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## 大綱

資料庫背景介紹



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## 為什麼需要 The Cochrane Library?

持續知識需求

「你們現在在醫學院所學到的,其中有一半在十年內將會被證實是錯誤的;糟糕的是,連你的老師也不知道哪些是錯誤的。」

~Dr. Sydney Burwell (1956 Dean, Harvard Medical School)

時間有限

- >2百萬篇文章發表於2萬種生物醫學期刊/年
- →台北101大樓(500公尺)
- >21篇/天→掌握核心發展最新狀況

專業審閱 專業推薦 醫學界重要的出版品一致推崇Cochrane Review是目前最具參考價值的系統評論(Gold Standard)



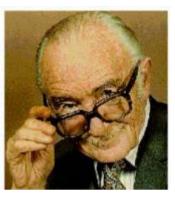








## 資料庫背景



- 使用已被證明有效果的醫療措施
  - →避免醫療資源浪費
- 呼籲健康照護的成效應有實證研究支持
  - →RCT研究 Randomized Controlled Trial

Professor Archibald Leman Cochrane, CBE FRCP FFCM, (1909-1988)

英國內科醫師及流行病學專家

1972

1992

**EBM Gordon** 

Cochrane
Collaboration
@England

Cochrane Taiwan 成立 @TMU

2009 2015

更名為 The Cochrane

THE ROCK CARLING FELLOWSHIP

1971

## EFFECTIVENESS AND EFFICIENCY

RANDOM REFLECTIONS ON HEALTH SERVICES

A. L. Cochrane

CBE, FRCP

Director

MRC Epidemiology Unit

Cardiff





## 事<u>完</u>医分段 見出。 写

evidence-based medicine

謹慎地、明確地、小心地採用

## 目前最佳的證據

作為照顧病人臨床決策的參考

Archie Cochrane 1972



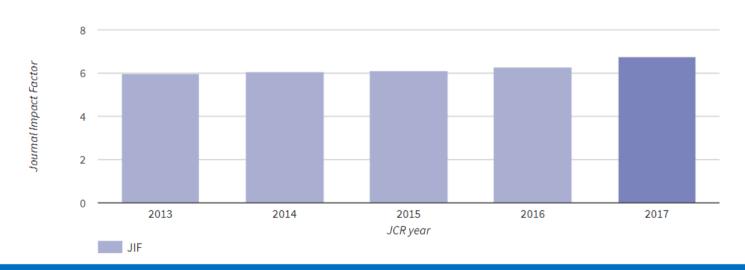
## 研究成果收錄成CDSR(Cochrane Database of Systematic Review) 一段時間會重新進行資料收集及評讀

Journal Impact Factor Trend

6.754 **SCT**排:

2017 Journal Impact Factor

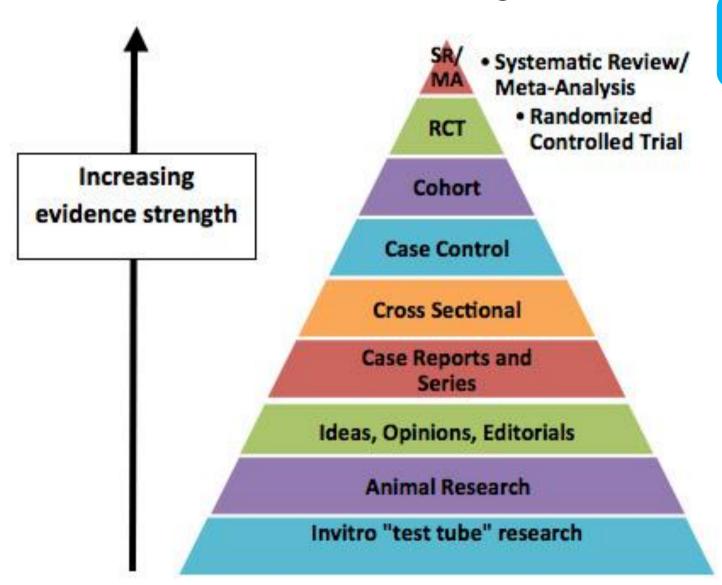
SCI排名 2017 Medicine, General & Internal JIF= 6.754



針對特定**臨床醫療照護問題的介入**方式評斷其療效協助醫療專業人士進行診療判斷與決策



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Alexandros Sotiriadis, George Makrydimas, Stefania Papatheodorou, John PA Ioannidis, Emma McGoldrick 3 August 2018

#### Correctors (specific therapies for class II CFTR mutations) for cystic fibrosis

Kevin W Southern, Sanjay Patel, Ian P Sinha, Sarah J Nevitt

2 August 2018

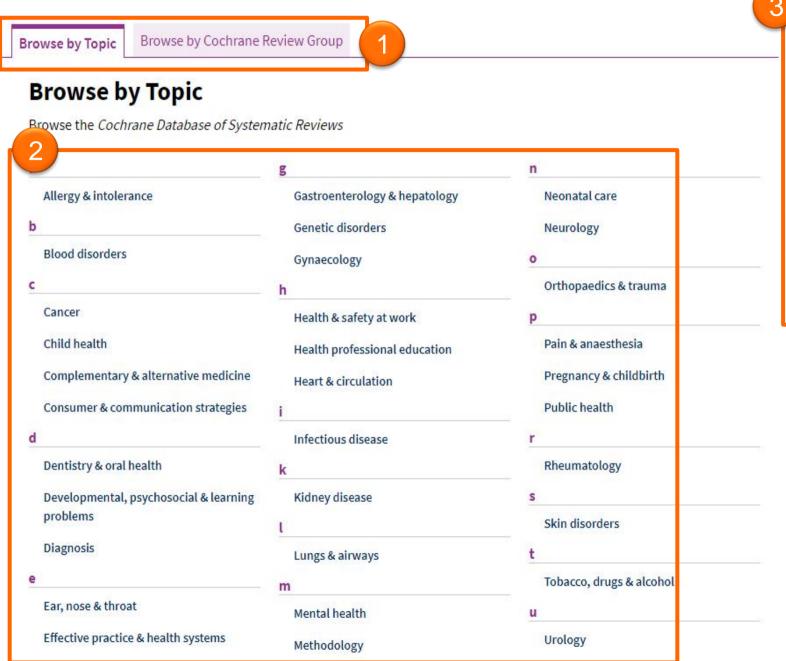
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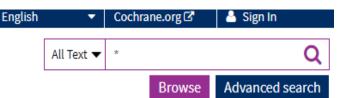


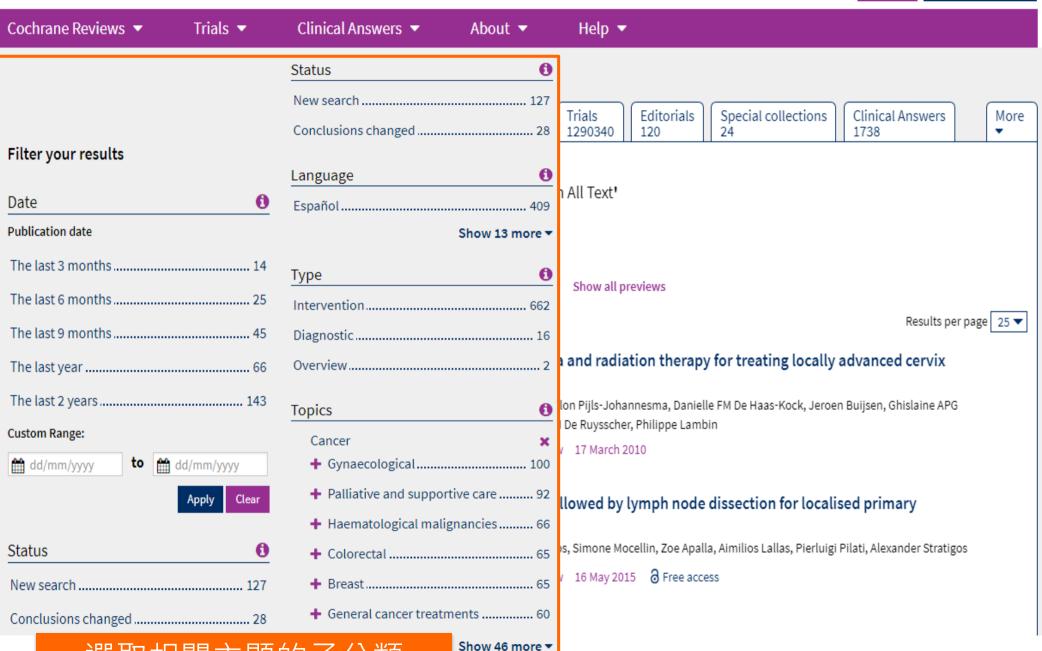
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**Cochrane Database of Systematic Reviews** 

## Combined use of hyperthermia and radiation therapy for treating locally advanced cervix carcinoma

Cochrane Systematic Review - Intervention | Version published: 17 March 2010 | see what's new



View article information

Ludy Lutgens | Jacoba van der Zee | Madelon Pijls-Johannesma | Danielle FM De Haas-Kock | Jeroen Buijsen | Ghislaine APG van Mastrigt | Guido Lammering | Dirk K M De Ruysscher | Philippe Lambin View authors' declarations of interest

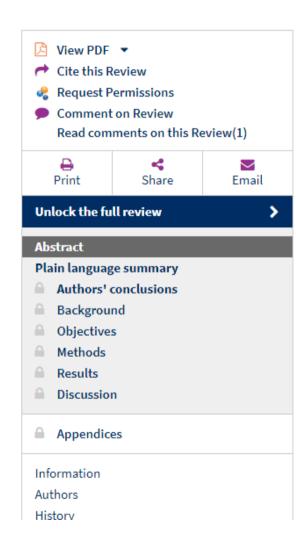
Abstract available in English | Français | 日本語

#### Background

Hyperthermia is a type of cancer treatment in which body tissue is exposed to high temperatures to damage and kill cancer cells. It was introduced into clinical oncology practice several decades ago. Positive clinical results, mostly obtained in single institutions, resulted in clinical implementation albeit in a limited number of cancer centres worldwide. Because large scale randomised clinical trials (RCTs) are lacking, firm conclusions cannot be drawn regarding its definitive role as an adjunct to radiotherapy in the treatment of locally advanced cervix carcinoma (LACC).

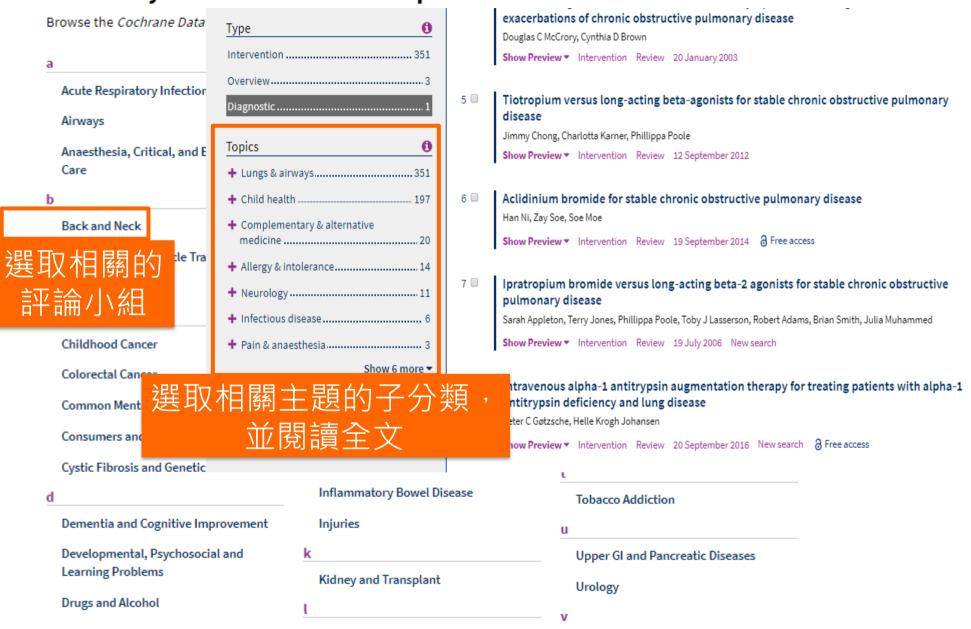
#### Objectives

閱讀全文





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5As

**Standard EBM Steps in EBM process** 

Ask

Formulate an answerable question PICO

Acquire

Track down the best evidence

Appraisal

Critically appraise the evidence

Apply

Integrate with clinical expertise and patient values

Audit

Critically appraise the evidence





Patient or Problem

病人或問題



Intervention or Indicator

介入或指標 某種治療、檢查 、危險因子等



Comparator or Comparison

**比較** 該治療和什麼相比



Outcome

### 結果

想達成或避免什 麼結果





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## Search



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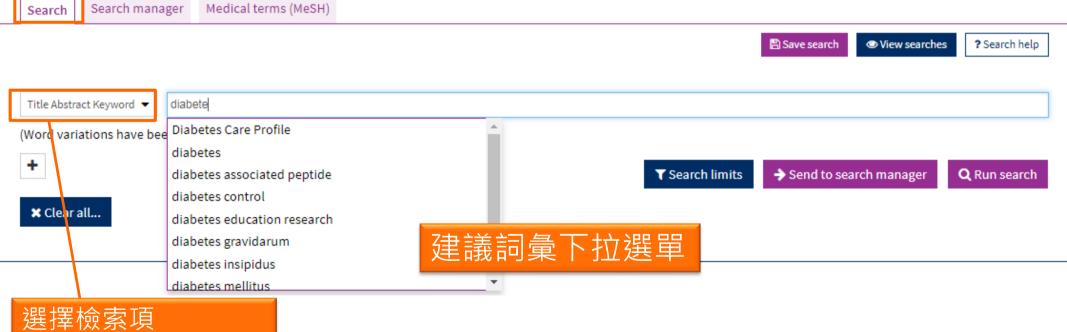
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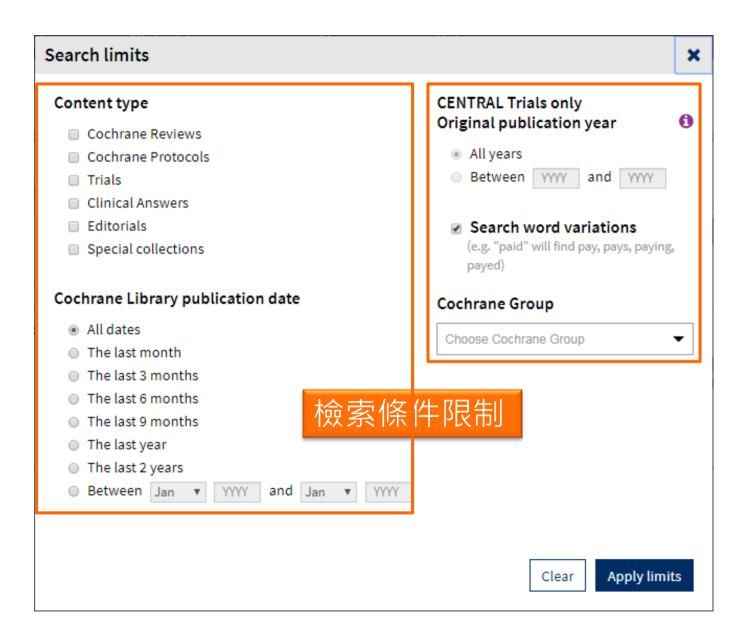
Please note that the Advanced Search is optimised for English search terms. Certain features, such as search operators and MeSH terms, are only available in English.



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## **Search Limits**





多數住院患者在住院期間內,會接受透過靜脈 導管注射輸液或藥物治療,通常例行每3至4天 更換一次,以預防對靜脈的刺激或血液感染, 但此例行程序可能造成患者的不適日相當昂貴 ,亦為醫療照護人員工作負擔與壓力的來源, 因此醫院希望重新評估依臨床狀況移除周邊靜 脈導管與常規移除並重新置入靜脈導管之局部 感染和導管阳塞比率是否有顯著差異。



多數住院患者在住院期間內,會接受透過靜脈導管注射輸液或藥物治療,通常例行每3至4天更換一次,以預防對靜脈的刺激或血液感染,但此例行程序可能造成患者的不適及醫材消耗,亦為醫療照護人員工作負擔與壓力的來源,因此醫院希望重新評估依臨床狀況移除周邊靜脈導管與常規移除並重新置入靜脈導管之局部感染和導管阻塞比率是否有顯著差異。



Participants Problems

住院病人

Interventions

依臨床狀況更換周邊靜脈導管

Comparisons

常規更換周邊靜脈導管(原來照護方式)

**Outcomes** 

局部感染和導管阻塞比率



Participants Problems

住院病人

**In-patient** 

**Interventions** 

依臨床狀況更換周邊靜脈導管

Clinically-indicated replacement of peripheral venous catheters, Clinically-indicated IV replacement

**Comparisons** 

常規更換周邊靜脈導管(原來照護方式)

Routine replacement of peripheral intravenous catheters, routine IV replacement, routine removal of peripheral IV catheters

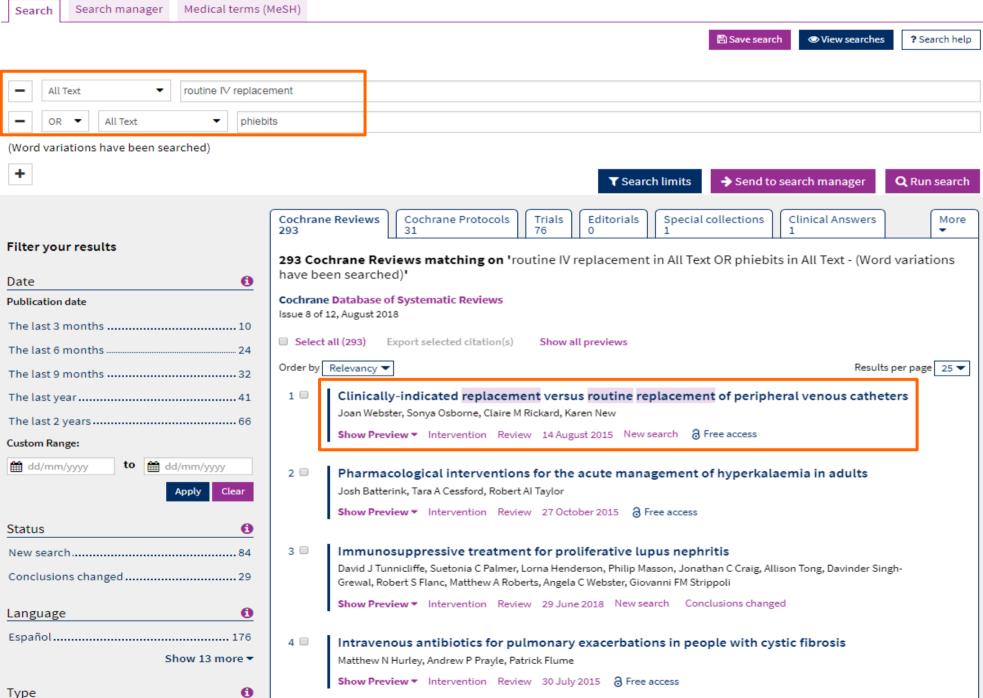
**Outcomes** 

局部感染和導管阻塞比率

Difference in peripheral catheter-related complications / phlebitis rates

Intervention ...... 275

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Blood biomarkers for the non-invasive diagnosis of endometriosis



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**Cochrane Database of Systematic Reviews** 

## Clinically-indicated replacement versus routine replacement of peripheral venous catheters

Cochrane Systematic Review - Intervention | Version published: 14 August 2015 | see what's new

New search



View article information

Joan Webster | Sonya Osborne | Claire M Rickard | Karen New View authors' declarations of interest

Abstract available in English | Français | Português | 繁體中文

### Background

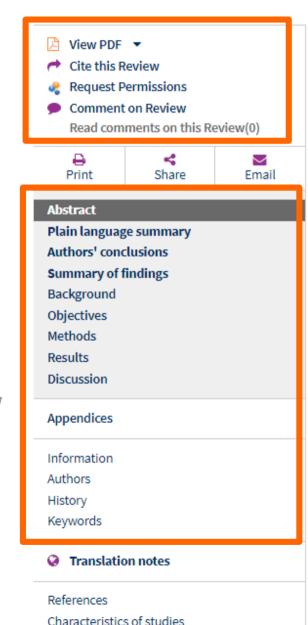
US Centers for Disease Control guidelines recommend replacement of peripheral intravenous (IV) catheters no more frequently than every 72 to 96 hours. Routine replacement is thought to reduce the risk of phlebitis and bloodstream infection. Catheter insertion is an unpleasant experience for patients and replacement may be unnecessary if the catheter remains functional and there are no signs of inflammation. Costs associated with routine replacement may be considerable. This is an update of a review first published in 2010.

#### Objectives

To assess the effects of removing peripheral IV catheters when clinically indicated compared with removing and re-siting the catheter routinely.

#### Search methods

For this update the Cochrane Vascular Trials Search Co-ordinator searched the Cochrane Vascular Specialised Register (March 2015) and CENTRAL (2015, Issue 3). We also searched clinical trials registries (April 2015).



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**Cochrane Database of Systematic Reviews** 

### 依臨床狀況更換與常規更換周邊靜脈導管之比較

Cochrane Systematic Review - Intervention | Version published: 14 August 2015 | see what's new

New search



View article information

■ Joan Webster | Sonya Osborne | Claire M Rickard | Karen New View authors' declarations of interest

View authors' declarations of interest

摘要 *available in* English | Français | Português | 繁體中文

### 背景

美國疾病管制局指引建議,不要過於頻繁地更換周邊靜脈導管,每72至96小時更換一次即可。常規更換被視為能降低靜脈炎及血流感染的風險。置入導管對患者來說是一個痛苦的過程,如果導管仍可使用且沒有發炎的跡象,更換導管可能是不必要的,且與常規更換相關的醫療費用可能很大。此為一篇發表於2010年的文獻之更新版。

### 目的

評估依臨床狀況移除周邊靜脈導管相較於常規移除並重新置入靜脈導管之效應。

### 搜尋策略

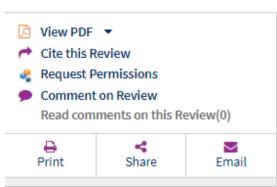
本更新由Cochrane Vascular試驗調查人員搜尋Cochrane Vascular Specialised Register (2015年3月)及CENTRAL (2015年, Issue 3) 等資料庫。我們也搜尋了臨床試驗記錄資料(2015年4月)。

### 選擇標準

比較常規移除周邊靜脈導管與只在接受持續或間斷輸液的住院及社區患者之臨床狀況需要時才移除導管的隨機對照試驗。

### 資料收集與分析

兩位作者獨立地評估試驗品質及摘錄資料。



Abstract	ZH-TW
Plain language summary	ZH-TW
Authors' conclusions	
Summary of findings	
Background	
Objectives	
Methods	
Results	
Discussion	



Information Authors

History Keywords

Translation notes

References

Characteristics of studies

Data and analyses

Figures and tables



### 主要結果

本文獻收錄7個包括共4,895位患者的試驗。大多數結果的證據品質為高等級,但與導管相關的血流感染(CRBSI)降為中等級,因為其信賴區間寬,會造成效應評估的不確定性。有5個試驗(4,806位患者)評估與導管相關的血流感染(CRBSI)。CRBSI率在兩個群組之間沒有顯著的差異(依臨床狀況更換組為1/2365;常規更換組為2/2441)。風險率比(RR)為0.61(95% CI 0.08至4.68; P = 0.64)。無論是依臨床狀況更換或常規更換導管,在靜脈炎發生率上皆無差異(依臨床狀況更換為186/2365;每3天常規更換為166/2441;RR 1.14,95% CI 0.93至1.39)。不論經由導管的輸液是持續或間斷的,本結論皆不受影響。我們也分析了裝置的留置天數,同樣在兩個組別中皆沒有觀察到差異(RR 1.03,95% CI 0.84至1.27; P = 0.75)。有1個試驗對全因血流感染做了評估,而其結果在兩個組別中皆無差異(依臨床狀況更換為4/1593 (0.02%);常規更換為9/1690 (0.05%); P = 0.21)。依臨床狀況更換組的導管費用約少了澳幣7.00元(平均差(MD) -6.96,95% CI -9.05至-4.86; P ≤ 0.00001)。

### 作者結論

本文獻沒有發現支持每72至96小時更換導管的證據。因此,健康照護機構應考慮將政策改為只在臨床狀況需要下才更換導管。此舉能省下可觀的醫療費用,且能免除患者在缺乏臨床狀況評估下就進行常規更換而產生的非必要疼痛。為減少與周邊靜脈導管相關的併發症,每一次交接班時皆應檢視置入的位置,並且在出現感染、浸潤或阻塞的跡象時將導管移除。

### 譯註

翻譯者:臺北醫學大學考科藍臺灣研究中心(Cochrane Taiwan)

本翻譯計畫由臺北醫學大學考科藍臺灣研究中心(Cochrane Taiwan)、台灣實證醫學學會及東亞考科藍聯盟(EACA)統籌執行

聯絡E-mail: cochranetaiwan@tmu.edu.tw



## 情境

四十五歲男性,事業有成,父親過去因急性心肌梗塞猝 死,因此一直注重養生不抽菸。定期接受健康檢查:沒有 高血壓、糖尿病或高血脂。最近哥哥突然又發生急性心 肌梗塞接受緊急心導管治療救回來。這些親人狀況令他 非常焦慮,在安排例行健康檢查時,問了一連串的問題: 有沒有什麼檢查可以讓他及早預防類似狀況?聽說深海 魚油可以預防心血管疾病,真的嗎?聽說降血脂藥也可以 預防心血管疾病,但又聽說吃降血脂藥會增加糖尿病的 風險及造成腎臟病,真的嗎?那平常多吃些通血管的藥有 沒有幫忙????

取自北榮實證醫學中心何主任案例



## 情境分析

四十五歲男性,事業有成,父親過去因急性心肌梗塞猝 死,因此一直注重養生**不抽菸**。定期接受健康檢查:沒有 高血壓、糖尿病或高血脂。最近哥哥突然又發生急性心 肌梗塞接受緊急心導管治療救回來。這些親人狀況令他 非常**焦慮**,在安排例行健康檢查時,問了一連串的問題: 有沒有什麼檢查可以讓他及早預防類似狀況?聽說深海 **魚油**可以預防心血管疾病,真的嗎?聽說**降血脂藥**也可以 預防心血管疾病,但又聽說吃降血脂藥會增加糖尿病的 風險及造成**腎臟病**,真的嗎?那平常多吃些**通血管的藥**有 沒有幫忙????

取自北榮實證醫學中心何主任案例



## 情境分析、形成問題

### 形成問題:

- •四十五歲男性,急性心肌梗塞家族史(+),不抽菸、沒有 高血壓、糖尿病或高血脂、糖尿病或高血脂。焦慮(A型個性) [高/中/低心血管疾病風險族群?]。
- •[什麼]檢查可以及早預防類似狀況?篩檢或確診?
- 深海魚油可預防心血管疾病?fish oil或特別成分
- <u>降血脂藥</u>可預防心血管疾病,但會增加糖尿病及造成腎臟病? stain, niacin or fibrate; Therapy vs harm
- •通血管的藥有沒有幫忙? aspirin, 銀杏(Ginkgo), plavix

取自北榮實證醫學中心何主任案例

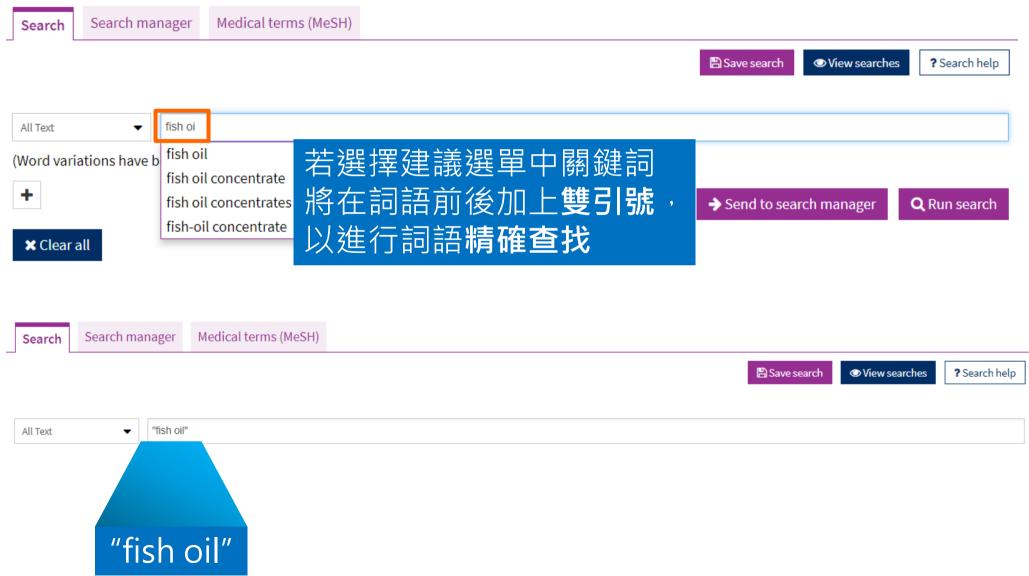


## P.I.C.O.

P	45歲男性,急性心肌梗塞家族史(+),A型個性[中度心血管疾病風險族群]					
Type of Q	Diagnostic	Therapy	Interventions			
I	MDCT	深海魚油	Statin	Aspirin		
С	ETT	-/ healthy life style	-/ healthy life style	-/ healthy life style		
Ο	Survey for CAD (high sensitivity)	Decrease risk of CVD	Decrease risk of CVD	Decrease risk of CVD		



## 鍵入關鍵字檢索





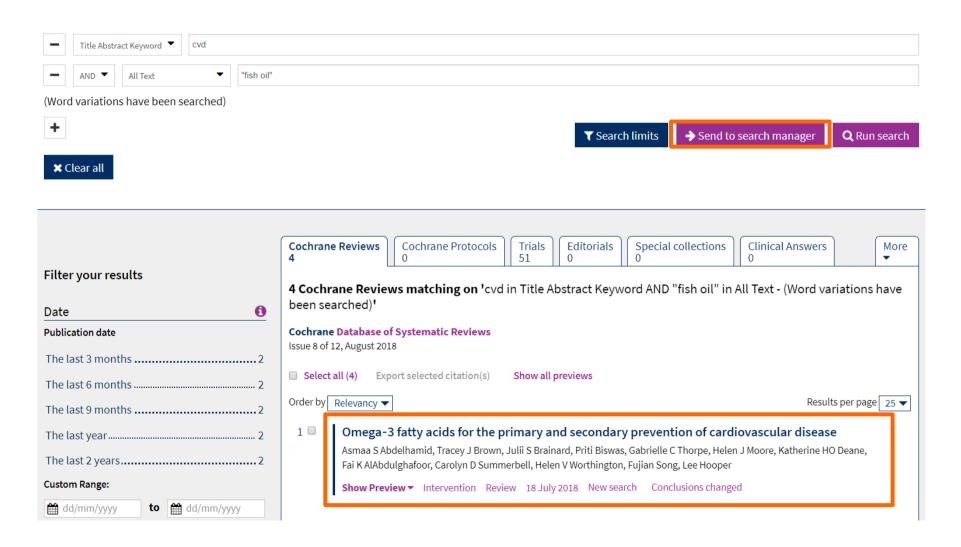
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-	AND ▼ Title Abstract Keyword ▼	Enter Search String
		Error: this line cannot be blank

空白的檢索欄位亦被納入檢索 故會查無檢索結果, 應**刪除空白欄位後再進行查找** 

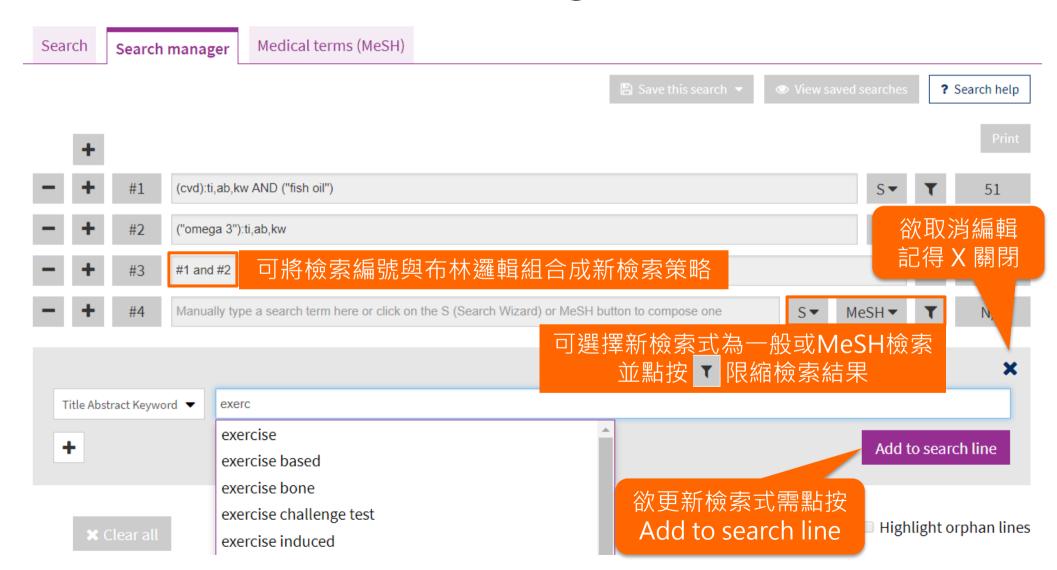


# 儲存至Search Manager





# Search Manager 內檢索





# Omega-3 fatty acids for the primary and secondary prevention of cardiovascular disease

Cochrane Systematic Review - Intervention | Version published: 18 July 2018 see what's new

New search Conclusions changed



View article information

Asmaa S Abdelhamid | Tracey J Brown | Julii S Brainard | Priti Biswas | Gabrielle C Thorpe | Helen J Moore | Katherine HO Deane | Fai K AlAbdulghafoor | Carolyn D Summerbell | Helen V Worthington | Fujian Song | ► Lee Hooper

View authors' declarations of interest

### 切換摘要語言別

Abstract available in English | Español

### Background

Researchers have suggested that omega-3 polyunsaturated fatty acids from oily fish (long-chain omega-3 (LCn3), including eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)), as well as from plants (alpha-linolenic acid (ALA)) benefit cardiovascular health. Guidelines recommend increasing omega-3-rich foods, and sometimes supplementation, but recent trials have not confirmed this.

### 下載PDF全文及引用



關於本站

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推廣活動

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會證醫學問卷調查

CDSR翻譯

### 翻譯志工招募

#### 「讓全世界看到你!!!」考科藍摘要中文翻譯志工招募計畫

一、計畫簡介: CDSR (Cochrane Database of Systematic Reviews) 為考科藍圖書館 (the Cochrane Library) 的子資料庫之一,收錄大量系統性文獻回顧相關的研究論文及摘要,2014年Cochrane review之科學引文索引 (Science Citation Index, SCI) 的影響係數 (Impact Factor) 為6.035。考科藍臺灣研究中心(由臺北醫學大學實證醫學研究中心升格,以下簡稱本中心) 持續進行CDSR繁體中文的翻譯工作,並發布至考科藍圖書館資料庫,供全球華語健康照護者查詢及閱讀,以促進實證醫學知識之傳遞及交流。為增加考科藍圖書館中繁體中文資料的數量及品質,及拓展臺灣能見度,本中心持續招募「考科藍摘要中文翻譯志工」,除了讓國際看見臺灣在實證醫學領域的用心與努力外,也將在翻譯文稿末尾留下譯者大名以表彰譯者之貢獻,讓全世界看到你!

二、翻譯流程:加入翻譯志工後,我們會依據志工的專業領域挑選1~2篇英文摘要製成翻譯檔案,連同「翻譯原則」一起Email給志工。志工完成中文翻譯後,在文末註明服務單位及大名,於1個月內回覆本中心,由本中心審稿後將翻譯稿件上傳至Cochrane Library網頁,再進行下一次的翻譯。

三、計畫聯絡方式:Email: cochranetaiwan@tmu.edu.tw;電話:02-27361661#7212

#### 「考科藍摘要中文翻譯志工」報名表

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#### ▲ 衛生福利部焦點新聞

)疾管署防疫醫師赴中南美洲瞭解茲卡病毒疫情防治資訊,並對僑胞進行衛教宣導 2016/04/06

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# MeSH search

※請善用此檢索方式



## 檢索問題

## 用詞不一致

 同樣指癌症,有人使用「cancer」,有人使用「 tumor」,需把相同概念的各式同義詞及狹義詞 完整蒐集,查找文獻才不會遺漏。

## 需過濾不相關文獻

輸入的關鍵字可能只與文章某處有關聯,但並非 文章重點,需花大量時間過濾「出現這個字但實際上並不相關」的文章。



## MeSH Search

醫學主題詞表 (Medical Subject Headings;簡稱MeSH)

- 美國國家醫學圖書館 (National Library of Medicine ) 出版
- 分析生物醫學方面之期刊文獻等資源的主題內容之 控制語彙表
  - NLM出版之MEDLINE/PubMed資料庫主題檢索的索引典。





## 使用MeSH的好處

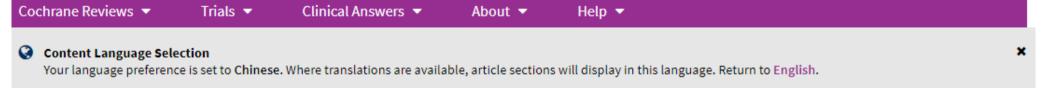
- 可以協助找出精確符合主題的資料
  - 無須煩惱因縮寫、別名而遺漏相關文獻
  - 使用同義詞也可準確查詢出相關文獻資料
- 使用MeSH Tree
  - 可以依需求擴展或縮小查詢範圍
  - 了解各醫學標題的橫向與縱向關聯
  - MeSH Tree可顯示標題間分類的層級關係。最上層顯示者,表示該標題詞所代表的主題意涵較廣(generic),而愈下層顯示者,則表示所代表的主題意涵愈為特異(specific)。





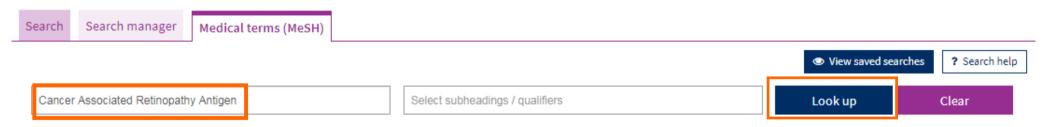
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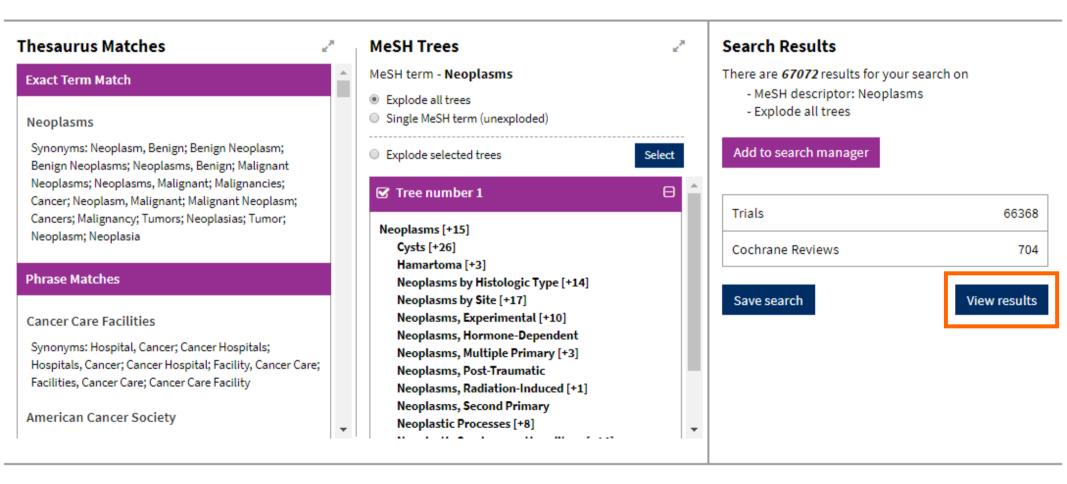




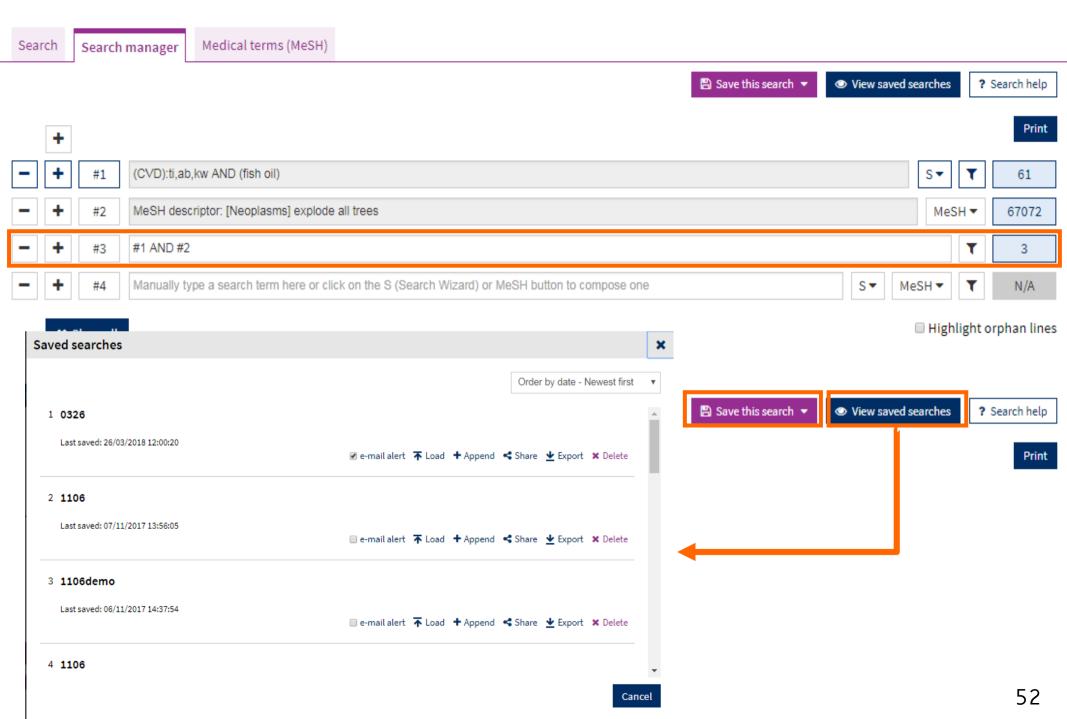
		<ul><li>View saved se</li></ul>	? Search help
Neoplasms	Select subheadings / qualifiers	Look up	Clear

#### Definition

Neoplasms - New abnormal growth of tissue. Malignant neoplasms show a greater degree of anaplasia and have the properties of invasion and metastasis, compared to benign neoplasms.



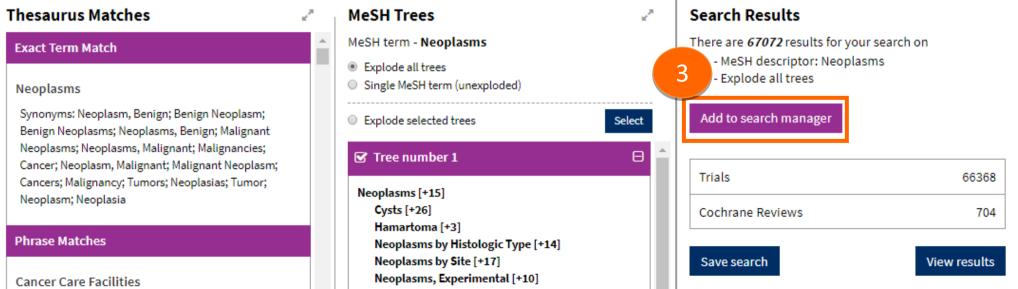


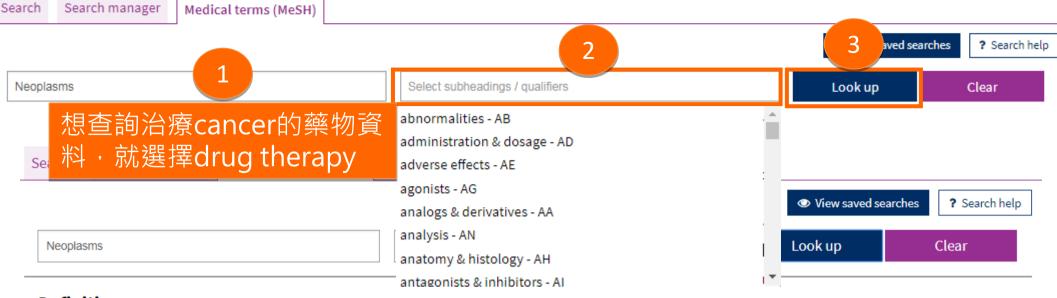






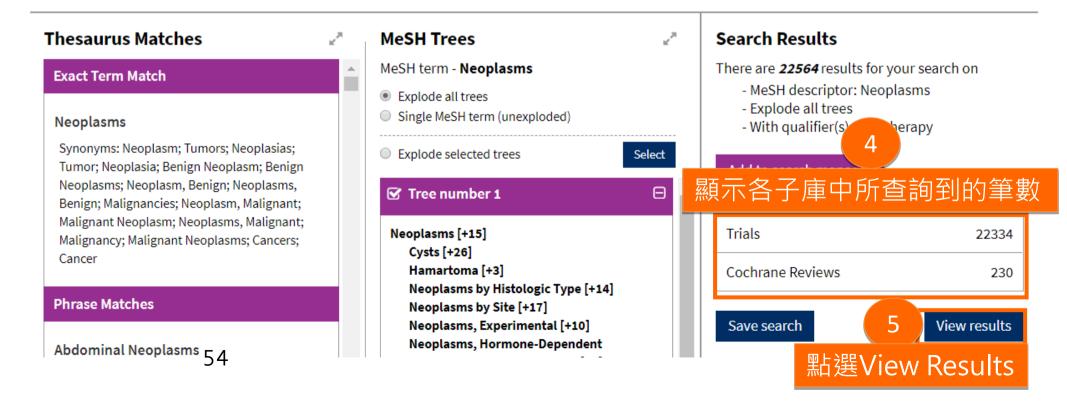
Neoplasms - New abnormal growth of tissue. Malignant neoplasms show a greater degree of anaplasia and have the properties of invasion and metastasis, compared to benign neoplasms.





#### **Definition**

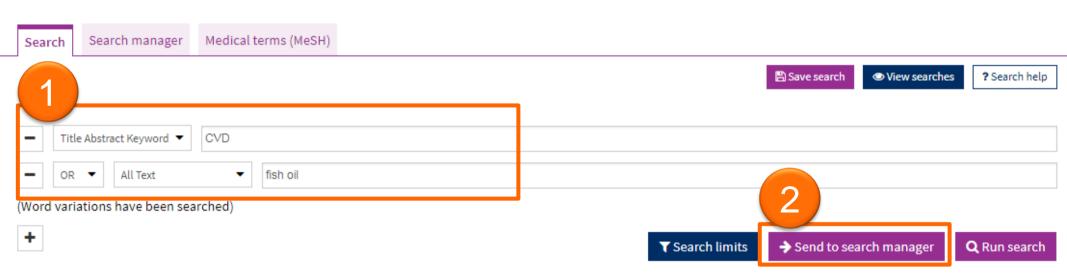
**Neoplasms** - New abnormal growth of tissue. Malignant neoplasms show a greater degree of anaplasia and have the properties of invasion and metastasis, compared to benign neoplasms.





# SEARCH MANAGER





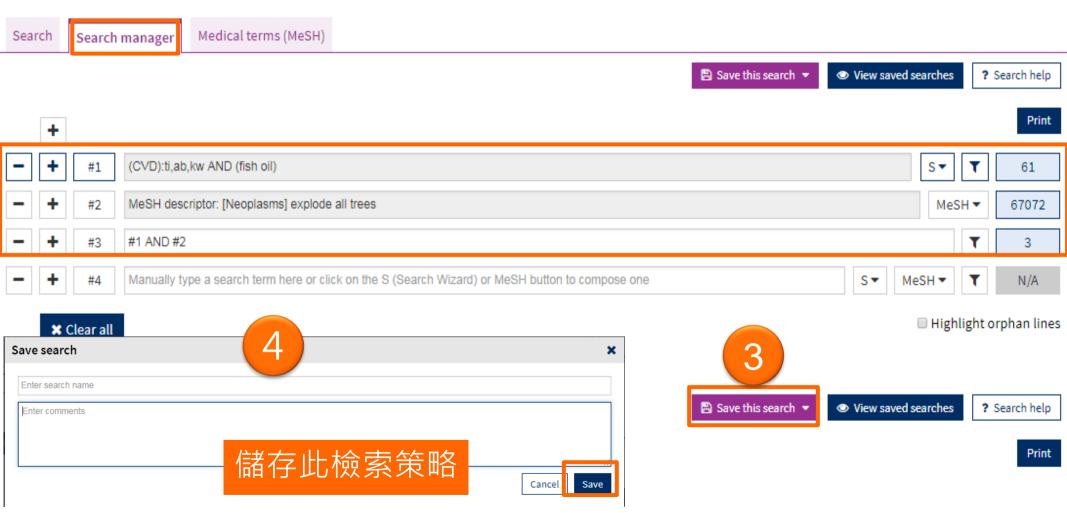


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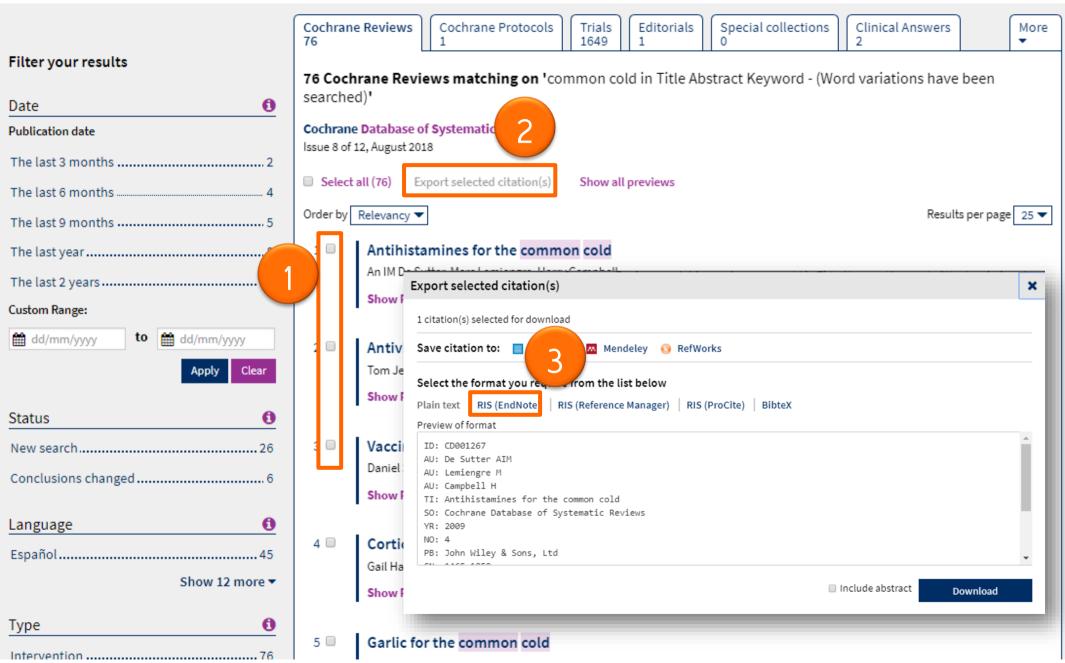




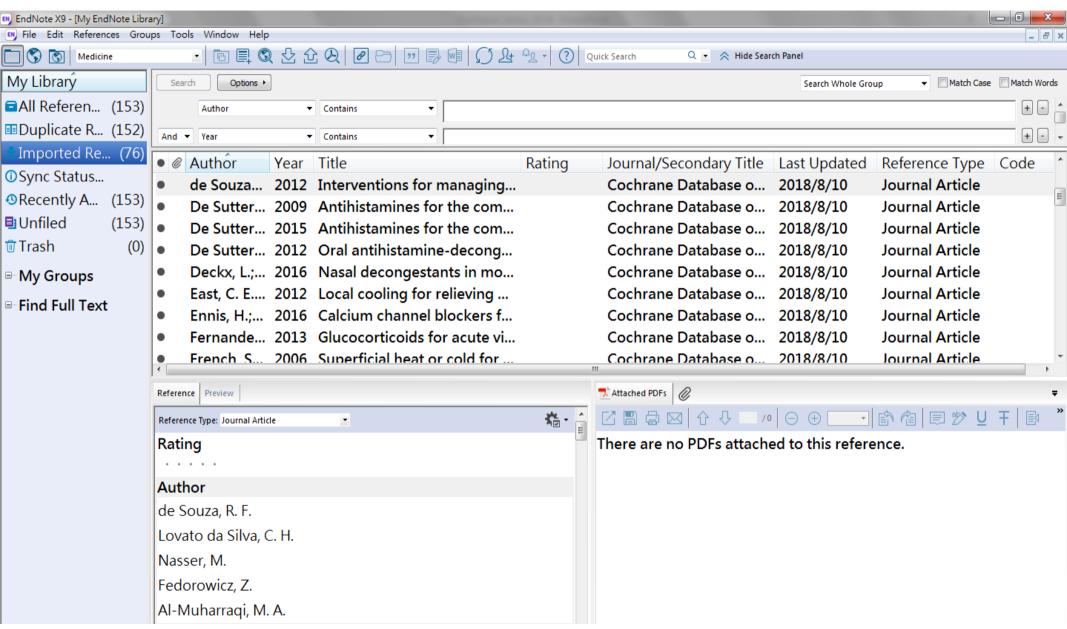




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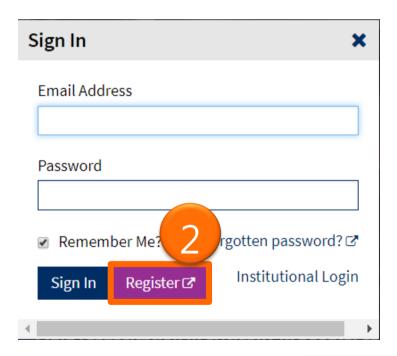


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Personal Profile First name: * Last name: *	al <sub>l</sub> ch	rst Name and Last Name should be bhanumeric with the following allowed haracters: hyphen(-), single quotes('), hace and dot	Country/Location: * Area of Interest: *	Select your country or location  Select your area of interest  ▼
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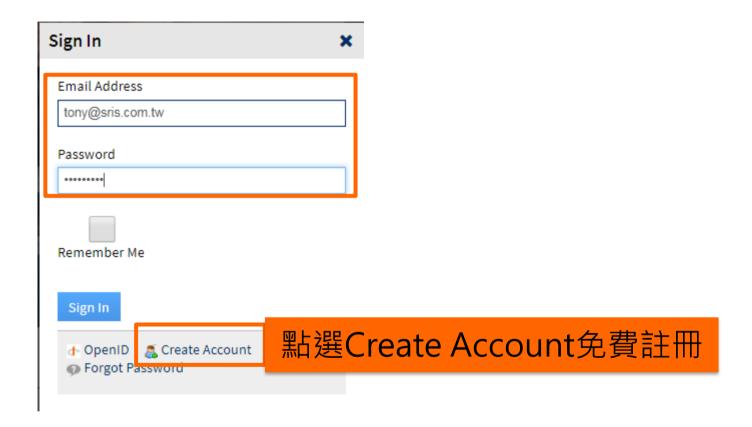
Help ▼









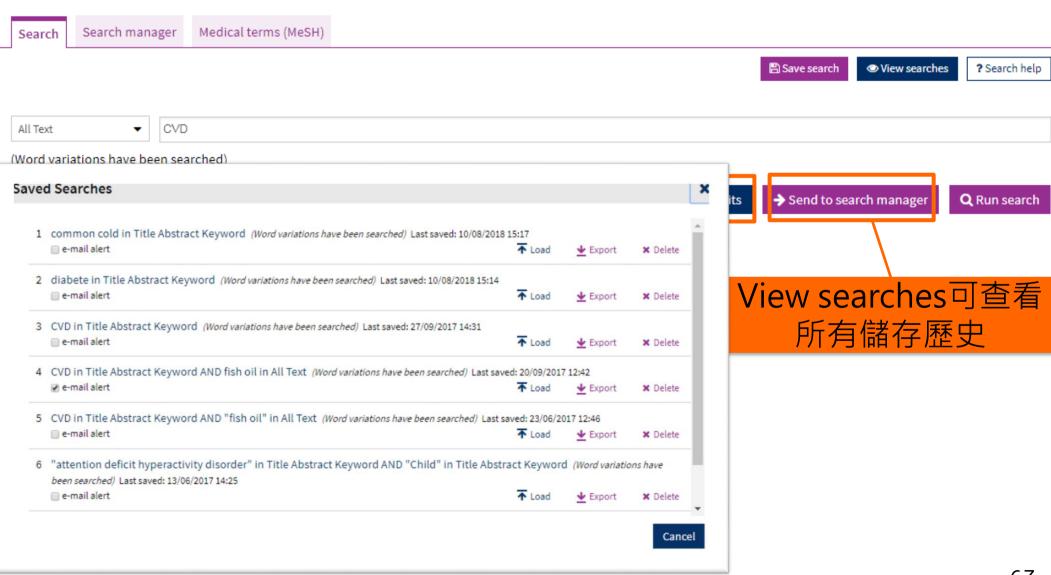




### 在Search中可儲存檢索結果

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### 在MeSH中儲存檢索結果

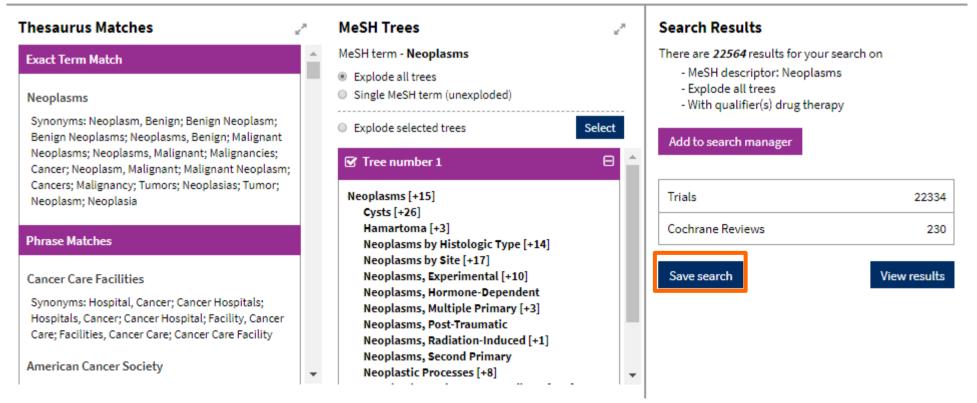
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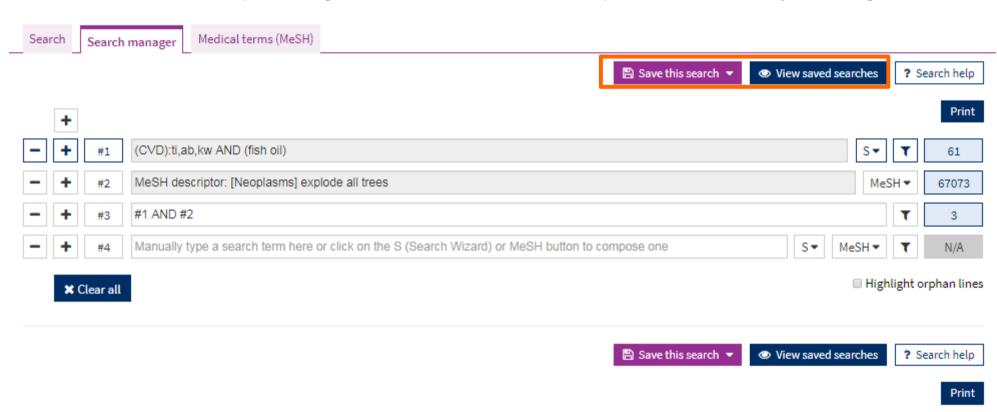




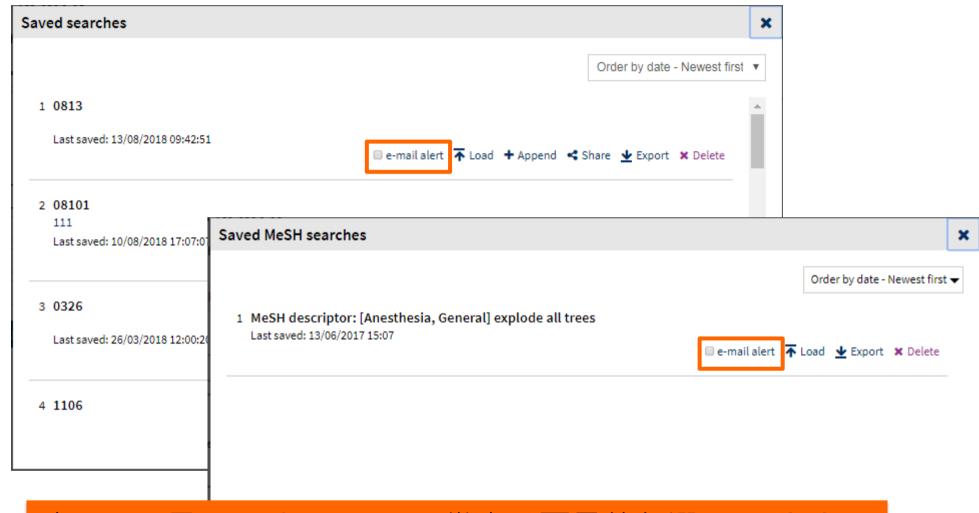
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