

Users Guides To The Medical Literature Essentials Of Evidence Based Clinical Practice Third Edition Uses Guides To Medical Literature

The United States is in the midst of a new Golden Age of legal weed. Recreational marijuana is now legal in four states--Washington, Colorado, Oregon, and Alaska--and Washington, DC, while medical marijuana is legal in 25 states and counting. This definitive, hands-on, and experienced guide to the new world of decriminalized recreational marijuana, written by the lovingly blunt and unfailingly witty David Schmader, will educate and entertain the novice and experienced user alike. Complete with history, ways to enjoy, recipes, safety and legality tips, and medical-use information, this witty guide is perfect for gift giving.

This User's Guide is a resource for investigators and stakeholders who develop and review observational comparative effectiveness research protocols. It explains how to (1) identify key considerations and best practices for research design; (2) build a protocol based on these standards and best practices; and (3) judge the adequacy and completeness of a protocol. Eleven chapters cover all aspects of research design, including: developing study objectives, defining and refining study questions, addressing the heterogeneity of treatment effect, characterizing exposure, selecting a comparator, defining and measuring outcomes, and identifying optimal data sources. Checklists of guidance and key considerations for protocols are provided at the end of each chapter. The User's Guide was created by researchers affiliated with AHRQ's Effective Health Care Program, particularly those who participated in AHRQ's DEcIDE (Developing Evidence to Inform Decisions About Effectiveness) program. Chapters were subject to multiple internal and external independent reviews. More more information, please consult the Agency website: www.effectivehealthcare.ahrq.gov)

Effective risk communication is essential to the well-being of any organization and those people who depend on it. Ineffective communication can cost lives, money and reputations. *Communicating Risks and Benefits: An Evidence-Based User's Guide* provides the scientific foundations for effective communications. The book authoritatively summarizes the relevant research, draws out its implications for communication design, and provides practical ways to evaluate and improve communications for any decision involving risks and benefits. Topics include the communication of quantitative information and warnings, the roles of emotion and the news media, the effects of age and literacy, and tests of how well communications meet the organization's goals. The guide will help users in any organization, with any budget, to make the science of their communications as sound as the science that they are communicating.

Internationally recognized experts, pioneers, and opinion makers in evidence-based medicine (EBM) provocatively recast endocrine policy and practice in the light of EBM philosophy and principles. The authors explain the past, present, and future of EBM; consider its practical implications for endocrinology; demonstrate what the "evidence base" is in EBM; and present illustrative case studies by practicing evidence-based clinicians. Highlights include essays on why cost-effective analyses are problematic, the contrast between clinical investigations and large randomized trials, the role of Cochrane reviews and meta-analyses, and the curriculum requirements for training evidence-based endocrinologists.

The #1 guide to the principles and clinical applications of evidence-based medicine has just gotten better! A Doody's Core Title ESSENTIAL PURCHASE for 2011! No other resource helps you to put key evidence-based medicine protocols into daily clinical practice better than *Users' Guides to the Medical Literature*. An instant classic in its first edition, this detailed, yet highly readable reference demystifies the statistical, analytical, and clinical principles of evidence-based medicine, giving you a hands-on, practical resource that no other text can match. Here, you'll learn how to distinguish solid medical evidence from poor medical evidence, devise the best search strategies for each clinical question, critically appraise the medical literature, and optimally tailor evidence-based medicine for each patient. The new second edition of this landmark resource is now completely revised and refreshed throughout, with expanded coverage of both basic and advanced issues in using evidence-based medicine in clinical practice. **FEATURES:** Completely revised and updated to reflect the enormous expansion in medical research and evidence-based resources since the first edition Innovative organization guides you from the fundamentals of using the medical literature to the more advanced strategies and skills for use in every day patient care situations Abundant and current real-world examples drawn from the medical literature are woven throughout, and include important related principles and pitfalls in using medical literature in patient care decisions Practical focus on the key issues in evidence-based practice: What are the results? Are the results valid? How to I apply to results to the care of my patients? More than 60 internationally recognized editors and contributors from the U.S., Canada, South America, Europe, and Asia -- the best of the best in the discipline **NEW** coverage on how to: --Avoid being misled by biased presentations of research findings --Interpret the significance of clinical trials that are discontinued early --Influence clinician behavior to improve patient care --Apply key strategies for teaching evidence-based medicine Also look for JMAEvidence.com, a new interactive database for the best practice of evidence based medicine.

400 years after *The Anatomy of Melancholy*, this book guides readers through Renaissance medicine's disease of the mind.

The ultimate guide to the evidence-based clinical encounter "This book is an excellent source of supported evidence that provides useful and clinically relevant information for the busy practitioner, student, resident, or educator who wants to hone skills of physical diagnosis. It provides a tool to improve patient care by using the history and physical examination items that have the most reliability and efficiency."--*Annals of Internal Medicine* "The evidence-based examination techniques put forth by Rational Clinical

Examination is the sort that can be brought to bear on a daily basis – to save time, increase confidence in medical decisions, and help decrease unnecessary testing for conditions that do not require absolute diagnostic certainty. In the end, the whole of this book is greater than its parts and can serve as a worthy companion to a traditional manual of physical examination."--Baylor University Medical Center (BUMC) Proceedings 5 STAR DOODY'S REVIEW! "Physical diagnosis has been taught to every medical student but this evidence-based approach now shows us why, presenting one of medicine's most basic tenets in a new and challenging light. The format is extraordinary, taking previously published material and updating the pertinent evidence since the initial publication, affirming or questioning or refining the conclusions drawn from the data. "This is a book for everyone who has studied medicine and found themselves doubting what they have been taught over the years, not that they have been deluded, but that medical traditions have been unquestionably believed because there was no evidence to believe otherwise. The authors have uncovered the truth. "This extraordinary, one-of-a-kind book is a valuable addition to every medical library."--Doody's Review Service Completely updated with new literature analyses, here is a uniquely practical, clinically relevant approach to the use of evidence in the content of physical examination. Going far beyond the scope of traditional physical examination texts, this invaluable resource compiles and presents the evidence-based meanings of signs, symptoms, and results from physical examination maneuvers and other diagnostic studies. Page after page, you'll find a focus on actual clinical questions and presentations, making it an incomparably practical resource that you'll turn to again and again. Importantly, the high-yield content of The Rational Clinical Examination is significantly expanded and updated from the original JAMA articles, much of it published here for the first time. It all adds up to a definitive, ready-to-use clinical exam sourcebook that no student or clinician should be without. FEATURES Packed with updated, new, and previously unpublished information from the original JAMA articles Standardized template for every issue covered, including: Case Presentation; Why the Issue Is Clinically Important; Research and Statistical Methods Used to Find the Evidence Presented; The Sensitivity and Specificity of Each Key Result; Resolution of the Case Presentation; and the Clinical Bottom Line Completely updated with all-new literature searches and appraisals supplementing each chapter Full-color format with dynamic clinical illustrations and images Real-world focus on a specific clinical question in each chapter, reflecting the way clinicians approach the practice of evidence-based medicine More than 50 complete chapters on common and challenging clinical questions and patient presentations Also available: JAMAevidence.com, a new interactive database for the best practice of evidence based medicine

This book grew out of a series of 25 articles published in JAMA between 1993 and 2000.

Teledermatology allows a dermatologist to diagnose a wide range of conditions via the communications industry, thus allowing a specialist to review a patient's condition from miles away while minimizing time and travel. This book focuses on the practical aspects of teledermatology implementation while providing a comprehensive treatment of the topic. Discussions include: business models and reimbursement issues; the current status of teledermatology research; the integration of teledermatology into dermatology residency training programs; ethical considerations; confidentiality issues; and the "art of teledermatology." It explores the technical aspects of teledermatology and describes the differences between live interactive techniques and store and forward techniques. It provides both novice and seasoned teledermatologists with comprehensive and practical information. Many of the chapter authors are among the world experts in teledermatology and have developed successful and viable programs. The knowledge presented here is based on the lessons they have learned in the course of teledermatology development.

Specifically designed to address the expanding role of physical therapists in primary care, Primary Care for the Physical Therapist: Examination and Triage, 3rd Edition covers all the information and skills you need to be successful in the field. Updated content throughout the text helps you stay up to date on the best practices involving patient examination, medical screening, patient management, and communication. This new third edition also features a new chapter on electrodiagnostic testing, a new chapter on patients with a history of trauma, and updated information on how to screen and examine the healthy population. It's a must-have resource for any physical therapist wanting to obtain the technical expertise and clinical decision-making abilities to meet the challenges of a changing profession. Tailored content reflects the specific needs of physical therapists in primary care. Emphasis on communication skills underscores this essential aspect of quality patient care. Overview of the physical examination is provided in the text to ground therapists in the basis for differential diagnosis and recognizing conditions. NEW! Updated content throughout the text reflects the current state of primary care and physical therapy practice. NEW! New chapter on electrodiagnostic testing helps familiarize physical therapists with indications for electrodiagnostic testing and implications of test results to their clinical decision-making. NEW! New chapter on patients with a history of trauma emphasizes the red flags that physical therapists need to recognize for timely patient referral for appropriate tests. NEW! Updated information on how to screen and examine the healthy population enhances understanding of the foundations of practice and the role that physical therapists can fill in primary care models.

The "essential" companion to the landmark Users' Guides to the Medical Literature - completely revised and updated! 5 STAR DOODY'S REVIEW! "This second edition is even better than the original. Information is easier to find and the additional resources that will be available at www.JAMAevidence.com will provide readers with a one-stop source for evidence-based medicine."--Doody's Review Service Evidence-based medicine involves the careful interpretation of medical studies and its clinical application. And no resource helps you do it better-and faster-than Users' Guides to the Medical Literature: Essentials of Evidence-Based Clinical Practice. This streamlined reference distills the most clinically-relevant coverage from the parent Users' Guide Manual into one highly-focused, portable resource. Praised for its clear explanations of detailed statistical and mathematical principles, The Essentials concisely covers all the basic concepts of evidence-based medicine--everything you need to deliver optimal patient care. It's a perfect at-a-glance

source for busy clinicians and students, helping you distinguish between solid medical evidence and poor medical evidence, tailor evidence-based medicine for each patient, and much more. Now in its second edition, this carry-along quick reference is more clinically relevant--and more essential--than ever! FEATURES Completely revised and updated with all new coverage of the basic issues in evidence-based medicine in patient care Abundant real-world examples drawn from the medical literature are woven throughout, and include important related principles and pitfalls in using clinical research in patient care decisions Edited by over 60 internationally recognized editors and contributors from around the globe Also look for JAMAevidence.com, a new interactive database for the best practice of evidence based medicine.

While most practicing pharmacists are familiar with the term and the general concept of evidence-based medicine, few are adequately trained in the clinical application of these skills. Developed to give clinical pharmacists an edge, this book provides a practical approach for applying sound EBM principles to your clinical decision making process. Decision making based on personal experience alone, without knowledge from well-designed, controlled, randomized trials with adequate sample size, often overestimates the efficacy and underestimates the safety risks associated with drugs. This book provides a roadmap that is instructional and, most importantly, practical for the pharmacist so these new skills can be applied immediately in practice. Based on a five-step process perfected over ten years at the University of Missouri, Kansas City, School of Pharmacy, this exciting new approach will:

- Reduce complexity
- Shorten time for decision making support
- Maintain rigor
- Categorize quality of the evidence in a simple, straightforward, and logical manner
- Provide a process designed specifically for pharmacists making drug therapy decisions

Use of examples, tables, diagrams, and key points highlighted throughout the book and summarized at the end of each chapter provide the pharmacist with skills they can implement the next day to begin applying EBM principles to their practice. This work allows physicians, students and health care professionals to gain a thorough grounding in evidence-based medicine. Written by a team of experts it includes a searchable CD-ROM of the complete text.

Publisher's Note: Products purchased from Third Party sellers are not guaranteed by the publisher for quality, authenticity, or access to any online entitlements included with the product. The world-renowned experts at JAMA® explain statistical analysis and the methods used in medical research Written in the language and style appropriate for clinicians and researchers, this new JAMA Guide to Statistics and Methods provides explanations and expert discussion of the statistical analytic approaches and methods used in the medical research reported in articles appearing in JAMA and the JAMA Network journals. This addition to the JAMAevidence® series is particularly timely and necessary because today's physicians and other health care professionals must pursue lifelong learning to keep up with the ever-expanding universe of new medical science and evidence-based clinical information. Readers and users of research articles must have a firm grasp of the myriad new statistical, analytic, and methodologic approaches used in contemporary medical studies. To provide concrete examples, the explanations in the book link to research articles that incorporate the specific statistical test or methodological approach being discussed.

The perfect "bridge" book between physical exam textbooks and clinical reference books Covers the essentials of the diagnostic exam procedure and the preparation of the patient record Includes overviews of each organ/region/system, followed by the definition of key presenting signs and their possible causes Unrivaled in its comprehensive coverage of differential diagnosis, organized by systems, signs, and syndromes

This open access book describes and illustrates the surgical techniques, implants, and technologies used for the purpose of personalized implantation of hip and knee components. This new and flourishing treatment philosophy offers important benefits over conventional systematic techniques, including component positioning appropriate to individual anatomy, improved surgical reproducibility and prosthetic performance, and a reduction in complications. The techniques described in the book aim to reproduce patients' native anatomy and physiological joint laxity, thereby improving the prosthetic hip/knee kinematics and functional outcomes in the quest of the forgotten joint. They include kinematically aligned total knee/total hip arthroplasty, partial knee replacement, and hip resurfacing. The relevance of available and emerging technological tools for these personalized approaches is also explained, with coverage of, for example, robotics, computer-assisted surgery, and augmented reality. Contributions from surgeons who are considered world leaders in diverse fields of this novel surgical philosophy make this open access book will invaluable to a wide readership, from trainees at all levels to consultants practicing lower limb surgery

Explains how nutritional supplements can reduce the risk of eye disease.

The leading guide to the principles and clinical applications of evidence-based medicine--updated with new examples and new chapters Revised and updated to reflect the latest in medical research and evidence-based resources Practical focus and organization to guide clinicians through the fundamentals of using the medical literature to the more advanced strategies and skills for use in patient care, using the key questions to assess any new research: What are the results? How serious is the risk of bias? How do I apply the results to patient care? Updated real-world examples drawn from the medical literature New chapters that reflect the changing complexity of medical research and literature, including genetic association studies, systematic reviews and meta-analyses, network meta-analysis, noninferiority trials, quality improvement, and evidence-based medicine and the theory of knowledge New emphasis on understanding the role of patient preferences and preappraised resources that provide updated evidence and evidence-based recommendations for practice

The streamlined companion to the classic Users' Guides to the Medical Literature--fully updated and revised This compact guide condenses the most clinically relevant content of the landmark Users' Guides to the Medical Literature to help you incorporate evidence-based medicine into your practice. You will learn the principles of evidence-based medicine, how your practice can benefit from the constant stream of new medical literature, and how to differentiate good medical evidence from that which is inadequate or misleading. This edition includes numerous updates, several new chapters, and a greater emphasis on the role of patient preferences and preappraised resources.

Required reading in many medical and healthcare institutions, *How to Read a Paper* is a clear and wide-ranging introduction to evidence-based medicine and healthcare, helping readers to understand its central principles, critically evaluate published data, and implement the results in practical settings. Author Trisha Greenhalgh guides readers through each fundamental step of inquiry, from searching the literature to assessing methodological quality and appraising statistics. *How to Read a Paper* addresses the common criticisms of evidence-based healthcare, dispelling many of its myths and misconceptions, while providing a pragmatic framework for testing the validity of healthcare literature. Now in its sixth edition, this informative text includes new and expanded discussions of study bias, political interference in published reports, medical statistics, big data and more. Offers user-friendly guidance on evidence-based healthcare that is applicable to both experienced and novice readers Authored by an internationally recognised practitioner and researcher in evidence-based healthcare and primary care Includes updated references, additional figures, improved checklists and more *How to Read a Paper* is an ideal resource for healthcare students, practitioners and anyone seeking an accessible introduction to evidence-based healthcare.

Evidence Based Medicine provides a clear explanation of the central questions: how to ask answerable clinical questions; how to translate them into effective searches for the best evidence; how to critically appraise that evidence for its validity and importance; and how to integrate it with patients' values and preferences.

Users' Guides to the Medical Literature: Essentials of Evidence-Based Clinical Practice, Third Edition McGraw-Hill Education / Medical

"Accessing medical information, Where to find it- how to judge it, Evaluate online resources"--cover.

Written in response to numerous requests by nurse practitioners and other graduate faculty for a nursing literature resource, this new two-color book is based on the *Users' Guides to the Medical Literature: A Manual for Evidence-Based Practice* by Dr. Gordon Guyatt and Dr. Drummond Rennie, published in 2001 by the AMA. Revised for the nursing audience, *Evidence-Based Nursing* is a reader-friendly, accessible guide that features plentiful examples from the nursing literature and the addition of specific nursing issues such as qualitative research, with direct application for clinical practice. Drs. DiCenso, Ciliska, and Guyatt are three of the leaders in the evidence-based nursing community and command worldwide recognition. *Evidence-Based Nursing* will enable nurses to frame their clinical questions in a way that will help them find and distinguish between strong and weak evidence; clearly understand study results; weigh the risks and benefits of management options; and apply the evidence to their individual patients to improve outcomes. This is the only book of its kind that helps nurses use the nursing literature effectively to solve patient problems. Three-step approach to dissecting a problem — to help find the best evidence and improve patient care, most questions can be divided into three parts: (1) Are the results valid? (2) What are the results? and (3) How can I apply the results to patient care? Part One - The Basics: Using the Nursing Literature provides a basic approach to the problems faced by nurses when determining optimal care, predicting patient progress, and protecting patients from potentially harmful side effects and includes a literature assessment summary and management recommendations. Part Two - Beyond the Basics: Using and Teaching the Principles of Evidence-Based Nursing expands on Part One, providing concrete examples through the presentation of cases. Two-part organization helps both beginners and those more accomplished at using the nursing literature. Clinical Scenario provides a brief but detailed description of a clinical situation that requires the application of research through a critical thinking process. Using the Guide examines a clinical scenario, and then evaluates the way in which research findings are collected, analyzed, and applied to the resolution of the problem presented in the scenario. Free CD-ROM contains everything found in the book, allowing for electronic outlining, content filtering, full-text searching, and alternative content organizations.

The world's leading source of evidence-based guidance on caring for patients at the end of life. Featuring the content of the world's most widely read medical journal, plus completely new, never-before-published content. Perfect for medical students, trainees, and clinicians alike. Market / Audience Medical students: 18000/yr US, 250,000 global NP and PA students: 25,000/yr US, 50,000+ global IM and FP residents: 30,000 US, 60,000 global IM and FP clinicians: 140,000 US, 300,000+ global Palliative medicine: 3000 US Oncology: 20,000 US, 60,000 global Social workers About the Book In the tradition of the *User's Guides to the Medical Literature*, and *The Rational Clinical Examination*, *JAMA/Care at the Close of Life* is based on a widely successful series of articles appearing over the course of the last ten years in *JAMA*, the world's most widely read medical journal. The series is directed by Stephen McPhee, a leading authority of end of life care, and the chief editor of our market leading *Current Medical Diagnosis and Treatment* text. The articles in the series cover fundamental topics and challenges in caring for patients who have been given a terminal diagnosis. Featuring a strong focus on evidence-based medicine, and organized by clinical cases, the articles are widely read by faculty, medical students, and clinicians who, frankly, have not been given a solid educational experience on this very important medical issue. The book will be physically modeled after *The Rational Clinical Examination*, in a full color format that highlights the clinical cases. It will be well suited for use as an required or recommended textbook for medical, PA, and NO students, and as a clinical reference text for trainees and practicing physicians and nurses. Key Selling Features Based on highly regarded content from the world's most widely read medical journal All content is completely updated, and extensive new, never-before-published content has been added Case-based, and evidence-based, so its a perfect fit for the way medical students and residents like to learn Focuses on practical, real-world issues for primary care physicians, and avoids esoteric issues of interest only to specialists in palliative care Full color format, modeled after the highly regarded *Rational Clinical Examination* Includes multimedia materials available on line: Power Point slides for teaching, and video interviews with patients in end-of-life care, so that faculty and students get supplemental resources for learning the art and science of care at the end of life Evidence-based guidance from the world's leading medical journal, on a critical topic that has been neglected in medical education and training until recently. Author Profile *JAMA* is the world's most widely read medical journal, and has a reputation for excellence in evidence-based medicine. Stephen McPhee has high visibility on account of his editorship of *CMDT*, and for his driving role in enhancing end of life care in medical education and training programs. He is: Professor of Medicine, UCSF School of Medicine, San Francisco CA

An overview of how gender affects mental health that will help women to identify and better manage the symptoms of mental ill health. It covers a wide range of mental disorders and gives helpful tips and useful resources. Includes topics like arranged marriage, domestic violence, influences of cultural and historical factors, motherhood and pain.

This is a basic book on evidence-based medicine (EBM). It starts with an introduction to the topic. It outlines the relationship between EBM and research and quality of care. Then It goes on to cover the most commonly used modules of EBM, i.e. therapy, diagnosis, prognosis and meta-analysis. Each module starts with an introduction to fundamental concepts, and description of the related research process, and then follows the critical appraisal of related type of research article. At the end, it covers the different systems of grading of level of evidence and strength of recommendations. The book also has three examples of critical appraisal on diagnosis, therapy, and meta-analysis.?

This bestselling pocket guide to the skills of evidence-based medicine succeeds in demystifying the terminology and processes in a handy and easy-to-follow format, all within the space of 100 pages. With an improved layout, this second edition of *Evidence-based Medicine Toolkit* offers more up-to-date guidance as well as new sections on important areas of research. New features of this second edition include: A

box for each major database showing how to search the evidence, and highlighting the differences between them Flow charts for different study types New critical appraisal sections on qualitative research and economic evaluation Expanded list of EBM resources on the net. With these added features to make the job easier, the new Toolkit is now an even better companion for all health care professionals using evidence-based methodology in their research and practice.

This User's Guide is intended to support the design, implementation, analysis, interpretation, and quality evaluation of registries created to increase understanding of patient outcomes. For the purposes of this guide, a patient registry is an organized system that uses observational study methods to collect uniform data (clinical and other) to evaluate specified outcomes for a population defined by a particular disease, condition, or exposure, and that serves one or more predetermined scientific, clinical, or policy purposes. A registry database is a file (or files) derived from the registry. Although registries can serve many purposes, this guide focuses on registries created for one or more of the following purposes: to describe the natural history of disease, to determine clinical effectiveness or cost-effectiveness of health care products and services, to measure or monitor safety and harm, and/or to measure quality of care. Registries are classified according to how their populations are defined. For example, product registries include patients who have been exposed to biopharmaceutical products or medical devices. Health services registries consist of patients who have had a common procedure, clinical encounter, or hospitalization. Disease or condition registries are defined by patients having the same diagnosis, such as cystic fibrosis or heart failure. The User's Guide was created by researchers affiliated with AHRQ's Effective Health Care Program, particularly those who participated in AHRQ's DEClIDE (Developing Evidence to Inform Decisions About Effectiveness) program. Chapters were subject to multiple internal and external independent reviews.

Detection Theory is an introduction to one of the most important tools for analysis of data where choices must be made and performance is not perfect. Originally developed for evaluation of electronic detection, detection theory was adopted by psychologists as a way to understand sensory decision making, then embraced by students of human memory. It has since been utilized in areas as diverse as animal behavior and X-ray diagnosis. This book covers the basic principles of detection theory, with separate initial chapters on measuring detection and evaluating decision criteria. Some other features include: *complete tools for application, including flowcharts, tables, pointers, and software; *student-friendly language; *complete coverage of content area, including both one-dimensional and multidimensional models; *separate, systematic coverage of sensitivity and response bias measurement; *integrated treatment of threshold and nonparametric approaches; *an organized, tutorial level introduction to multidimensional detection theory; *popular discrimination paradigms presented as applications of multidimensional detection theory; and *a new chapter on ideal observers and an updated chapter on adaptive threshold measurement. This up-to-date summary of signal detection theory is both a self-contained reference work for users and a readable text for graduate students and other researchers learning the material either in courses or on their own.

Well-respected herbalist David Hoffmann's comprehensive and practical guide to herbal medicine. • Discusses the history and modern practice of herbalism, including Chinese, Native American, and Welsh influences. • Includes a practical reference section listing the effects of various herbs, with prescriptions on how to use them for a wide range of illnesses. • Covers the fundamentals of growing, drying, storing, and cooking with herbs. • Over 45,000 copies of previous edition sold. This compendium of medical herbalism by one of the most eminent herbalists practicing today is both comprehensive and practical. Answering basic as well as complicated questions about herbal medicine, it provides both the novice and the experienced practitioner with a reliable framework in which to develop their herbal skills. A discussion of the history and modern practice of herbalism, encompassing the influences of Welsh, Chinese, and Native American herbal medicine is followed by a practical reference section that lists the various actions herbs have on the body (carminative, anti-inflammatory, etc.), with examples of herbs and their mode of activity in each category. Herbal prescriptions for various illnesses are also organized under the main systems of the body so that information can be quickly and easily referenced. A final section covers the fundamentals of growing, drying storing and cooking with herbs, as well as the making of infusions, decoctions, oils, and ointments. The author also provides helpful introductions to aromatherapy and plant medicines.

The purpose of this book specifically is to teach surgeons (academic or community), surgical fellows and surgical residents regardless of the surgical specialty, the skills to appraise what they read in the surgical literature. Surgeons need to be able to understand what they read before applying the conclusions of a surgical article to their practice. As most surgeons do not have the extra training in health research methodology, understanding how the research was done, how to interpret the results and finally deciding to apply them to the patient level is indeed a difficult task. Chapters explain the methodological issues pertaining to the various study designs reported in the surgical literature. Most chapters begin with a clinical scenario with uncertain course of action with which most surgeons are struggling. Readers are taught how to search the literature for the best evidence that will answer the surgical problem under discussion. An identified article that seems relevant to the problem you are investigating can be appraised by addressing 3 key questions: 1). Is the study I am reading valid? 2). What are the results of this study? 3). Can I apply these results to my patients? While the primary goal of Evidence-Based Surgery is to teach surgeons how to appraise the surgical literature, an added benefit is that the concepts explained here may help research-minded surgeons produce higher quality research.

Healthcare decision makers in search of reliable information that compares health interventions increasingly turn to systematic reviews for the best summary of the evidence. Systematic reviews identify, select, assess, and synthesize the findings of similar but separate studies, and can help clarify what is known and not known about the potential benefits and harms of drugs, devices, and other healthcare services. Systematic reviews can be helpful for clinicians who want to integrate research findings into their daily practices, for patients to make well-informed choices about their own care, for professional medical societies and other organizations that develop clinical practice guidelines. Too often systematic reviews are of uncertain or poor quality. There are no universally accepted standards for developing systematic reviews leading to variability in how conflicts of interest and biases are handled, how evidence is appraised, and the overall scientific rigor of the process. In Finding What Works in Health Care the Institute of Medicine (IOM) recommends 21 standards for developing high-quality systematic reviews of comparative effectiveness research. The standards address the entire systematic review process from the initial steps of formulating the topic and building the review team to producing a detailed final report that synthesizes what the evidence shows and where knowledge gaps remain. Finding What Works in Health Care also proposes a framework for improving the quality of the science underpinning systematic reviews. This book will serve as a vital resource for both sponsors and producers of systematic reviews of comparative effectiveness research.

Vitamin C can reduce your risk of developing cancer and heart disease, improve your mood and energy levels, and even lessen cold and flu symptoms. The problem is that many people simply do not get enough vitamin C from their diets. This work explains the health benefits of this essential nutrient and how it can enhance your health.

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