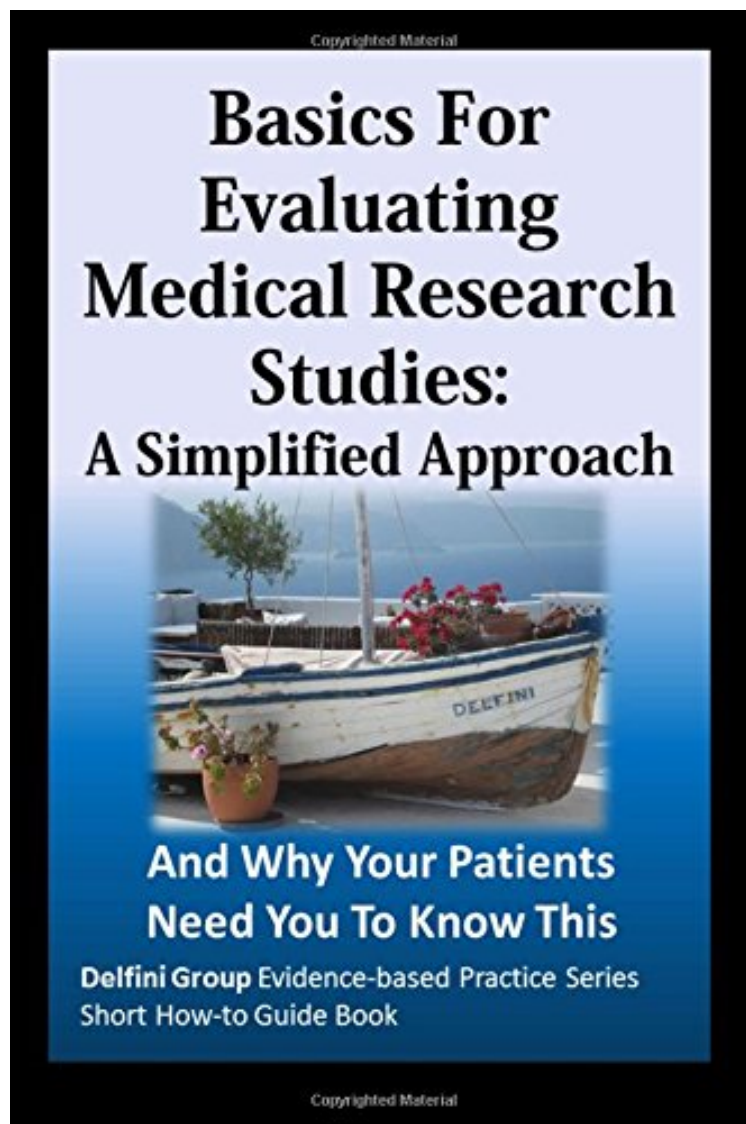


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## **Basics For Evaluating Medical Research Studies: A Simplified Approach: And Why Your Patients Need You To Know This (Delfini Group Evidence-Based Practice Series Short How-to Guide Book)**

*Delfini Group, Sheri Ann Strite, Michael E. Stuart MD  
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before purchasing it in order to gauge whether or not it would be worth my time, and all praised *Basics For Evaluating Medical Research Studies: A Simplified Approach: And Why Your Patients Need You To Know This* (Delfini Group Evidence-Based Practice Series Short How-to Guide Book):

1 of 1 people found the following review helpful. All you need to know  
By demetraanti  
*Basics of Evaluating Medical Research Studies* is the essential primer for people wanting a quick read and quick guide on approaching the complex topic of understanding medical literature. My work involves education for health care professionals, trainees and students regarding interpretation of medical interventions (in my case medications) in the elderly. The gold standard, the randomized control trial, where you pit two equivalent groups against each other, one with the intervention, one without to discover whether the intervention is safe, effective and worth recommending, doesn't apply to every elder due to the inter-individual variations in disease burden, drug burden and physiology which come with age. Thus, by definition, RCTs are pretty tough to achieve in the elderly (how are you going to get a matched two groups?), Not many RCTs are done in the over 80 crowd, and, we try to apply external validity of RCT in younger homogeneous groups to the elderly which results in an adverse drug reaction hospitalization rate in elders of 33% of hospitalized elders. Learning the skills presented in this book (which only takes a couple hours to read) would help decrease this statistic. This book is about skill to know when a study applies to your patient and when it does not. I have had to get formal training in biostatistics and clinical trial design, (because I was not trained during the age of evidence based medicine) but found out after years of experience that the principles presented in this book summarize the essential skills I need on a day to day basis in my work. While the formal training is helpful when consulting with my statisticians and in study design teams, this book sums up the necessary elements of critical evaluation to help students and other health care professionals look at the literature as it applies to any individual patient (and in the elderly: if you've seen one elder, you've seen one elder). I understood some of the techniques but this book gives the reader a concise, thorough understanding of all of the important aspects of critical appraisal of the literature in a very practical, hands on, easy to apply, way. It should be a required book for all medical trainees (all healthcare trainees!)  
Demetra (Dee) Antimisiaris, Associate Professor, University of Louisville, Dept. of Family and Geriatric Medicine  
Director, U of L Polypharmacy Initiative  
0 of 0 people found the following review helpful. the book is valid but not very useful. However  
By SMB  
Borrowing from the authors, the book is valid but not very useful. However, it is a short book and not expensive. The key points of the book could be summarized in a chapter (similar approaches to evaluating health economics studies have been published in journals). I bought the book thinking that it would contain examples to illustrate different points but not so (only a handful of them). Also, the book is not self-contained as a reference - I still have to refer to the website for checklists etc. Finally, the writing style is difficult to follow and repetitive.  
2 of 2 people found the following review helpful. Should Be Required Reading for MDs and DNP's  
By Caroline Trapp  
This important little book fills a gap in the education of most clinicians. I am delighted to have stumbled upon it, after reading a letter to the editor in the New York Times from authors Strite and Stuart, in response to an article that asked, "Can we trust clinical trials?" As clinicians, we want to provide safe and effective "evidence-based" care, but how do we evaluate the evidence? The authors have drilled down the challenge to three questions to ask of all research regarding medical treatments (Is it true? Is it useful? Is it useable?), and provide the framework and tools to help clinicians answer these critical questions. An additional wealth of resources is available at the authors' Website (delfini.org). Medical students and graduate nursing students will find this an extremely useful and affordable text.

"Best help with evidence-based medicine available." Marty Gabica MD, Chief Medical Officer, Healthwise "I am full of admiration for this terrific little book...which is written clearly, simply and appropriately for a starter audience. Those with more experience...can benefit too. I know of no other book that has succeeded so well in getting everything important covered so succinctly, which the authors have done brilliantly well!" Richard Lehman, MA, BM, BCh, Oxford, Blogger, BMJ Journal Watch  
The shocking truth is that most scientific research that informs most doctors' medical decisions is unreliable or is of uncertain reliability. And many doctors and other health care professionals do not realize this. Every day patients are harmed by unfortunate health care choices and some of them die because of it. Too often this happens because of problems with the information provided to the patient or its lack where different information could have resulted in a very different choice and a very different outcome. The good news is that you only need to know a few, easy-to-understand statistics, and you need a few basic concepts to help you understand bias and chance. Medical evidologists and clinical improvement experts, Sheri Ann Strite and Michael E. Stuart MD, provide you with easy-to-understand guidance. In a few hours, you can learn basic critical appraisal skills to help you evaluate clinical trials and other medical research studies of therapeutic interventions. Based on their popular simplified and tool-based approach, the authors show you how to evaluate the reliability and clinical usefulness of clinical trials. Written for physicians and other health care professionals, this book is written in easy-to-understand terms that even the layperson can understand and put to use. What is Unique About This Book  
Practical information can be applied instantly  
Concise can be read in a few hours  
Clear key concepts are explained in easy-to-understand language  
Complete enough  
We give you the basics you need to evaluate most clinical trials of therapies. We don't bog you down with

details you do not need to know. With rare exception, or unless you are a researcher, you don't need to know such concepts as the different observational study types, you don't need to understand power calculations, and you only need a few, easy-to-understand statistics we give you simple explanations that you can even use in explaining results to patients. You will learn that the primary key to understanding the reliability of studies is largely about study design, execution and study performance outcomes. You will learn Experiments versus Observations: The quick and easy way to distinguish between experiments and observations and why you need to know the difference. Assessing Selection Bias: 5 Essential Questions Important considerations include who was studied, how were they selected for study, are there enough people, how were they assigned to their study groups, and are the groups balanced? Assessing Performance Bias: 2 Essential Questions What is being studied, and what is it being compared to? What else happened to study subjects in the course of the study? Assessing Measurement Attrition Bias: 2 Essential Questions What information was collected, and how was it collected? What data are missing, and does missing data meaningfully distort the study results? Assessing Assessment Bias: 2 Essential Questions How is the difference in outcomes between the groups evaluated? What are those differences and how are they expressed? Understanding Chance Easy Ways to Evaluate Results Safety Evaluating Authors' Conclusions This book will help your patients better avoid what has happened to millions of patients insufficient or misleading information leading to unfortunate choices that resulted in bad outcomes.

"I am full of admiration for this terrific little book on evaluating medical research studies which is written clearly, simply and appropriately for a starter audience. Those with more experience often need reminding of the basics and can benefit from it too. I know of no other book that has succeeded so well in getting everything important covered so succinctly, which the authors have done brilliantly well!" Richard Lehman, MA, BM, BCh, MRCP, Senior Research Fellow, Oxford, and Blogger, BMJ Journal Watch "This book provides a great introduction and guide for anyone who wants to understand how to interpret clinical research but feels intimidated by science or statistics. Sheri and Mike transform their experience of teaching these concepts to thousands of people into a format like they are speaking to you directly. For the evidologist there is a nice compilation of the evidence for critical appraisal components." Brian S. Alper, MD, MSPH, FAAFP, Editor-in-Chief, DynaMed "This noteworthy book educates on many issues we address daily at HealthNews . Written for physicians and other healthcare professionals, the authors write in terms the public can understand. Journalists who feed off a steady diet of journal articles should read it along with the collection of tools at delfini.org. The book is only 112 pages. It won't overwhelm you, but will educate you on many of the themes we touch on so often as we analyze media messages about medical research studies. Strite and Stuart also provide examples to help educate." Gary Schwitzer, Publisher About the Author Delfini Group is a public service entrepreneurship founded to advance applied evidence- and value-based clinical quality improvements through practice, training and facilitation. Much of Delfini's work is dedicated to solving medical misinformation problems. Delfini has contributed to text books, advised government entities, worked with health care systems, payers and manufacturers and has trained thousands in evidence-based quality improvement. Michael E. Stuart MD Sheri Ann Strite are medical information scientists, evidologists and clinical improvement experts who combine academic and practical experience to train people how to evaluate medical research studies, conduct evidence reviews, help health care systems apply evidence- and value-based clinical quality improvement methods including special help for work groups such as clinical guideline development teams, pharmacy therapeutics and medical technology assessment committees, clinical quality improvement teams and more. They also train physicians and others in communicating with patients. Sheri Ann Strite, Co-founder, Principal Managing Partner, initiated many Delfini health care improvement strategies, tools and training programs including the popular Delfini critical appraisal training program. Formerly she was Associate Director, Program Development, University of California, San Diego (UCSD) Family Preventive Medicine, School of Medicine, where she taught faculty, physicians, residents, students and others. She was also a member of the UCSD Family Medicine Research Leaders and faculty for their Research Fellowship in the Department of Family Preventive Medicine. Prior to UCSD, Ms. Strite worked in clinical improvement, education and research at Group Health Cooperative in Seattle, Washington, where she held various positions. Michael E. Stuart MD, Co-founder, President Medical Director, is a family physician and was appointed clinical faculty at the University of Washington in 1975. He is the former Director of the Department of Clinical Improvement and Education at Group Health Cooperative in Seattle, Washington, where he led development of more than 35 evidence-based clinical guidelines and other clinical improvements, chaired the Pharmacy Therapeutics and Medical Technology Assessment Committees. His work has received praise from prominent health care leaders such as David Eddy MD, Don Berwick MD, Health Ministry of New Zealand and the US Navy.