The Cochrane Database of Systematic Reviews on Ovid
Locating Systematic Reviews in 5 Easy Steps
-- A Trainer Tip --

INTRODUCTION
The Cochrane Database of Systematic Reviews is one of the most established and reputable sources of documentation pertaining to evidence-based medical practice. Composed of completed systematic reviews and systematic reviews in progress (i.e. protocols) the Cochrane Database of Systematic Reviews is available on Ovid as a fully searchable, full-text information resource. It is also possible to browse through the database. This is recommended where the number of systematic reviews is small and where users are unfamiliar with the structure of the documentation.

THE 5 STEPS
The following five general steps will enable you to browse through the Cochrane Database of Systematic Reviews by Group (i.e. medical speciality) and then by Article (i.e. clinical question).

Step 1: In Ovid select only the Cochrane Database of Systematic Reviews.
Step 2: Click on the easy access option on the Navigation bar to select Browse Mode
Step 3: Scroll down through the list of Cochrane Groups to locate your chosen speciality
Step 4: Scroll down the list of Articles to locate directly relevant topics.
Step 5: Click on EBM Full Text to retrieve an Article and the Article Tools and Outline options.

Having located a relevant Article you will be able to navigate through it using the Outline. This is a display and navigation format standardised across the systematic reviews. Using Outline you can quickly locate the Background to the systematic review as well as Implications for practice, a section most directly relevant to practical clinical practice.

CLINICAL SCENARIO
By way of example let us consider the following clinical scenario. A primary care physician is treating a patient with multiple sclerosis. In a recent relapse the patient expressed their discomfort with receiving intravenous steroids and wants to know if oral steroids would be an adequate alternative. This scenario generates the following information requirement,

Clinically Relevant Question:
What is the best evidence for the use of oral steroids compared to intravenous steroids in the treatment of relapse-remitting multiple sclerosis?

Applying the 5 Steps In Ovid will yield the relevant information:
**Step 1:** In Ovid select only the **Cochrane Database of Systematic Reviews**.

One you have logged on to Ovid scroll down through the list of Resources to locate the Cochrane Database of Systematic Reviews. Select just this resource. By doing so an easy access option providing you with direct access to the Cochrane Database of Systematic Reviews will be inserted into your Ovid Navigation bar.

**Step 2:** Click on the easy access option on the **Navigation bar** to select Browse Mode
Step 3: Scroll down through the list of Cochrane Groups to locate your chosen speciality

In Browse Mode Ovid will display all 53 Cochrane Groups by speciality in alphabetical order. The Cochrane Group speciality Cochrane Multiple Sclerosis and Rare Diseases of the Central Nervous System lists 40 Articles. These 40 Articles will be a mixture of systematic reviews and protocols all in full-text. Click on the option Table of Contents to see a full list of the Articles. The Article’s title reflects the clinical question being investigated by the systematic review.

Step 4: Scroll down the list of Articles to locate directly relevant topics.
Step 5: Click on **EBM Full Text** to retrieve an Article and the Article **Tools** and Outline options.

Clicking on the option **EBM Full Text** in the previous step brings you to the full text version of the systematic review or protocol. Under Article Tools you have a variety of options to store the browser or PDF versions of the documents as well as export the information to **My Projects**. The Outline option is a display and navigation format standardised across the systematic reviews. Using Outline you can quickly locate the **Background** to the systematic review as well as **Implications for practice**, the section most directly relevant to the clinically relevant question.

Try it and see what the physician decides?