CHAPTER 6

LITERATURE REVIEW AND EVIDENCE-BASED

การทบทวนวรรณกรรมและหลักฐานเชิงประจักษ์

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What is a PICO table?

Example: Is adherence to the Mediterranean Diet associated with reduced risk of heart attack?

Patient/Population	**I**ntervention	**C**omparison	**O**utcomes
• Adult • History of heart disease	• Mediterranean diet	• Typical diet • No comparison	• Reduction in heart attacks

➢ When you go to search the databases, you may not use all these terms in your search. For instance, you may start out using only the terms Mediterranean Diet and **heart attacks**.

➢ If you retrieve too many results, add more terms to your search, or add more specific terms.

➢ If you retrieve too few results, use fewer or more broad terms.

From: https://mcw.libguides.com/EBM/PICO

Literature Search

➤ **Search across multiple databases and information resources**
  − It's not adequate to use one database as the only resource

➤ **Read the literature throughout the search process**
  − What you read will guide your subsequent searches and refine a topic.

➤ **Refine the topic and objective of the overview being written**
  (ปรับแต่งหัวข้อและวัตถุประสงค์**)**

PICO ELEMENTS	KEYWORDS	SEARCH TERMS	SEARCH STRATEGIES
P (Patient or Population)	Patients undergoing abdominal surgery	Abdominal Surgery	Abdominal surgery OR Surgery OR Postoperative OR Recovery
I (Intervention)	Chewing gum	Chewing Gum	Chewing Gum OR Gum
C (Comparison)	Not chewing gum		
O (Outcome)	Affects post-operative ileus	Postoperative Ileus	Postoperative Ileus OR Paralytic Ileus OR Ileus

For Example

From: https://www.ebsco.com/sites/g/files/nabnos191/files/acquiadam-assets/7-Steps-to-the-Perfect-PICO-Search-White-Paper_0.pdf

Fig. 3

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Save Your References

• Keep a record of the literature you collect

• Record where and when you retrieved the information

• Use a citation managers program like RefWorks or EndNote

• Better to record too many references than have to return a few weeks or months hence and spend hours trying to relocate documents

Read the Material Closer

Step 1: **read the abstract**

- Decide whether to read the article in detail

Step 2: read the introduction

- It explains why the study is important
- It provides a review and evaluation of relevant literature

- **Step 3: read the method with a close, critical eye**

  - Focus on participants, measures, procedures

- **Step 4: evaluate results**

  - Do the conclusions seem logical
  - Can you detect any bias on the part of the researcher?

- **Step 5: take the discussion with a grain of salt**

  - Edges are smoothed out
  - Pay attention to limitations

Analyze the Literature

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- Take notes and read through each paper that will be included in the review

- In the notes include:
    - purpose of the study reviewed
    - synopsis of the content
    - research design or methods used in the study
    - brief review of findings

- Once notes are complete organize common themes together.

(word document, index cards, construct a table of info to make it easier to organize their thoughts)

- As you organize your review, integrate findings elicited from the note-taking or table-making process.

(Green, Johnson, & Adams, 2006 cited)

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Write and Edit

1. Outline
2. The First Draft
3. Revising the Draft

How To Write and Edit?

1. Organize and organize the topic ranking system.
2. The topic and the content must be consistent.
3. Write in a harmonious way and successively
4. Improve, and decorate the content to match the desired story research
5. Citations are correct and completely inconsistent with the system reference
6. Be careful when copying data, numbers, technical terms, and specific names so that they are not wrong or misleading discrepancy

Table 1 Articles included in this review

From: Nurse-led telehealth intervention effectiveness on reducing hypertension: a systematic review

Authors (Year)/Country	Purpose	Participants	Design	Duration	Control Intervention	Intervention	Outcomes (variables)	Findings
Kim, M. (2019)/Korea [35]	To develop long-message services (LMS) and phone-based health-coaching for community-dwelling seniors diagnosed with hypertension and assess the effects of the programs implemented both separately and together.	124 participants aged 65 years or older with hypertension at two senior welfare centers in Seoul, South Korea,	RCT	8 weeks	Usual care	Long-message service and phone-based health coaching	Hypertension self-efficacy, Hypertension self-management, Medication adherence, Hypertension-related knowledge, blood pressure .	Phone-based health-coaching with LMS was effective in improving medication adherence, hypertension self-efficacy, and self-management behaviour and decreasing systolic BP as compared to LMS only. There were also improvements in medication adherence, hypertension related knowledge, hypertension self-efficacy, self-management behaviour, and systolic BP in the LMS group as compared to the control group.

For Example

From:
https://bmcnurs.biomedcentral.com/articles/10.1186/s12912-022-01170-z/tables/1

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Summary

✓ The literature review help researcher to create analytical knowledge, and synthesize and understand the content through research both deep and broad.

✓ Write a literature review starting from

      1) Identify and define the topic,

      2) Conduct a literature search,

      3) Read through the research and take notes,

      4) Analyze the literature,

      5) Write and edit and revise as needed,