Finding Evidence-Based Research Articles

Vision Statement for Physical Therapy 2020
Guided by integrity, life-long learning, and a commitment to comprehensive and accessible health programs for all people, *physical therapists and physical therapist assistants will render evidence-based services* throughout the continuum of care and improve quality of life for society. (Go to www.apta.org, then look for About APTA>Annual Reports> Policies & Bylaws> Core Documents)

1. What is Evidence-Based Practice?
Answer: *Bringing research to the practice of Physical Therapy*
"Evidence-based practice is access to, and application and integration of evidence to guide clinical decision making to provide best practice for the patient/client. *Evidence-based practice includes the integration of best available research, clinical expertise, and patient/client values and circumstances related to patient/client management, practice management, and health care policy decision making.* Aims of evidence-based practice include enhancing patient/client management and reducing unwarranted variation in the provision of physical therapy services."

From “Working Operational Definitions of Elements of Vision 2020 - From the Task Force on Strategic Plan to Achieve Vision 2020, June 2007” http://

2. Where do I Find Evidence-Based Research?
Answer: *In research articles published in scholarly journals.*

3. What is a Research Article?
Answer: *An article with the specific purpose of reporting on a research study or experiment.*

The typical research study will include a research question, a specific group of patients to be tested, the method used to test the theory, actual testing and measuring, and then a summary of the data collected. These findings are then written up into a research report and submitted for publication in professional journals. The research article includes these sections:

- Abstract
- Literature review
- Methodology of experiment
- Research results
- Areas of further study
- Conclusion
- Bibliography
4. Comparison

What is the difference between a magazine and a scholarly journal?

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<thead>
<tr>
<th></th>
<th>Journals</th>
<th>Magazines</th>
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<tbody>
<tr>
<td>Purpose:</td>
<td>• to report new research</td>
<td>• to report general news and information.</td>
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<tr>
<td>Targeted Audience:</td>
<td>• professionals</td>
<td>• general public</td>
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<tr>
<td></td>
<td>• scholars, teachers</td>
<td>• hobbyists</td>
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<tr>
<td></td>
<td>• experts</td>
<td>• special interests</td>
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<tr>
<td>Authors:</td>
<td>• professionals</td>
<td>• reporters, journalists</td>
</tr>
<tr>
<td></td>
<td>• scholars, teachers</td>
<td>• magazine staff</td>
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<tr>
<td></td>
<td>• experts</td>
<td>• NOT necessarily experts</td>
</tr>
<tr>
<td>Content:</td>
<td>• long articles</td>
<td>• article size varies</td>
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<tr>
<td></td>
<td>• include bibliographies</td>
<td>• no bibliographies</td>
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<tr>
<td></td>
<td>• fewer ads; generally ads</td>
<td>• many ads; aimed at general public</td>
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<td></td>
<td>are targeted at profession</td>
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5. How do I find Evidence-Based Research Articles?
Answer: Use indexes to find articles. Then look in the library databases for the fulltext.

6. Indexes to Research Articles in Physical Therapy

a. PEDro – Established by a small group of clinical and academic physiotherapists at The Centre of Evidence-Based Physiotherapy from the School of Physiotherapy at the University of Sydney (Australia). The Centre’s mission is to maximise the effectiveness of physiotherapy services by facilitating the clinical application of the best available evidence.

![PEDro](http://www.pedro.org.au/)  
Sample Search: hippotherapy  
Note: does NOT contain full text. Ask librarian for assistance to find the full text.
b. PubMed (http://www.ncbi.nlm.nih.gov/sites/entrez/) is a service of the U.S. National Library of Medicine that includes over 17 million citations from MEDLINE and other life science journals for biomedical articles back to the 1950s. PubMed includes links to some full text articles and other related resources.

Sample Search: hippotherapy
- Sort your results by Pub Date
- Print full citation
- Can follow links to fulltext, WHEN available
- Ask librarian for assistance to find the fulltext

PubMed Central (PMC) is the U.S. National Institutes of Health (NIH) free digital archive of biomedical and life sciences journal literature.

In a hurry? Try PubMed Central to limit your search to only free fulltext
c. Hooked on Evidence – Hooked on Evidence is APTA’s "grassroots" effort to develop a database containing current research evidence on the effectiveness of physical therapy interventions. The Hooked on Evidence project was motivated by a concern that clinicians lacked access to the knowledge available from current research, thus hindering evidence-based practice.

For APTA Members Only!
http://www.hookedonevidence.com/

All articles include:
1) human subjects with the target condition
2) at least one physical therapy intervention
3) an outcome of the intervention
4) published in English in a peer-reviewed journal that is indexed.

7. Do we have the Periodicals in the Gateway Library? (after you find an article in PEDro or PubMed)

Use the Library’s E-Journal List.

Electronic Resources
- Citation Styles
- Distance Learning Support
- E-JOURNAL List

Then, search for journals by title or by subject.

Electronic Copies in the Periodical Databases (EbscoHost & ProQuest – separate handouts available in Library and from Library website):

Accent on living - Paraplegia news - American journal of art therapy - Archives of physical medicine and rehabilitation - Canadian journal of occupational therapy - Cardiopulmonary physical therapy journal - Clinical rehabilitation - Disability and rehabilitation - Good medicine - Journal of hand therapy - Journal of manual & manipulative therapy - Journal of orthopaedic and sports physical therapy (print only) - Journal of physical therapy education - Journal of sport rehabilitation - Pediatric physical therapy (print only) - Physical medicine and rehabilitation - Physical therapy in print and electronic - Physical therapy reviews - Physiotherapy research intn'l: the journal for researchers and clinicians in physical therapy - Physiotherapy theory and practice - PT (in print and electronic) - Rehabilitation management (print only) - Rehabilitation counseling bulletin - Rehabilitation nursing - Rehabilitation - Oncology Technology and disability - Topics in geriatric rehabilitation - Topics in stroke rehabilitation
Current issue available free online. Can also search back issues

http://www.ptjournal.org/

Contains research reports and case studies.

Search for articles by topic or browse through individual issues back to 1980. Also read annual conference abstracts, view patient and treatment video clips and podcasts.

PT Magazine at http://www.apta.org (under Publications)

PT Magazine provides legislative, health care, human interest, and Association news. Publishes practical issues such as the changing health care environment, management techniques, documentation, the patient-therapist relationship, professional development, and education. **PT Magazine is not a peer-reviewed journal** and therefore does not publish research reports or case studies on efficacy of treatments or on reliability or validity of methods.

8. Finding Books - Using the Catalog

Search the Gateway Online Catalog to find books, videos, study guides, career development, and resume writing. Go to http://www.gtc.edu/library and click on “Gateway Online Catalog.” Try these sample searches:

“physical therapy”  +“physical therapy”  +pharmacology  +“physical therapy”  +sports
kinesiology  +“physical therapy”  +children  +“physical therapy”  +stroke
           +“physical therapy”  +gait           +“physical therapy”  +practice


Books in the Gateway Technical College libraries are organized by call numbers developed by the Library of Congress to organize the collection. Hundreds of college and university libraries, including UW-Parkside and Carthage College, organize their collections using this system.

QP 1-345 General Physiology
RD 1-31.7 General works on surgery
RD 130 Prosthesis, Artificial organs
RD 701-811 Orthopedic surgery
RD 792-811 Physical rehabilitation
RL 1-603 Dermatology
RL 87-94 Dermatology - Care and hygiene
RM 695-893 Physical medicine, physical therapy Including massage, exercise, occupational therapy, hydrotherapy, phototherapy, radiotherapy, thermotherapy, electrotherapy
RM 930-931 Rehabilitation therapy
RM 950 Rehabilitation technology

Elkhorn Library
262-741-8438
elkhornlrc@gtc.edu

Kenosha Library
262-564-2786
kenoshalrc@gtc.edu

Racine Library
262-619-6220
racinelrc@gtc.edu