

Evidence-Based Practice Exercises

Compare and contrast the information available from these databases for each of the following questions:

1. PubMed (<http://pubmed.gov/>)
2. Cochrane Systematic Reviews (<http://www.cochrane.org/reviews/>)
3. CDC Recommends
(<http://www.phppo.cdc.gov/cdcRecommends/AdvSearchV.asp>)
4. National Guidelines Clearinghouse (<http://www.guidelines.gov/>)
5. Health-evidence.ca (<http://health-evidence.ca/>)

1) In spite of widespread knowledge of the dangers of smoking, youngsters in your community continue to take up the habit at an alarming rate. You would like to develop a program to prevent child and teen smoking, but realize that this is a difficult group to reach. You decide to do research on successful programs to prevent smoking in this age group.

	PICO	Keywords/synonyms	MeSH terms
Population /Problem			
Intervention			
Comparison intervention (if any)			
Outcome of interest			

2) You have been appointed to a working group tasked with developing a preparedness plan in case of a bioterrorist strike in your rural community. One part of this plan concerns preparing the hospital to cope with an attack in the community. You have volunteered to gather relevant information which will help in preparing the plan.

	PICO	Keywords/synonyms	MeSH terms
Population /Problem			
Intervention			
Comparison intervention (if any)			
Outcome of interest			

3) A nutrition program in place in your community has had some success with a school-based educational program, but most of the evidence is anecdotal. Recently questions have been raised about whether funding for the program should be continued. You would like to gather some evidence about these types of programs, preferably studies which have measured their effectiveness in preventing childhood obesity and related health problems.

	PICO	Keywords/synonyms	MeSH terms
Population /Problem			
Intervention			
Comparison intervention (if any)			
Outcome of interest			

4) Your community public health partners have a goal of emphasizing healthy nutrition throughout life. As part of this effort, you would like to develop effective programs to educate new mothers about the benefits of breast feeding their infants. You would like to find evidence that educational programs actually increase breast feeding, examples of successful programs, as well as guidelines for what should be addressed in a breast feeding education program.

	PICO	Keywords/synonyms	MeSH terms
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Intervention			
Comparison intervention (if any)			
Outcome of interest			