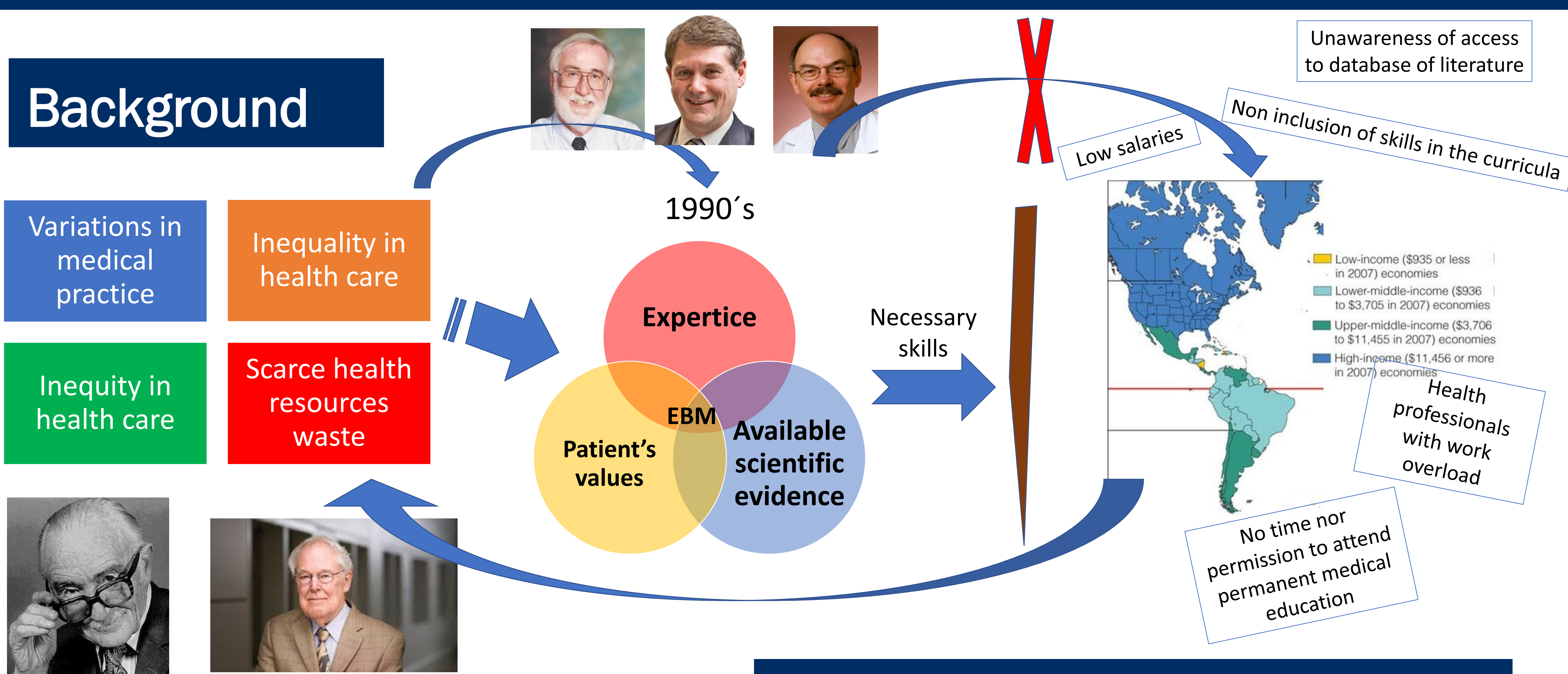


The elemental text of the written book contains : 1. an introduction explaining the reasons to change paradigm in decision making in health care, 2. the definition of evidence-based medicine; 3. Critical reading methodology explained step by step



Content

Methods

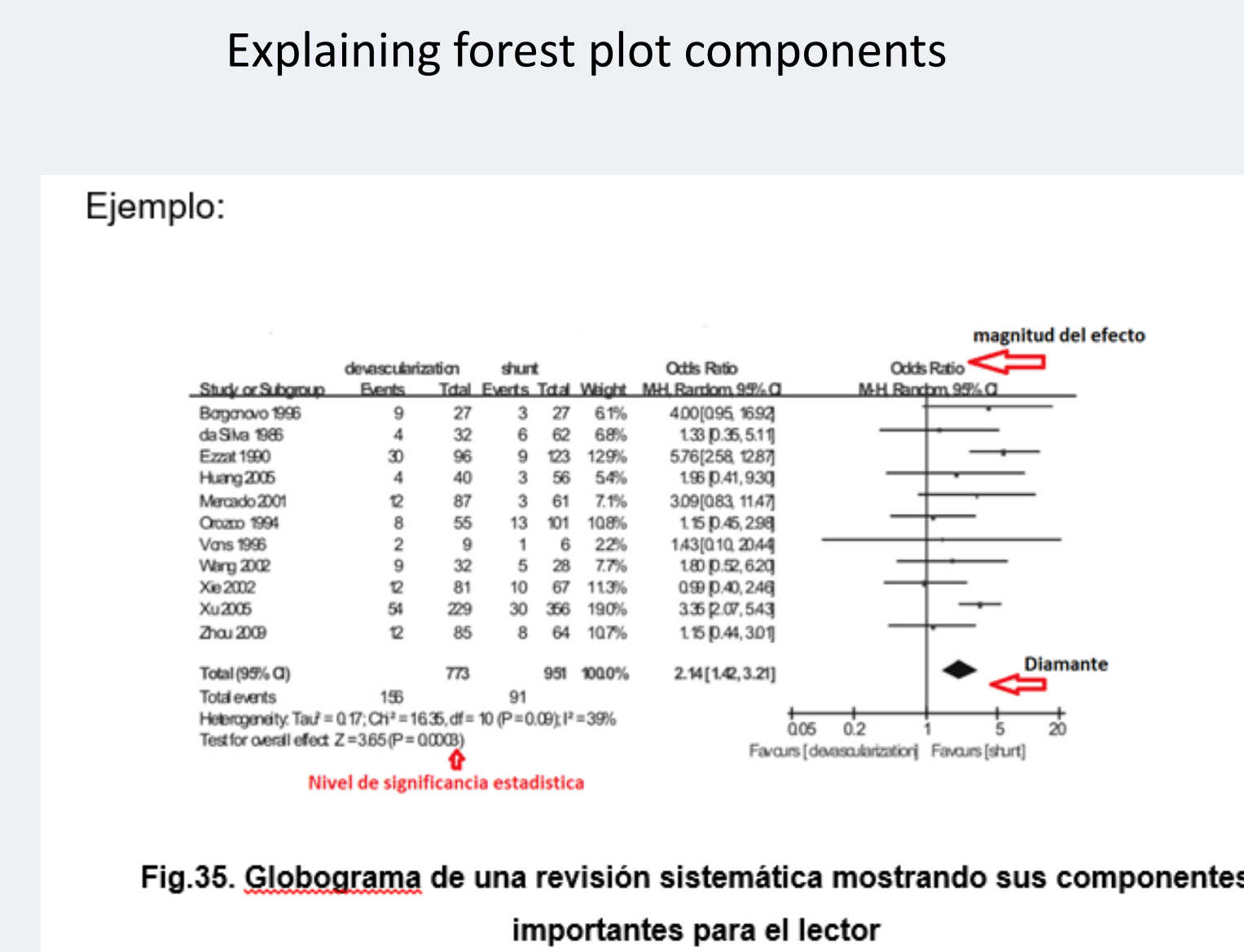
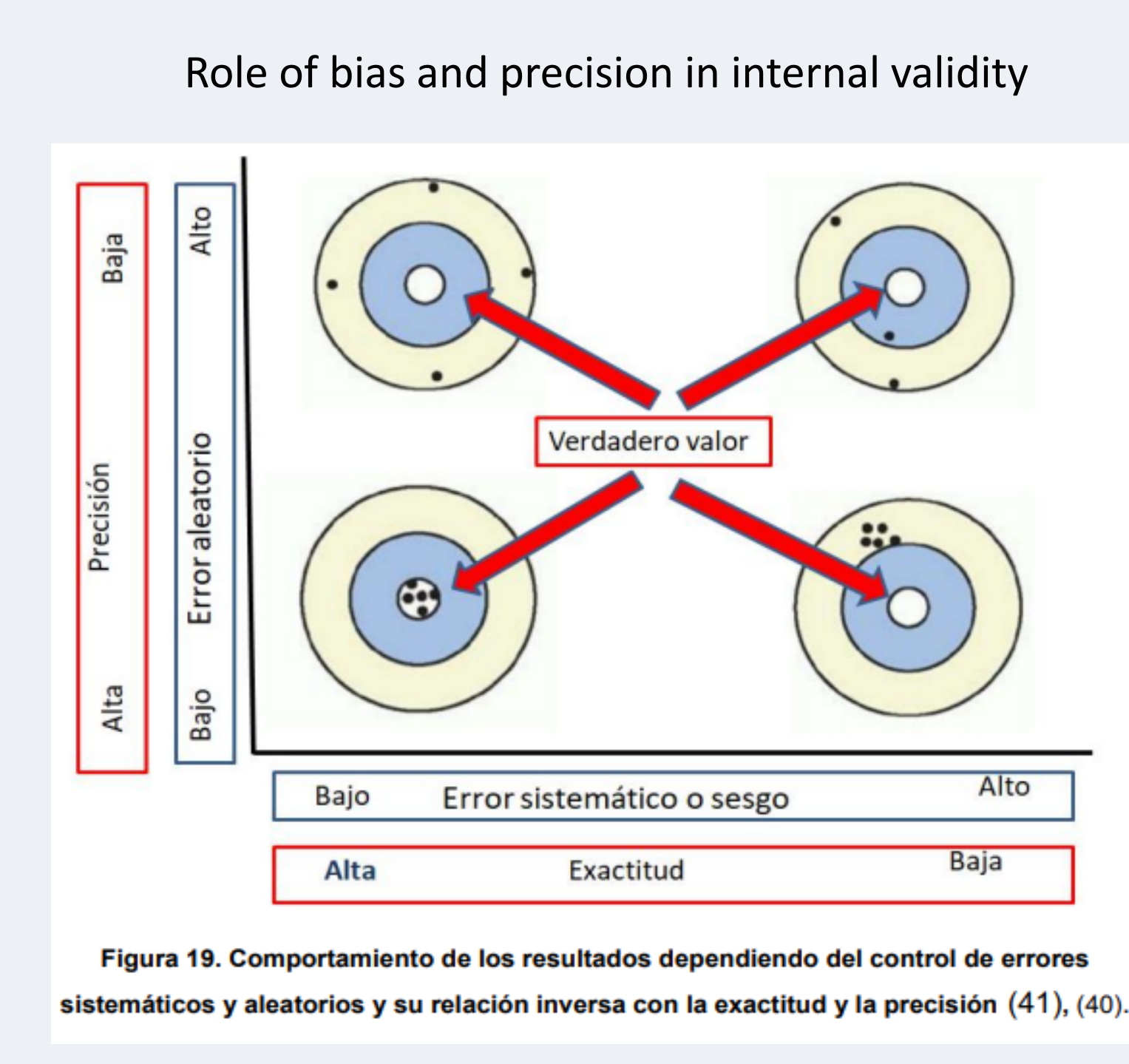
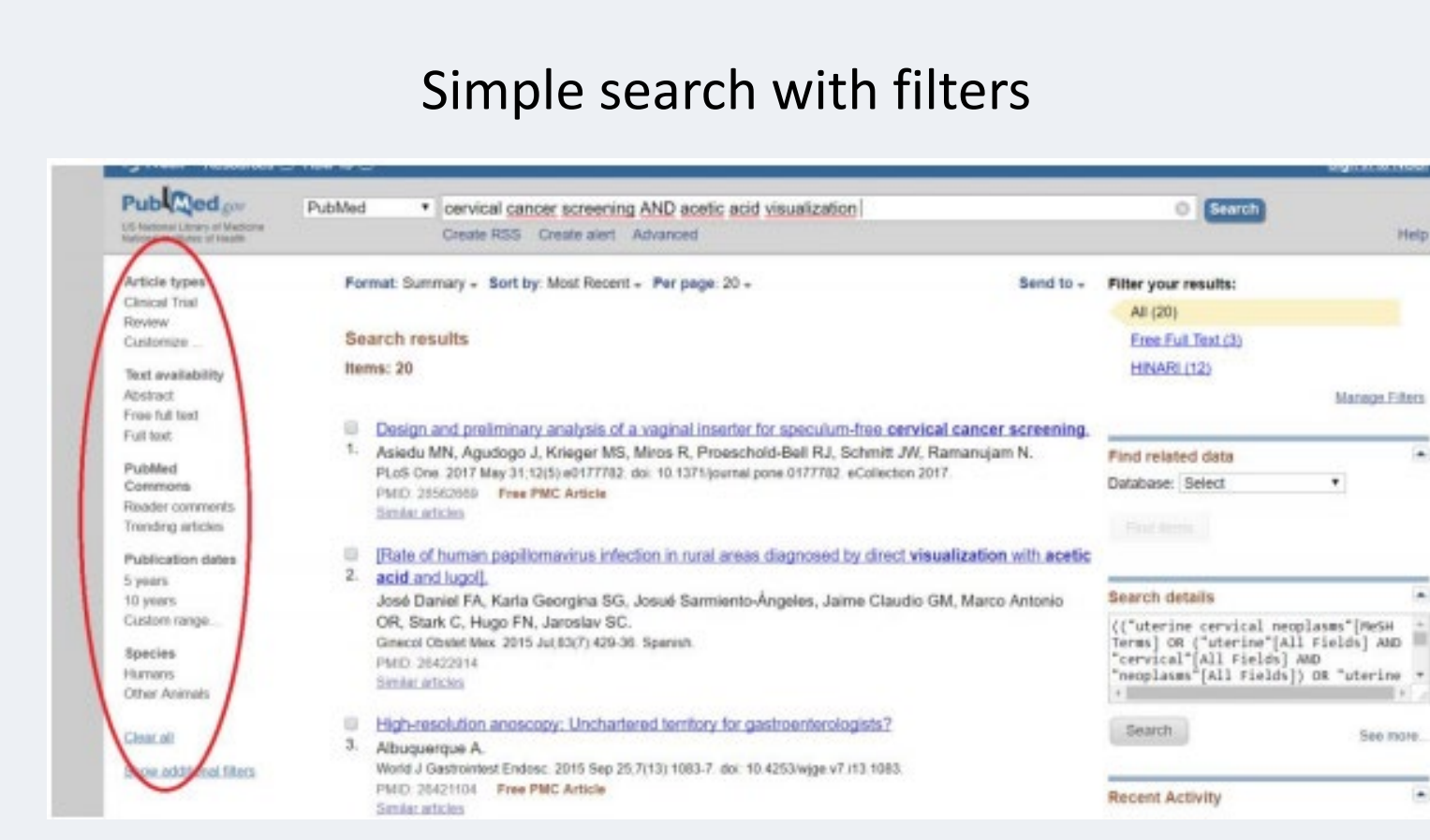
- Literature search: articles about variations in medical practice theory and causes, Archibald Cochrane's book and history, quality in health care systems, literature search methodology, risk of bias assessment, GRADE system and biostatistics.
- Summarize all theory in order, explaining the rationale for implementing evidence based decision making in health care
- Supporting every step for critical reading: the 5 As, with examples and screenshots and diagrams of flux
- Using a very elemental language to be understood by someone not even in any health care profession. But best of all, in Spanish.

- The five steps or 5 As, are described:
- Ask= how to write the answerable clinical question, its purpose and PICO structure
 - Acquire= literature search.
 - Explaining what databases of literature are, how to use the one available to LMIC countries: HINARI
 - What are search engines? PubMed, and how to use it in three ways: simple search, clinical queries and MESH advance search.
 - Other search engines such as Epistemonikos and Google Scholar
 - About Cochrane Library
 - Appraisal= risk of bias assessment and some systems/templates (Oxford, Jadad, New Castle Ottawa, CASPe, etc) and GRADE system. The traditional pyramid of evidence levels and new proposals from GRADE
 - Apply= interpretation, some elemental notions of p value, relative risks, absolute risks, NNT/NNH.
 - Act and Asses= feedback.

The PICO format with an example

Tabla 1. Ejemplo del desglose en el formato PICO de una pregunta clínica contestable

	1	2	3	4
	Paciente o problema (Contexto)	Intervención (potencial causa, factor pronóstico, tratamiento)	Comparación (si es necesario, usualmente con lo que ya se hace)	Resultados esperados
Consejos	Pregúntese: ¿Cómo describiría a la población a la cual pertenece mi problema	Pregúntese: ¿Qué intervención estoy considerando? Sea específico	Pregúntese: ¿Cuál es la principal alternativa con la que compararía mi intervención?	Pregúntese: ¿Para qué es que deseo hacer la intervención? ¿Qué resultado espero obtener?
Ejemplo	Personas adultas con hipertensión arterial primaria	Dieta baja en sodio ≤1500 mg/día	Dieta normal en sodio	Control adecuado de la presión arterial



The rationale for writing a book to teach elemental skills for critically reading biomedical literature in a low, medium income country

Rodriguez Funes, Maria Virginia, MD, FACS, MPH, Candidate to Doctorate Biomedical Research and Public Health UAB

