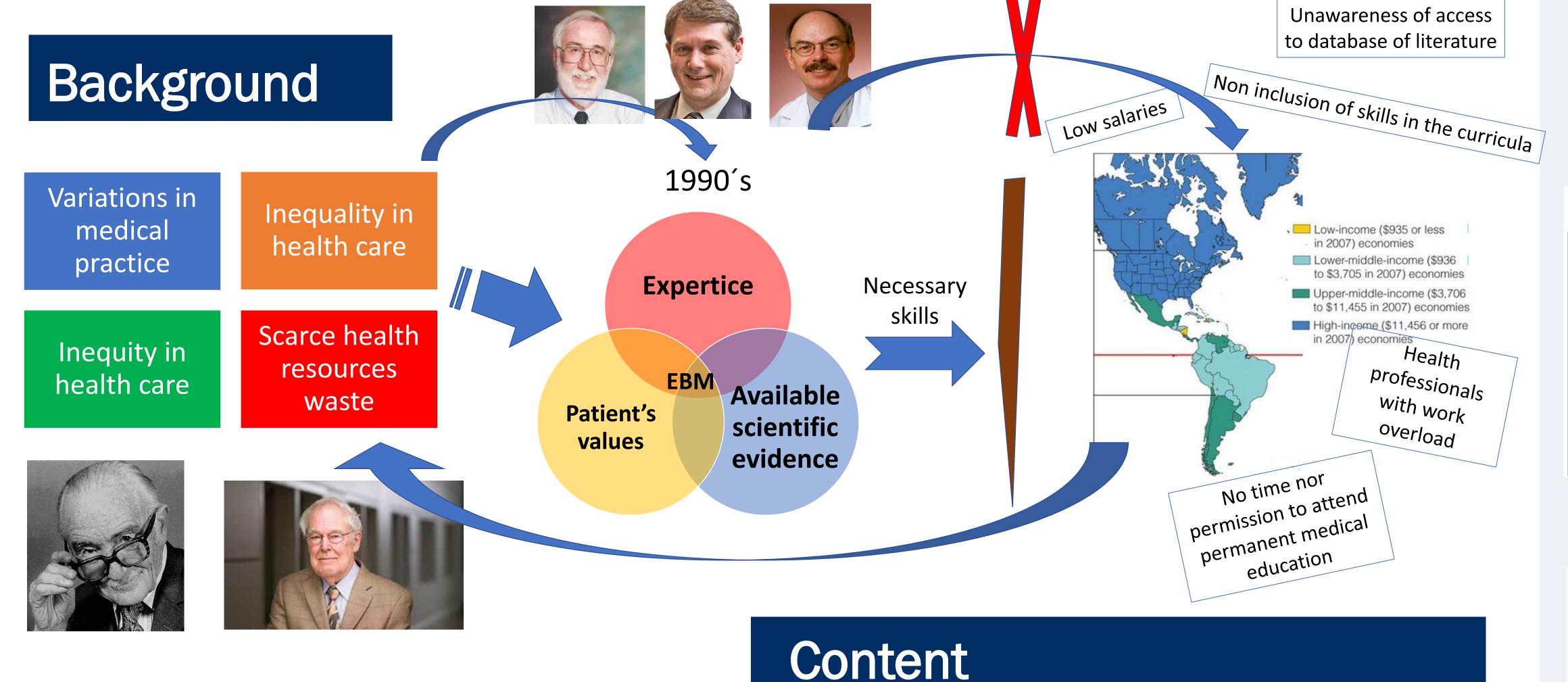
The elemental text of the written book contains : 1. an introduction explaining the reasons to change paradigm in decision making in health care, 2. the definition of evidence-based medicine; 3. Critical reading methodology explained step by step



The PICO format with an example

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

	1 Paciente o problema (Contexto)	2 Intervención (potencial causa, factor pronostico, tratamiento)	3 Comparación (si es necesario, usualmente con lo que ya se hace)	4 Resultados esperados
Consejos	Pregúntese: ¿Cómo describiría a la población a la cual pertenece mi problema	Pregúntese: ¿Qué intervención estoy considerando? Sea especifico	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

Simple search with filters

Publiced or	PubMed	C Search	Help
Article types Clinical Trial Review Customize	Format: Summary + Sort by: Most Recent + Per page: 20 + Send to + Search results	Filter your results: All (20) Free Full Text (3)	
Text availability Abstract Free full text	terms: 20 Design and proliminary analysis of a vaginal inserter for speculum-free cervical cancer screening.	HINARI (12) Managa Fi	iters
Full text PubMed Commons Reader commonts Tranding articles	 Asiedu MN, Agudogo J, Krieger MS, Miros R, Proeschold-Bell RJ, Schmitt JW, Ramanujam N. BioS Con. 2017 Mar 31 1315 add/27782. doi: 10.1375/journal.pore.0127782. eCollection.2017. 	Find related data Database: Select	
Publication dates 5 years 10 years	 [Rate of human papillomavirus infection in rural areas diagnosed by direct visualization with acetic acid and lugol], José Daniel FA, Karla Georgina SG, Josué Sarmiento-Ángeles, Jaime Claudio GM, Marco Antonio 	Search details	
Custom range Species Humans Other Animats	OR, Stark C, Hugo FN, Jaroslav SC. Genecol Oestet Mex. 2015 Jul (0)(7) 429-36. Spanish. PMID: 28422914 Similar articles	<pre>(("uterine cervical neoplasms"[MeSH Terms] OR ("uterine"[All Fields] AND "cervical"[All Fields] AND "neoplasms"[All Fields]) OR "uterine .</pre>	0
Clear all	 High-resolution anoscopy: Unchartered territory for gastroenterologists? Albuquerque A. World J Gastrointest Endesc. 2015 Sep 25.7(13) 1083-7. doi: 10.4253/wjge v7.113.1083. 	Search See m	ore.
~	PMID: 26421104 Free PMC Article Similar articles	Recent Activity	

Methods

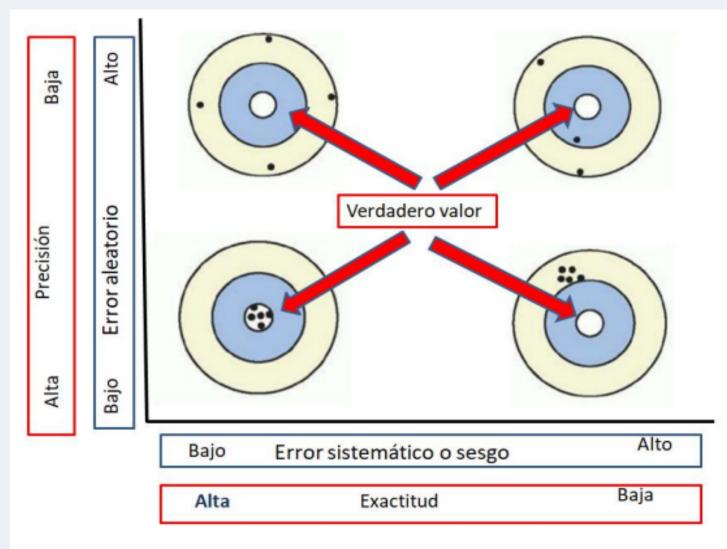
The five steps or 5 As, are described: 1. Ask= how to write the answerable clinical question, its purpose and PICO structure

- 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.
- 2. Summarize all theory in order, explaining the rationale for implementing evidence based decision making in health care
- 3. Supporting every step for critical reading: the 5 As, with examples and screenshots and diagrams of flux
- Using a very elemental language to 4. understood by someone not be

- 2. Acquire= literature search.
- a. Explaining what databases of literature are, how to use the one available to LMIC countries: HINARI
- b. What are search engines? PubMed, and how to use it in three ways: simple search, clinical queries and MESH advance search.
- c. Other search engines such as Epistemonikos and Google Scholar
- d. About Cochrane Library
- 3. 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

4. Apply= interpretation, some elemental notions of p value, relative risks, absolute risks, NNT/NNH.

Role of bias and precision in internal validity



a 19. Comportamiento de los resultados dependiendo del control de errores sistemáticos y aleatorios y su relación inversa con la exactitud y la precisión (41), (40).

Explaining forest plot components

Ejemplo:

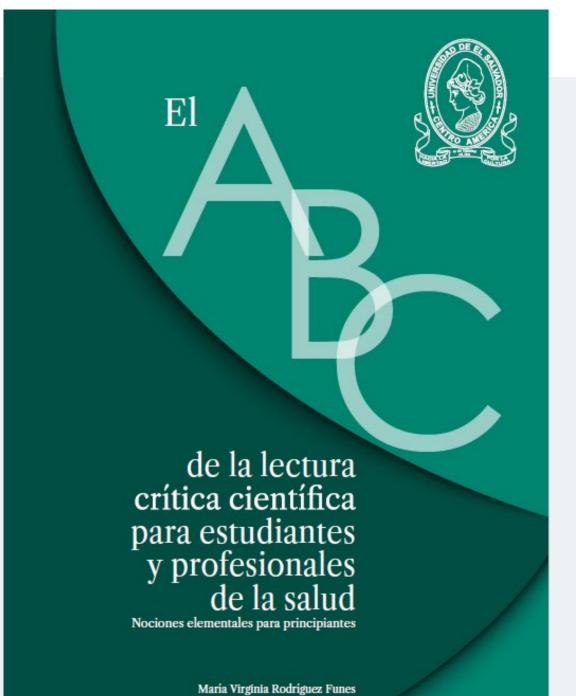
							man huddal af
							magnitud del ef
	devasculariz	ration	shun	t i		Ottls Ratio	Odds Ratio
Study or Subgroup	Events	Tdal	Events	Total	Weight	MH, Rardom, 95% Cl	M-H Random, 95% Cl
Baganavo 1996	9	27	3	27	6.1%	4.00[0.95, 16.92]	· · · · · ·
da Silva 1986	4	32	6	62	68%	1.33 [0.35, 5.11]	
Ezzat 1990	30	96	9	123	129%	5.76[258, 1287]	
Huang 2005	4	40	3	56	54%	1.96 (D.41, 9.30)	
Mercado 2001	12	87	3	61	7.1%	3.09[0.83, 11.47]	+
Orozco 1994	8	55	13	101	10.8%	1.15 (0.45, 2.98)	_
Vans 1996	2	9	1	6	22%	1,43[0,10, 20,44]	
Wang 2002	9	32	5	28	7.7%	1.80 [0.52, 620]	
Xie 2002	12	81	10	67	11.3%	0.99 (0.40, 2.46)	_
Xu2005	54	229	30	356	190%	335 [2.07, 5.43]	
Zhau 2009	12	85	8	64	10.7%	1.15 (0.44, 301)	_ _
							Diamante

even in any health care profession. But best of all, in Spanish.

5. Act and Asses= feedback.



Fig.35. Globograma de una revisión sistemática mostrando sus componentes importantes para el lector



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

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Hacia la Libertad por la Cultura.