



## Find your evidence-based practice article

First, start off in [Cochrane Library](#). Online access to [Cochrane Library](#) through Hunter Library provides direct access to full-text, high quality systematic reviews of healthcare research. Systematic reviews look at numerous research studies, offer summaries for them, and then provide recommendations according to the preponderance of the evidence found across multiple research studies. [Cochrane](#)'s systematic reviews are considered a gold standard of evidence-based information. To access full-text online [Cochrane Library](#):

1. Go to the [Hunter Library homepage](#) (<http://library.wcu.edu>) and click the [All Resources A-Z link](#) (<http://www.wcu.edu/4251.asp>) at the right of the page.
2. Click [C](#) ([http://library.wcu.edu/reddot\\_asp/databases/atozdb.asp#C](http://library.wcu.edu/reddot_asp/databases/atozdb.asp#C)).
3. Click the [Cochrane Library link](#) ([http://library.wcu.edu/scripts/libredirect.asp?Port=0&Domain=www.mrw.interscience.wiley.com&Target=/cochrane/cochrane\\_search\\_fs.html](http://library.wcu.edu/scripts/libredirect.asp?Port=0&Domain=www.mrw.interscience.wiley.com&Target=/cochrane/cochrane_search_fs.html)).
4. If you are not on the Cullowhee campus, you will be prompted to enter your name and ID/92- number.
5. Once you are in [Cochrane Library](#), in the Search For box enter the least number of words possible to describe your topic. Due to the specialized nature of the information, the database contains fewer records than other research databases. It is better to start out with a single word or short phrase than to get too specific.
6. Hit the Search button. When results appear, look to the right of the page until you see the words "Restrict To:" and click Reviews. This step focuses your search on the systematic reviews. (Also, you will not see tempting titles marked "Protocol" that sound good, but only provide protocols for conducting future systematic reviews.)
7. Look through the results. When you see a title you like, click Record. The introductory text of the review opens. Click links to the left of the review to get to different sections of the review, or click the PDF link to bring up a beautiful PDF document of the ENTIRE review that you can save to your machine, email yourself, or print. Do not let the number of pages concern you much; while some are quite long, many pages contain lists of references. Plus, these reviews let you read about MANY research studies all at once.

If you did not find a systematic review in Cochrane that meets your needs, go to the [National Guideline Clearinghouse \(NGC\)](#). This tool compiles treatment guidelines from federal, state, professional, and international organizations. This site is free to use, so remember it for later in your career.

1. Go to the [National Guideline Clearinghouse \(NGC\)](#) (<http://guideline.gov/>).
2. In the Search box at the left of the [NGC homepage](#), enter the least number of words possible to describe your topic. Like Cochrane Library, the information in NGC is very specialized.
3. When results appear, scroll through them and find appealing titles. Please note guideline date and names and home countries of originating organizations in case this information affects your decision to select the guideline.
4. Click a title to read a Brief Summary. For more, look to the left and click Complete Summary. Click PDF at the left to obtain a document you can save, email, or print; or, use the Full Text link (if available) at the left to get the guideline from the originating organization.
5. For more information, click [Help](#) (<http://guideline.gov/help/help.aspx>).

If you do not find enough information in [Cochrane](#) and [NGC](#) to meet your needs, use [find healthcare research articles](#) (<http://www.wcu.edu/3554.asp>) and use articles based on study types from the [Evidence-based Pyramid](#) (<http://healthlinks.washington.edu/ebp/ebptools.html>), email [Ann Hallyburton](mailto:ahallyb@email.wcu.edu) (ahallyb@email.wcu.edu) or call the Reference Desk at 1-866-928-5424.

## The evidence-based pyramid

This representation of the EB pyramid comes from the University of Washington's Healthlinks. Other EB pyramids may put information types in a slightly different order, but this is the order I like mostest. You'll notice the top of the EB pyramid is the Cochrane systematic review.

Cochrane's systematic reviews are at the top because they are of VERY high quality and contain a great deal of information, and in the tiniest portion because, due to the intricate work involved in creating a systematic review, there are fewer of them than other information types. The size of the portion increases the further down the pyramid you go, showing that there are more of each type, but at a lower level of evidential influence. All information types are important, but some types carry more weight as evidence than others.

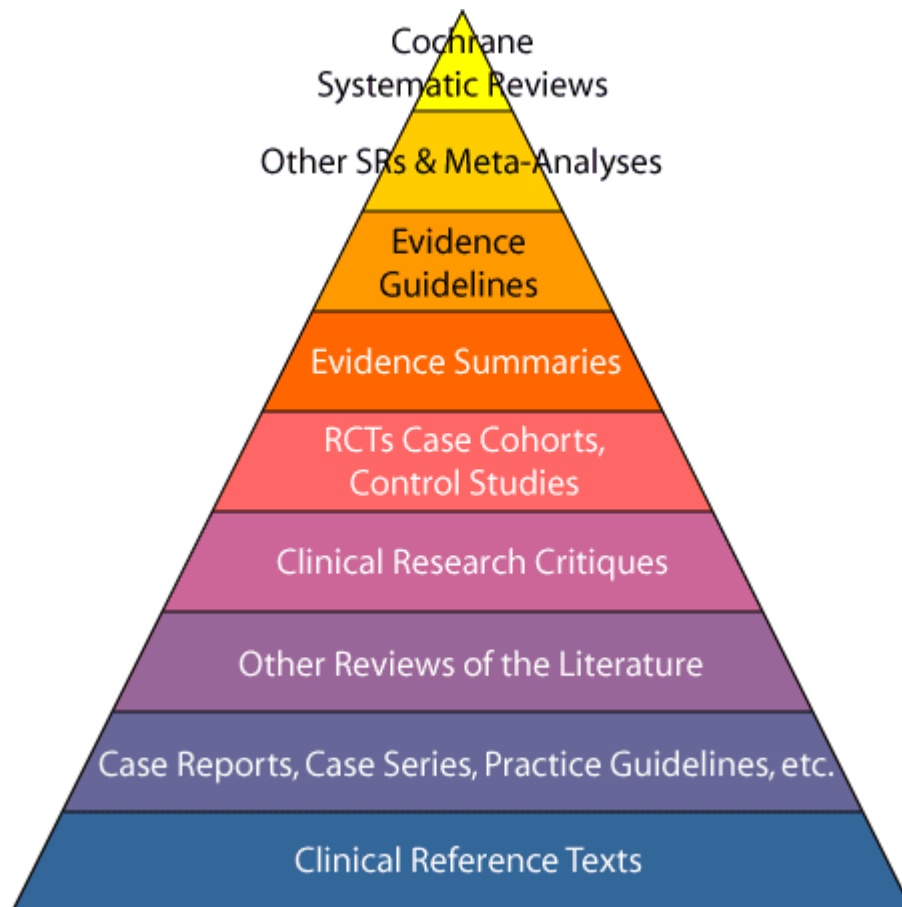


Image from: <http://healthlinks.washington.edu/ebp/ebptools.html>

## Find images to use in your presentation

1. Go to the [Hunter Library homepage](http://library.wcu.edu) (<http://library.wcu.edu>) and click the [All Resources A-Z link](http://www.wcu.edu/4251.asp) (<http://www.wcu.edu/4251.asp>) at the right of the page.
2. Click [I](http://library.wcu.edu/reddot_asp/databases/atozdb.asp#I) ([http://library.wcu.edu/reddot\\_asp/databases/atozdb.asp#I](http://library.wcu.edu/reddot_asp/databases/atozdb.asp#I)).
3. Click the [Images.MD link](http://library.wcu.edu/scripts/libredirect.asp?Port=0&Domain=www.images.md) (<http://library.wcu.edu/scripts/libredirect.asp?Port=0&Domain=www.images.md>).
4. If you are not on the Cullowhee campus, you will be prompted to enter your name and ID/92- number.
5. In the “quick search” box, enter the name of a condition you are researching and hit “Go.”
6. If you receive many that look nothing like the nice image you were wanting, go to the bottom of the results page until you see “filter your search.”
7. Look at the right column of options and find the “image type” option. Click the “photograph/halftone” option. If you see other options you like, hold down your CTRL (Control) key while clicking other options so that you can search for photographs and illustrations at the same time.
8. Click the circle with the weird double arrow in it and look through your results.
9. Left click an image you want. To save the image, right click on the image (once you get to the screen describing it) and save it to your machine. Copy and paste the “Taken from:” section at the bottom of the screen so that you can properly cite the image.
10. If you do not find images that meet your needs, go to [Google Images](http://images.google.com) (<http://images.google.com>) and enter keywords about your condition. Be quite careful to use images only from reputable resources (government, research institution, higher education).