

## 一、簡介 Introduction

### THE COCHRANE LIBRARY內容為何？

The Cochrane Library為收集不同的高品質及獨立證據的資料庫，提供做為健康決策的資料。許多對「實證醫學健康照顧」感興趣者均廣為使用，包括消費者、臨床醫師、政策制定者、研究人員、教育人員、學生和其他人士：

### Cochrane Database of Systematic Reviews (Cochrane Reviews)

The Cochrane Collaboration的主要成果。每一篇Cochrane評論均鑑定一項特定疾病(或其他醫療保健問題)之醫療介入方式，並藉由摘述隨機對照試驗之研究成果判斷該醫療介入方式是否有效。

### Cochrane Central Register of Controlled Trials (Clinical Trials)

該資料庫別名為「CENTRAL」，收錄由書目資料庫和其他出版來源所出版之臨床試驗詳情。CENTRAL收錄每篇文獻之標題、出版資訊，亦針對多數文獻提供摘要。

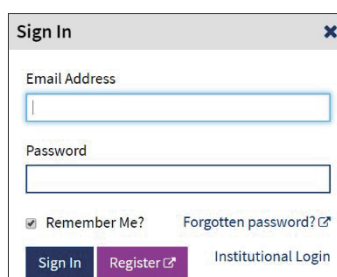
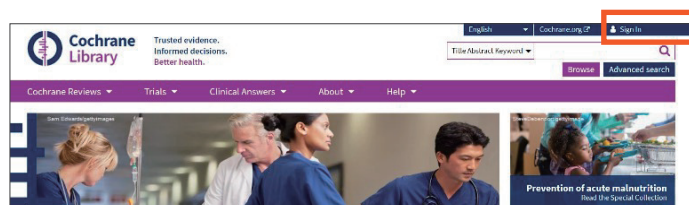
### Clinical Answers (CCAs)

CCAs 針對Cochrane 系統性文獻回顧中嚴謹的研究結果，提供使用者一個易讀、易懂且切入重點的臨床決策參考。每個 CCAs 涵蓋臨床問題、解答摘要，以及從Cochrane reviews 可深入探究的相關性證據。實證結合情境敘述、數據與圖表，以可讀性高的介面呈現，讓使用者更容易獲得所需要的臨床解答。CCAs 以 Cochrane 高質量系統性文獻回顧為基礎，專注於以「病人安全」為中心，CCAs 提供醫護人員權威且專業的實證臨床問題解答。

### Epistemonikos(Other Reviews)

綜合最佳健康照護基礎證據、資訊科技和專家網絡為臨床決策或健康政策問題提供特別的工具。Cochrane使用者可連接Epistemonikos看到系統性回顧。

## 二、註冊個人帳號



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Password

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進入Cochrane首頁後，右上角點選Sign in，登入/註冊(Log in/Register)的畫面會出現。

註冊之後，您的電子郵件信箱會收到認證電子郵件通知。您必須點選電子郵件中的連結(在72小時內)，才能驗證新的登入資訊。點選連結後會進入My Profile(我的個人檔案)區，該處提供個人化的瀏覽列。您此時已登入Wiley Online Library，且您的姓名將會在螢幕右上方顯示。

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**Progestogen for preventing miscarriage in women with recurrent miscarriage of unclear etiology**  
David M Haas, Taylor J Hathaway, Patrick S Ramsey  
8 October 2018

**Individual-, family-, and school-level interventions targeting multiple risk behaviours in young people**  
Georgina MacArthur, Deborah M Caldwell, James Redmore, Sarah H Watkins, Ruth Kipping, James White, Catherine Chittleborough, Rebecca Langford, Vanessa Er, Raghu Lingam, Keryn Pasch, David Gunnell, Matthew Hickman, Rona Campbell  
5 October 2018

**Pelvic floor muscle training versus no treatment, or inactive control treatments, for urinary incontinence in women**  
Chantale Dumoulin, Licia P Cacciari, E Jean C Hay-Smith  
4 October 2018

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Browse by Topic

Browse by Cochrane Review Group

## Browse by Topic

Browse the *Cochrane Database of Systematic Reviews*

<b>a</b>	<b>g</b>	<b>n</b>
Allergy & intolerance	Gastroenterology & hepatology	Neonatal care
<b>b</b>	Genetic disorders	Neurology
Blood disorders	Gynaecology	<b>o</b>
<b>c</b>	<b>h</b>	Orthopaedics & trauma
Cancer	Health & safety at work	<b>p</b>
Child health	Health professional education	Pain & anaesthesia
Complementary & alternative medicine	Heart & circulation	Pregnancy & childbirth
Consumer & communication strategies	<b>i</b>	Public health
<b>d</b>	Infectious disease	<b>r</b>
Dentistry & oral health	<b>k</b>	Rheumatology
Developmental, psychosocial & learning problems	Kidney disease	<b>s</b>
Diagnosis	<b>l</b>	Skin disorders
<b>e</b>	Lungs & airways	<b>t</b>
Ear, nose & throat	<b>m</b>	Tobacco, drugs & alcohol
Effective practice & health systems	Mental health	<b>u</b>
Endocrine & metabolic	Methodology	Urology
Eyes & vision		<b>w</b>
		Wounds

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這是Cochrane首頁，您可以

- 1 在搜尋視窗的方塊中，選擇想要檢索的欄位，檢索特定關鍵詞資訊；亦可透過Advanced Search, Browse兩項方式搜尋文獻。
- 2 您可透過《Cochrane Review》下拉選單中Search Reviews(CDSR)、Browse Reviews、議題(Issues)、社論(Editorial)、特選集(Special Collections)、Supplements瀏覽所需要的資訊。此外，您可以透過《Clinical Answers》中的Browse Clinical Answers瀏覽所需資訊。
- 3 您可透過《About》了解資料庫更多介紹內容；《Help》提供如何使用Cochrane Review文章、上傳評論內容以及資料庫網站更新公告等。
- 4 可透過三項文獻類型觀看：《Highlighted Reviews》由Cochrane Library精選每月評論文章、《Editorials》可查閱來自Review Group提供的社論、《Special Collections》可免費觀看專題收錄內容。
- 5 您可透過不同領域主題，瀏覽Cochrane Library資料庫提供的系統性文獻回顧評論。

## 四、Clinical Answers (CCAs)

### 1. 瀏覽CCAs

- 1 點選Clinical Answers底下的Browse Clinical Answers後即可進入
- 2 可限縮日期及主題。

The screenshot shows the Cochrane Clinical Answers interface. At the top, there is a navigation bar with links: Cochrane Reviews, Trials, Clinical Answers, About, and Help. Below this, there is a section for 'Browse Clinical Answers' with a red box and a '1' indicating the button. To the left, there is a 'Filter your results' sidebar with a red box and a '2' indicating the filter options. The sidebar includes a 'Date' filter with options for 'The last 3 months', 'The last 6 months', 'The last 9 months', 'The last year', and 'The last 2 years', as well as a 'Custom Range' section with date pickers and 'Apply' and 'Clear' buttons. The main content area shows '1764 Clinical Answers matching on '' in All Text'' and a list of results, including 'How does verapamil compare with adenosine for people with supraventricular tachycardia?' and 'What are the benefits and harms of nutritional support for hospitalized adults at nutritional risk?'.

### 2. 檢索CCAs

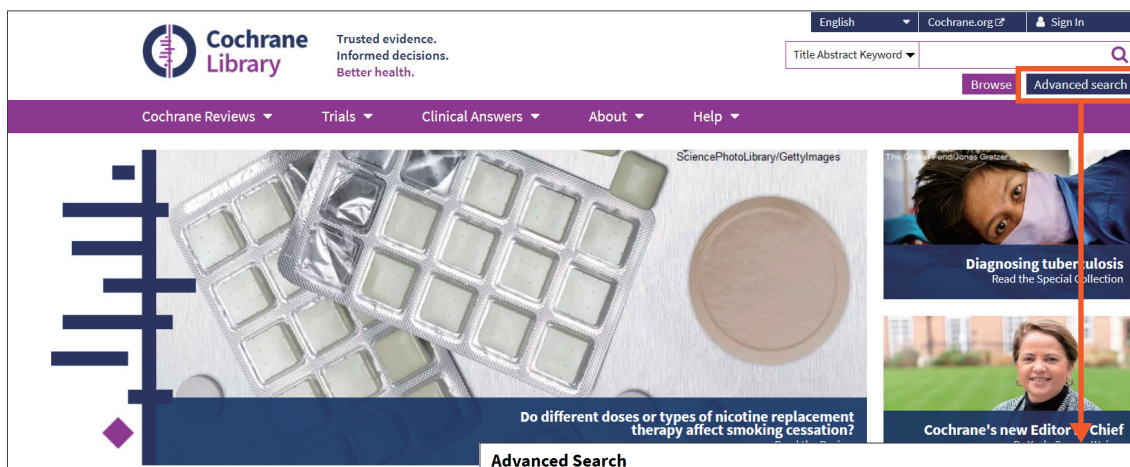
直接在檢索功能中檢索完後，在結果頁面直接點選Clinical Answers即可。

The screenshot shows the Cochrane Clinical Answers interface with search results. At the top, there is a navigation bar with links: Cochrane Reviews, Cochrane Protocols, Trials, Editorials, Special collections, Clinical Answers, and More. The 'Clinical Answers' link is highlighted with a red box. Below this, there is a section for '108 Clinical Answers matching on 'cancer in Title Abstract Keyword'' and a list of results, including 'In adults with esophageal cancer, how does adding traditional Chinese medicine to cancer therapy compare with cancer therapy alone?'.

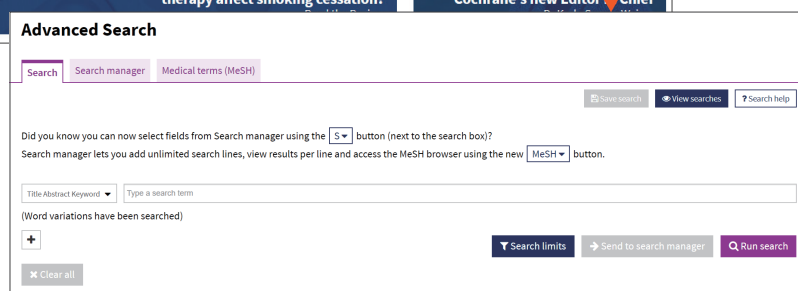


## 五、檢索

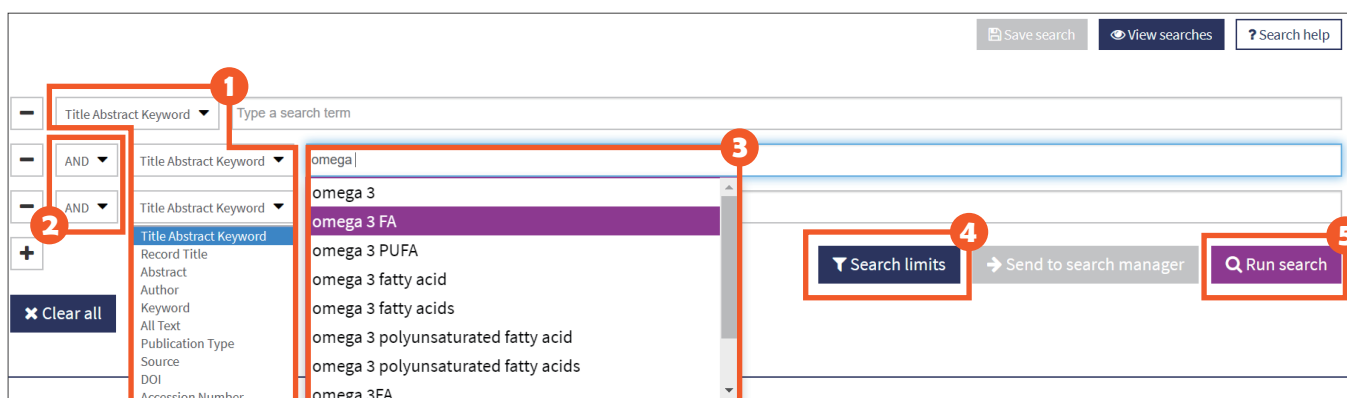
1. 簡易檢索：可直接在首頁右上角選擇要檢索的欄位輸入檢索詞後，點選放大鏡。
2. 進階檢索：點選首頁右上角Advanced Search進入進階檢索畫面。



\*PICO\*-根據實證醫學知識網中提供四項要點，分別是病人或問題 (Patient or Problem)、介入或指標 (Intervention or Indicator)、比較 (Comparator)、結果 (Outcome) 來構成臨床上的問題。



### (1) Search



- 1 在輸入檢索詞時，建議字詞被檢索的欄位為標題、摘要、關鍵詞 (Title, Abstract, Keyword)。您可使用星號 (\*)、雙引號 ( " ") 搭配布林運算式 (AND、OR、NOT) 調整或擴大檢索範圍。可選擇檢索視窗在特定欄位，如全文 (Search All text)、作者 (Author)、摘要 (Abstract)、關鍵字 (Keyword) 等。
- 2 點選 +/- 可以增減檢索視窗，最多可在您的檢索中新增五行，並且選擇不同的布林邏輯 (And, or, not) 檢索。
- 3 在您輸入關鍵詞時，Cochrane Library 資料庫會出現常見的檢索字詞。建議可採納「PICO\*」方式搜尋。
- 4 Search limits 可透過不同條件做檢索限制，依特定資料庫、文獻狀態或發表日期限制檢索。
- 5 完成檢索詞後，點選 Run Search，可查詢資料結果。

## (2) Search manager

The screenshot shows the 'Search manager' tab in a web application. At the top, there are tabs for 'Search', 'Search manager', and 'Medical terms (MeSH)'. Below the tabs, there are buttons for 'Save this search', 'View saved searches', and 'Search help'. A search bar contains the text '#1' and a placeholder 'Manually type a search term here or click on the S (Search Wizard) or MeSH button to compose one'. To the right of the search bar are buttons for 'S', 'MeSH', and 'N/A'. Below the search bar is a 'Clear all' button. At the bottom, there are buttons for 'Save this search', 'View saved searches', and 'Search help', along with a 'Print' button. Numbered callouts 1 through 5 highlight specific features: 1 points to the search bar, 2 points to the 'S' button, 3 points to the 'MeSH' button, 4 points to the 'N/A' button, and 5 points to the 'Save this search' button.

- 1 點選+/-可以增減檢索視窗。
- 2 可選擇檢索特定欄位，如全文(Search All text)、作者(Author)、摘要(Abstract)、關鍵字(Keyword)等。
- 3 可使用MeSH的方式在Search manger中查詢。
- 4 Search limits可透過不同條件做檢索限制，依特定資料庫、文獻狀態或發表日期限制檢索。
- 5 若有個人化帳號，點選Save this search可將檢索策略儲存起來。

## (3) Medical Terms(MeSH)

The screenshot shows the 'Medical Terms (MeSH)' interface. At the top, there is a search bar with the text 'Neoplasms' and a button 'Look up'. To the right of the search bar is a button 'Clear'. Below the search bar, there is a section 'Definition' with the text '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.' Below the definition, there are three main sections: 'C Thesaurus Matches', 'D MeSH Trees', and 'E Search Results'. Section C shows 'Exact Term Match' and 'Phrase Matches' for 'Neoplasms'. Section D shows 'MeSH term - Neoplasms' with options to 'Explode all trees', 'Single MeSH term (unexploded)', and 'Explode selected trees'. It also shows a list of related terms: 'Neoplasms [+15]', 'Cysts [+26]', 'Hamartoma [+3]', 'Neoplasms by Histologic Type [+14]', 'Neoplasms by Site [+17]', 'Neoplasms, Experimental [+10]', and 'Neoplasms, Hormone-Dependent'. Section E shows 'Search Results' with the text 'There are 22640 results for your search on' and a list of results: 'Trials 22410' and 'Cochrane Reviews 230'. There are buttons for 'Add to search manager', 'Save search', and 'View results'.

- A 在此輸入檢索詞，點選Look up，將會自動在Medical Terms 醫學圖書館標題表當中校正為正確的用法。
- B 您可使用限定條件功能。選擇MeSH字詞時，下拉式功能表內會將有效的限定條件以選項形式提供，使用者可依此調整研究方向。
- C 該檢索詞提供《Exact Term Match》正確拼法、《Phrase Matches》同義詞或相似詞、《Any Word Match》提供有關該關鍵字的相關性詞組。
- D 檢索包含或不含擴充字詞的所有樹狀目錄或特定樹狀目錄。
- E 使用此區域將MeSH Search(MeSH檢索)新增到您的Search Manager(檢索管理員)，檢視您的結果，或儲存個別MeSH 檢索。

## 六、檢索結果

**Cochrane Database of Systematic Reviews**

### Vaccines for preventing influenza in healthy adults

Cochrane Systematic Review - Intervention | Version published: 01 February 2018 [see what's new](#)

New search [App](#) [score](#) 395 [View article information](#)

✉ Vittorio Demicheli | Tom Jefferson | Eliana Ferroni | Alessandro Rivetti | Carlo Di Pietrantonj  
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#### Background

The consequences of influenza in adults are mainly time off work. Vaccination of pregnant women is recommended internationally. This is an update of a review published in 2014. Future updates of this review will be made only when new trials or vaccines become available. Observational data included in previous versions of the review have been retained for historical reasons but have not been updated due to their lack of influence on the review conclusions.

#### Objectives

To assess the effects (efficacy, effectiveness, and harm) of vaccines against influenza in healthy adults, including pregnant women.

#### Search methods

We searched the Cochrane Central Register of Controlled Trials (CENTRAL; 2016, Issue 12), MEDLINE (January 1966 to 31 December 2016), Embase (1990 to 31 December 2016), the WHO International Clinical Trials Registry Platform (ICTRP; 1 July 2017), and ClinicalTrials.gov (1 July 2017), as well as checking the bibliographies of retrieved articles.

#### Selection criteria

Randomised controlled trials (RCTs) or quasi-RCTs comparing influenza vaccines with placebo or no intervention in naturally occurring influenza in healthy individuals aged 16 to 65 years. Previous versions of this review included observational comparative studies assessing serious and rare harms cohort and case-control studies. Due to the uncertain quality of observational (i.e. non-randomised) studies and their lack of influence on the review conclusions, we decided to update only randomised evidence. The searches for observational comparative studies are no longer updated.

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- ❶ 文獻本體資料，包含：標題、作者群。
- ❸ 可提供PDF全文下載；匯出書目資料。
- ❺ 資料圖表下載

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Excludes data and analyses, and appendices

**Summary**  
Abstract and plain language summary only

PDF下載提供三種類型：

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2. Standard：全文但不包含資料、分析及附錄。
3. Summary：只有摘要、研究總結。

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