

Universitas
Esa Unggul
Modul Praktikum

FEB 326-Evidence Based Practice Fisioterapi



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Prodi S1 Fisioterapi
Fakultas Fisioterapi

Universitas
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Modul Praktikum

FEB 326 Evidence-Based Practice Fisioterapi

Praktikum mata kuliah ini menekankan kepada proses pencarian *evidence*.

Secara umum tahapan evidence-based practice menurut Sacket et al (2000) adalah sebagai berikut:

Tahap 1: konversi informasi yang dibutuhkan ke dalam pertanyaan-pertanyaan yang dapat terjawab.

– PICO(T) model:

- patient.
- intervention.
- comparison.
- outcome.
- time.

Tahap 2: Gunakan referensi (*evidence*) terbaik untuk menjawab pertanyaan-pertanyaan tersebut.

Tahap 3: Kritisi *evidence* terkait validitas, pengaruh dan kemampuan aplikatif.

Tahap 4: Integrasikan *evidence* dengan keahlian klinis dan keunikan pasien secara biologis, nilai-nilai dan keadaan lain yang mempengaruhi.

Tahap 5: Evaluasi efektifitas dan efisiensi aplikasi tahap 1-4 dan mencari jalan keluar untuk peningkatan di masa yang akan datang.

Beberapa contoh laman untuk akses *database* antara lain:

- PubMed → <http://www.ncbi.nlm.nih.gov/pubmed/>
- Cochrane library:
 - Cochrane database of systematic reviews.
 - the database of abstracts of reviews of effects (DARE).
 - Cochrane central register of controlled trials (CENTRAL) → spesifik indeks randomized trials.

<http://www.mrw.interscience.wiley.com/cochrane/>

- Physiotherapy evidence database (PEDro) → database indeks RCTs dan systematic reviews intervensi FT →
<http://www.pedro.org.au/>

- Center for review and dissemination:

<http://www.crd.york.ac.uk/crdweb>

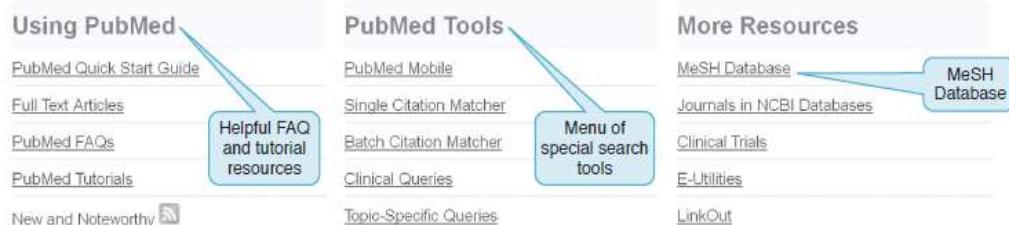
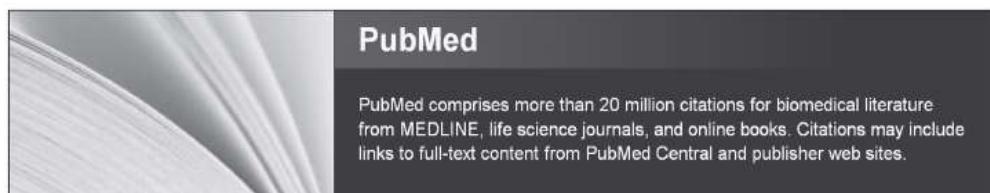
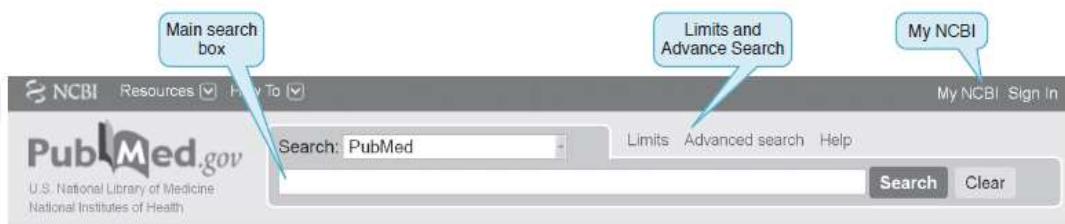
- Cumulative Index to Nursing and Allied Health Literature (CINAHL).
<http://www.ebscohost.com/biomedical-libraries/the-cinahl-database>
- <http://www.sciencedirect.com>
- www.elsevier.com
- <http://ptjournal.apta.org>
- scholar.google.com
- www.bmj.com
- <http://www.wcpt.org/node/29660>
- www.nice.org.uk
- dan lain-lain

Secara teknis, beberapa pertimbangan yang perlu diperhatikan sebagai berikut:

- Efisien → sensitif dan spesifik.
- OR → memperluas pencarian dengan alternatif sinonim/kata kunci.
- AND → mempersempit pencarian.

Langkah-langkah pencarian *evidence* adalah sebagai berikut:

1. Pencarian di PubMed

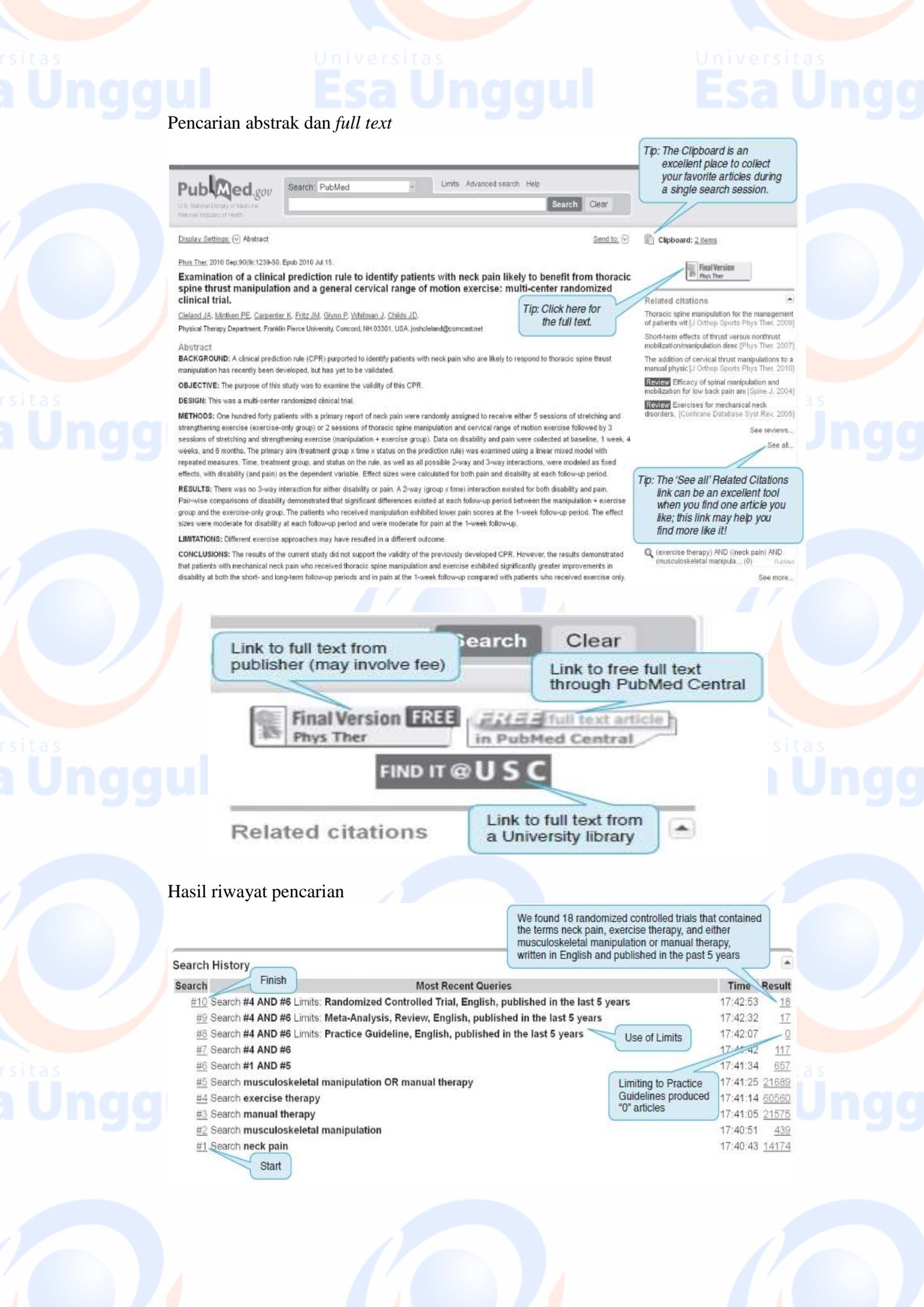


Menggunakan AND atau OR

The screenshot shows the PubMed Advanced Search interface. At the top, there is a search box containing "#4 AND #6". Below it is a "Search Builder" section with "All Fields" selected. A "Search History" table lists previous searches, and a "Most Recent Queries" table shows recent searches with their times and results. A "Start of search described in text" button is located at the bottom left. A "Tip" bubble says: "Tip: Clicking 'Preview' keeps your page view on Advanced Search". A "Number of articles retrieved for each successive search" bubble points to the results column in the history table.

Pembatasan tahun pencarian

The screenshot shows the PubMed Advanced Search interface with several filter panels. The "Dates" panel has "Published in the Last: 5 years" selected. The "Type of Article" panel includes "Practice Guideline" (selected). The "Languages" panel includes "English" (selected). The "Species" panel includes "Humans" and "Animals". The "Sex" panel includes "Male" and "Female". The "Subsets" panel includes "AIDS", "Bioethics", "Cancer", "Complementary Medicine", and "Other clinical journals". The "Ages" panel includes "All Infant: birth-23 months", "All Child: 0-18 years", "All Adult: 19+ years", and "Newborn: birth-1 month". The "Text Options" panel includes "Links to full text", "Links to free full text", and "Abstracts". A "Search Field Tags" panel shows "Field: All Fields". A "Tip" bubble in the bottom left says: "Tip: If you are searching PubMed using a library subscription (e.g. your University), clicking 'Links to full text' will inappropriately limit your search!"



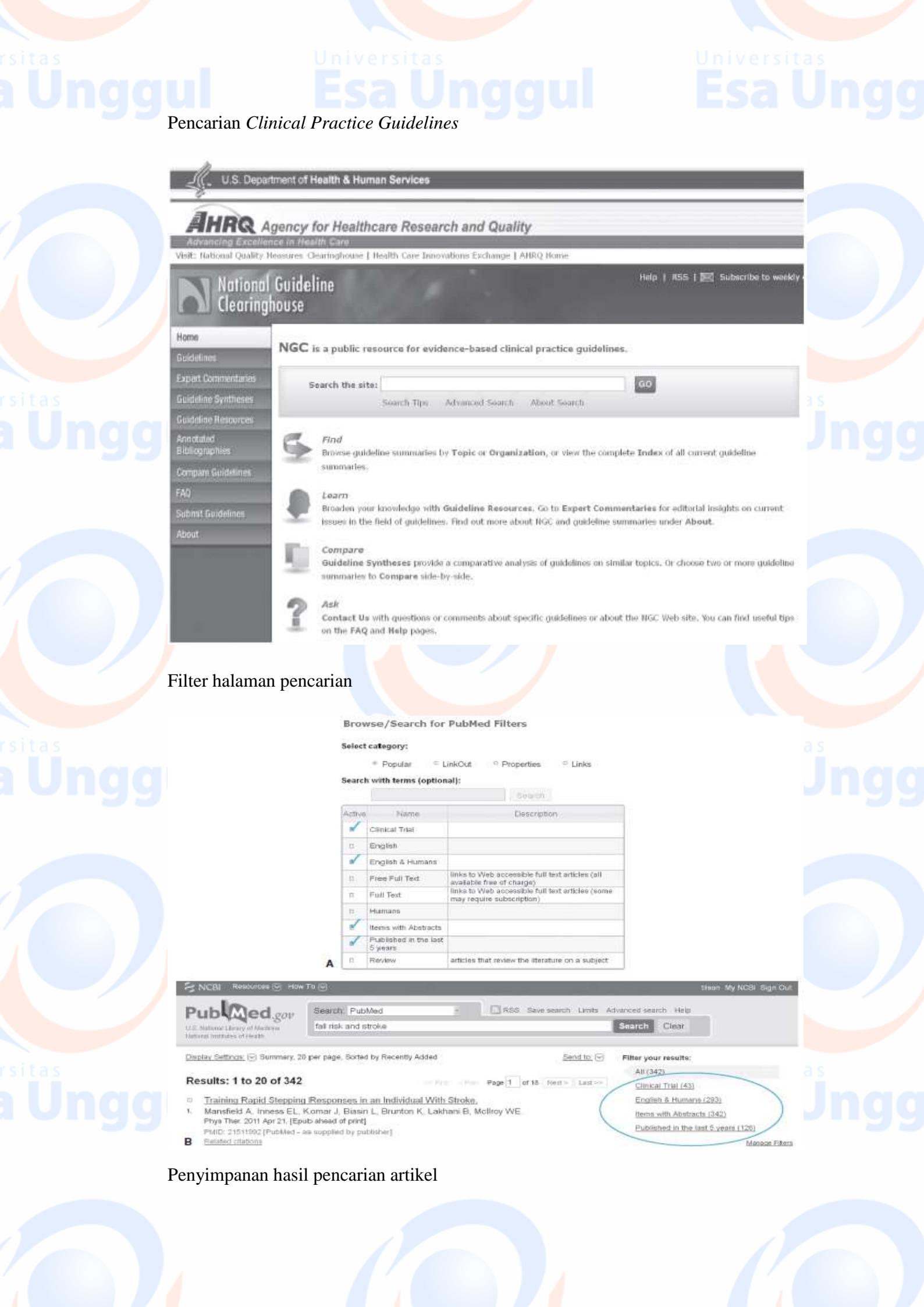
Pencarian *Clinical Queries*

The screenshot shows the PubMed Clinical Queries homepage. At the top left is the PubMed logo. The top navigation bar includes links for NCBI, Resources, and How To. The main title "PubMed Clinical Queries" is centered above a search bar containing the query "low back pain and stabilization exercises". Below the search bar, a message states: "Results of searches on this page are limited to specific clinical research areas. For comprehensive results, use the main PubMed search." On the left sidebar, under "PubMed Tools", are links for "PubMed Mobile", "Single Citation Matcher", "Batch Citation Matcher", "Clinical Queries" (which is highlighted in blue), and "Topic-Specific Queries". A blue callout box with the text "Click here on the home page" points to the "Clinical Queries" link. The main content area is divided into two sections: "Clinical Study Categories" (with dropdown menus for "Category: Therapy" and "Scope: Broad") and "Systematic Reviews" (listing five results). The "Clinical Study Categories" section lists four results:

- Results: 5 of 44**
Effectiveness of a 'Global Postural Reeducation' program for persistent low back pain: a non-randomized controlled trial. [BMC Musculoskelet Disord. 2010]
- Segmental stabilization and muscular strengthening in chronic low back pain: a comparative study. [Clinics (Sao Paulo). 2010]
- The role of exercise and alternative treatments for low back pain. [Phys Med Rehabil Clin N Am. 2010]
- Spectral and entropy changes for back muscle fatigability following spinal stabilization exercises. [J Rehabil Res Dev. 2010]

The "Systematic Reviews" section lists five results:

- Results: 5 of 5**
[Segmental stabilization in low back pain: a systematic review]. [Sportverletzt Sportschaden. 2010]
- Trunk stabilization training: an evidence basis for the current state of affairs. [J Back Musculoskelet Rehabil. 2009]
- Evidence-informed management of chronic low back pain with lumbar stabilization exercises. [Spine J. 2008]
- Lumbar functional instability: a critical appraisal of the literature. [Ann Readapt Med Phys. 2007]
- Unloaded movement facilitation exercise compared to no exercise or alternative therapy on outcomes for people with nonspecific chronic pain. [J Manipulative Physiol Ther. 2007]



Pencarian Clinical Practice Guidelines

U.S. Department of Health & Human Services

AHRQ Agency for Healthcare Research and Quality
Advancing Excellence in Health Care

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National Guideline Clearinghouse

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NGC is a public resource for evidence-based clinical practice guidelines.

Search the site: **GO**

Search Tips Advanced Search About Search

Find
Browse guideline summaries by Topic or Organization, or view the complete Index of all current guideline summaries.

Learn
Broaden your knowledge with Guideline Resources. Go to Expert Commentaries for editorial insights on current issues in the field of guidelines. Find out more about NGC and guideline summaries under About.

Compare
Guideline Syntheses provide a comparative analysis of guidelines on similar topics. Or choose two or more guideline summaries to Compare side-by-side.

Ask
Contact Us with questions or comments about specific guidelines or about the NGC Web site. You can find useful tips on the FAQ and Help pages.

Filter halaman pencarian

Browse/Search for PubMed Filters

Select category:

Popular LinkOut Properties Links

Search with terms (optional): **Search**

Active	Name	Description
<input checked="" type="checkbox"/>	Clinical Trial	
<input type="checkbox"/>	English	
<input checked="" type="checkbox"/>	English & Humans	
<input type="checkbox"/>	Free Full Text	links to Web accessible full text articles (all available free of charge)
<input type="checkbox"/>	Full Text	links to Web accessible full text articles (some may require subscription)
<input type="checkbox"/>	Humans	
<input checked="" type="checkbox"/>	Items with Abstracts	
<input checked="" type="checkbox"/>	Published in the last 5 years	
<input type="checkbox"/>	Review	articles that review the literature on a subject

NCBI Resources How To

PubMed.gov U.S. National Library of Medicine National Institutes of Health

Search: PubMed RSS Save search Limits Advanced search Help

fall risk and stroke **Search** **Clear**

Display Settings: Summary, 20 per page, Sorted by Recently Added **Send to:**

Results: 1 to 20 of 342

1. Mansfield A, Inness EL, Komer J, Biasin L, Brunton K, Lakhani B, Molloy WE. *Physio Ther*. 2011 Apr 21; [Epub ahead of print]. PMID: 21511902 [PubMed - as supplied by publisher]

B Related citations

Filter your results:

- All (342)
- Clinical Trial (43)**
- English & Humans (233)
- Items with Abstracts (342)
- Published in the last 5 years (126)

[More filters](#)

Penyimpanan hasil pencarian artikel

Display Settings: Summary, Sorted by Recently Added

Clipboard: 2 Remove all items

- [Training Rapid Stepping Responses in an Individual With Stroke.](#)
- 1. Mansfield A, Inness EL, Komar J, Biasin L, Brunton K, Lakhani B, McPhail S. *J Phys Ther Sci*. 2011 Apr 21; [Epub ahead of print]. PMID: 21511992 [PubMed - as supplied by publisher]
- Related citations Remove from clipboard
- [Risk factors for geriatric patient falls in rehabilitation hospital setting: a systematic review.](#)
- 2. Vieira ER, Freund-Heritage R, da Costa BR. *Clin Rehabil*. 2011 Apr 19; [Epub ahead of print].

Choose Destination

File Collections E-mail Order My Bibliography

Add 2 items Add to Collections

Mensetting email otomatis untuk pencarian

My NCBI — Saved Search Settings

✓ Save Search Successful

You PubMed search

Search: MCID gait speed tilson

Limits: only items with links to full text

Name of Search: fall risk and stroke

E-mail: tilson@usu.edu

Would you like e-mail updates of new search results?

- No thanks
- Yes, once a month.
Which day? The first Wednesday
- Yes, once a week.
Which day? Tuesday
- Yes, every day.

Format:

Report format: Abstract

Number of items:

Send at most: 5 items

Any text you want to be added at the top of your e-mail (optional):

Pencarian di laman *Physiotherapy Evidence Database (PEDro)*

PEDro

A PHYSIOTHERAPY EVIDENCE DATABASE

Change font size: A- A A+

Home New Search (Simple) New Search (Advanced) Search Help

Simple Search

Search term (or terms): lateral epicondylitis

Search

THE GEORGE INSTITUTE for Global Health

Affiliated with

THE UNIVERSITY OF SYDNEY

The database was last updated on 2 August 2010 (this includes records added or amended since 5 July 2010). The next update is planned for Monday 6 September 2010. The total number of records on the database is 16,861. Contact us Accessibility statement Fair use statement

Hasil pencarian *simple search*

PEDro
PHYSIOTHERAPY DATABASE

Change font size: A- A+ [Search Help](#)

name Display Selected Records New Database Updates New Search Initiates Continue Searching

Search Results

Click on a title to view details of that record. If your search has returned many records you may need to click on Next (at the top or bottom of the list of records). To display a list of records from one or a series of searches, click on Select and then Display Selected Records (at the top of the page).

Record 1 - 23 of 23.

Title	Method	Score (1/10)	Select Record
Rehabilitation for patients with lateral epicondylitis: a systematic review	systematic review	N/A	Select
Effectiveness of ultrasound therapy for lateral epicondylitis: a systematic review [with consumer summary]	systematic review	N/A	Select
Deep transverse friction massage for treating tendinitis (Cochrane review) [with consumer summary]	systematic review	N/A	Select
Insufficient scientific evidence for efficacy of widely used electrotherapy, laser therapy, and ultrasound treatment in elbow orthopaedics	systematic review	N/A	Select
Ultrasound therapy for musculoskeletal disorders: a systematic review	systematic review	N/A	Select
Randomized controlled trial of a new electrical modality (InterX) and soft tissue massage, stretching, ultrasound and exercise for treating lateral epicondylitis	clinical trial	8/10	Select
Palmed low-intensity ultrasound therapy for chronic lateral epicondylitis: a randomized controlled trial	clinical trial	7/10	Select

Hasil pencarian *detailed search*

PEDro
PHYSIOTHERAPY DATABASE

Change font size: A- A+ [Search Help](#)

This Select This Record Display Selected Records New Search (Advanced) New Search (Simple)

[Continue Searching \(Simple\)](#) [Search Help](#)

Use the Back button in your browser to see the other results of your search or to select another record.

Detailed Search Results

Author/Association: D'Vaz AP, Coder AJK, Speed CA, Jenner JR, Bradley M, Prevost AT, Hazleman BL

Title: Palmed low-intensity ultrasound therapy for chronic lateral epicondylitis: a randomized controlled trial

Source: *Rheumatology* 2008 May;45(5):588-570

Method: clinical trial

Method Score: 7/10 [Eligibility criteria: No; Random allocation: Yes; Concealed allocation: No; Baseline comparability: No; Blind subjects: Yes; Blind therapists: Yes; Blind assessors: Yes; Adequate follow-up: Yes; Intention-to-treat analysis: No; Between-group comparisons: Yes; Point estimates and variability: Yes; Note: Eligibility criteria item does not contribute to total score] *This score has been confirmed*

Abstract: Copyright release(s) for this abstract has not been obtained.

Abstracts and full text may be available at: <http://rheumatology.oxfordjournals.org/archive>.



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Hasil pencarian *advanced search*

PEDro
Physical Therapy Evidence Database

Change font size: A A A

Home Name Search (Simple) Name Search (Advanced) Search Fields

Advanced Search

Abstract & Title:	<input type="text"/>
Therapy:	<input type="text"/> stretching, mobilisation, manipulation, massage
Problem:	<input type="text"/>
Body Part:	<input type="text"/> head or neck
Subdiscipline:	<input type="text"/>
Method:	<input type="text"/>
Author/Association:	<input type="text"/>
Title Only:	<input type="text"/>
Source:	<input type="text"/>
Published Since:	<input type="text"/> (YYYY)
New records added since:	<input type="text"/> [MM/DD/YYYY]
Score of at least:	<input type="text"/> [10]
Return:	<input checked="" type="radio"/> 20 results displayed at time
When Searching:	<input type="radio"/> Match all search terms (AND) <input type="radio"/> Match any search term (OR)
<input type="button" value="Start Search"/>	

Cochrane Library Homepage