

# BRANCH OUT

Volume 9, Issue 5  
Spring 2010

## EVIDENCE BASED MEDICINE: PEARLS FOR THE BUSY CLINICIAN

LISA BISHOP, BScPHARM, PHARM D

BASED ON A WORKSHOP AT THE CSHP PROFESSIONAL PRACTICE CONFERENCE, FEBRUARY 2010 PRESENTED BY TRUDY ARBO, PHARM D, BCPS, CDE.

Integrating best research evidence, clinical expertise and patient values help clinicians form a therapeutic alliance with optimized clinical outcomes. However, using evidence based medicine (EBM) in clinical practice can be challenging. This article will summarize the important aspects that were discussed during the workshop, including how to develop a clear and concise clinical question to guide searching, where to search for quality summaries of the evidence, and the important aspects of critically reviewing the literature.

There are 4 steps in searching for answers to clinical questions:

1. Ask a focused clinical question
2. Perform an efficient search
3. Critically appraise the evidence
4. Implement it into your practice

### Ask a focused clinical question

When encountered with a clinical question, it is crucial to ask a focused clinical question in order to perform an efficient search. The PICO format is a method that can help guide the focused question.

Continued on page 3

#### ***Inside this issue:***

Evidence Based Medicine

Awards Committee Update

Membership Book Drive

Upcoming Events

Advocacy Update

Member Profile

Joint Professional Development Day

## AWARDS COMMITTEE UPDATE

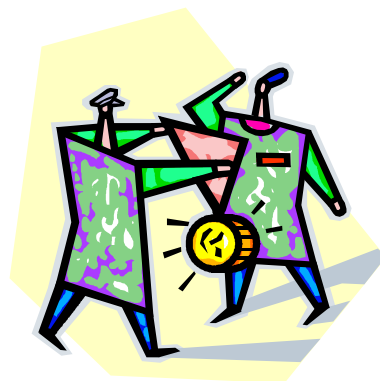
### **Winner of the Apotex/CSHP-NL Branch Travel Grant to PPC**

Congratulations to Lisa Bishop, School of Pharmacy/Memorial University Faculty of Medicine. She was the winner of the Apotex/CSHP-NL Branch Travel Grant to PPC in January 2010.

Lisa's report, "Evidence Based Medicine: Pearls for the Busy Clinician" appears in this issue of Branch Out.

### **CSHP Clinical Excellence Award**

We are pleased to announce that Meghan Wall has been chosen as the CSHP Clinical Excellence Award recipient for 2010. This award, supported by Sandoz Canada, is given annually to a CSHP student member who demonstrates clinical excellence during his/ her final structured practice experience. Congratulations Meghan!



## Upcoming Awards

### **CSHP NL Branch Summer Educational Sessions (SES) Travel Grant**

Members are reminded that the deadline to apply for the CSHP NL Branch Summer Educational Sessions (SES) Travel Grant sponsored by Mylan is Friday, June 11<sup>th</sup>. The Nova Scotia Branch will be hosting this event from August 7 – 10, 2010.

### **Alfred G. Dawe Distinguished Service Award** and **Excellence in Clinical Practice Award**

Keep a look out for requests for nominations for the Alfred G. Dawe Distinguished Service Award and the Excellence in Clinical Practice Award that will be going out shortly. We have some wonderful clinicians who are doing amazing work – Consider recognizing their accomplishments by nominating a deserving colleague!

## EVIDENCE BASED MEDICINE: PEARLS FOR THE BUSY CLINICIAN (CON'T)

The 4 components of PICO that are needed in order to formulate a clinical question are as follows:

- **Patient or Problem** – this is a description of the patient or target disorder
- **Intervention** – this could include exposure, a diagnostic test, therapy or patient perception
- **Comparison intervention** – this can include an alternate therapy or placebo.
- **Outcome** – consider the clinical outcome of interest to you and your patient, and can include efficacy and/or safety.

For example, a 56 year old woman requests to be put on estrogen replacement therapy to control her “terrible hot flashes”. The focused clinical question using the PICO format would be: In a 56 year old woman who is experiencing post-menopausal hot flashes, will hormone replacement therapy as compared to non-hormonal medications (eg. venlafaxine, clonidine) reduce hot flashes while minimizing adverse effects?

### Perform an efficient search

After developing a focused clinical question, use the components of the question to aid in searching for the answer. This will help with efficiently searching for the evidence. The top 5 free searchable EBM websites identified during the workshop were:

1. Bandolier
  - <http://www.medicine.ox.ac.uk/bandolier/>
2. Therapeutics Initiative
  - [www.ti.ubc.ca](http://www.ti.ubc.ca)
3. Centre for Reviews and Dissemination Database
  - <http://www.york.ac.uk/inst/crd/>
4. Cochrane database
  - [www.thecochranelibrary.com](http://www.thecochranelibrary.com)
5. Pubmed Clinical Queries
  - [www.ncbi.nlm.nih.gov/pubmed/](http://www.ncbi.nlm.nih.gov/pubmed/)

Before searching for the evidence, first consider the type of evidence to look for. It's not practical to review all the primary literature, so it is important to know where to search for reliable summaries of the evidence. Systematic reviews and meta-analysis are rigorous, systematic processes that

Continued on page 5

# MEMBERSHIP COMMITTEE

## 2010 CSHP MEMBERSHIP BOOK DRIVE

The Membership Committee, CSHP NL Branch, is pleased to announce that we will offer all members who renew their membership on or before July 31<sup>st</sup>, 2010 a complimentary copy of either of the following:

Sanford Guide to Antimicrobial Therapy (Pocket Edition)

Sanford Guide to Antimicrobial Therapy (PDA Install CD)

Sanford Guide to HIV/AIDS Therapy (Pocket Edition)

All membership forms must be received at the CSHP National office on or before July 31<sup>st</sup> to qualify for this exciting offer. To obtain information on any of these products, including PDA software requirements, please visit [www.sanfordguide.com](http://www.sanfordguide.com)

In addition to the early bird book drive, ALL members who renew or join CSHP at any time throughout the year will also receive a complimentary 1-year subscription to RxFiles online. RxFiles is a leader in providing health care professionals with easy-to-use and up-to-date drug comparison charts. For information on what RxFiles online can offer you, please visit their website at [www.rxfiles.ca](http://www.rxfiles.ca)

The new membership year runs from July 1<sup>st</sup>, 2010 to June 30<sup>th</sup>, 2011. As with other membership years, CSHP is offering a 15-month (April to June) extended membership for the price of 12 months; there is no time like the present to renew your membership and support your local CSHP branch. The 2010/11 membership form can be downloaded from [www.cshp.ca/membership](http://www.cshp.ca/membership).

CSHP values every member of the society and look forward to your continued support in the upcoming year. We would like to thank AstraZeneca and Sandoz for funding this year's membership book drive. If you have any questions or comments, please forward them onto Membership Committee, CSHP NL Branch: Tiffany Fahey at [tiffanyannfahey@hotmail.com](mailto:tiffanyannfahey@hotmail.com)

## EVIDENCE BASED MEDICINE: PEARLS FOR THE BUSY CLINICIAN (CON'T)

identify, synthesize and evaluate all the available literature. If this level of evidence can be found to answer the question, you can be confident that it is reliable information that can be applied to your practice. Keep in mind that systematic reviews are different than a "review article" or "narrative review". Review articles are often broad in scope and provide an overview of a particular topic. These articles are useful for background information but should not be used to answer your clinical question. The hierarchies of evidence are in the following order: systematic review or meta-analysis, double-blind randomized controlled trials, cohort studies, case series or case-control studies, expert opinion, and personal experience.

### Critically appraise the evidence

Once potentially useful evidence is found, the next step is to screen the abstracts for articles that can answer the clinical question. Some things to consider when reviewing the abstracts are: if the intervention was clinically relevant; was it a randomized controlled trial, systematic review, etc; were the methods described clearly; and was the primary outcome defined and clinically relevant. Once the articles that may be relevant are selected, those articles can then be critically evaluated.

Continued on page 6

## UPCOMING EVENTS

- CSHP NL /NLPB Joint Professional Development Day  
School of Pharmacy  
St. John's, NL  
June 12, 2010
- CSHP Summer Educational Session (SES)  
Marriot Halifax Harbourfront  
Halifax, Nova Scotia  
August 7-10, 2010
- PANL 2010 Annual Pharmacists Conference  
Sheraton Hotel, St. John's  
September 17-19, 2010
- CSHP NL Branch Annual General Meeting  
During the PANL 2010 Conference  
Sheraton Hotel, St. John's
- Professional Practice Conference 2011  
Sheraton Centre Toronto Hotel  
Toronto, Ontario  
January 29–February 2, 2011



# EVIDENCE BASED MEDICINE: PEARLS FOR THE BUSY CLINICIAN (CON'T)

Knowing how to evaluate the literature is essential, and there are several EBM websites that can help guide you how to evaluate the evidence. The top 5 free "How To" EBM websites identified during the workshop were:

1. Bandolier
  - <http://www.medicine.ox.ac.uk/bandolier/>
2. Centre for evidence-based medicine (CEBM)
  - [www.cebm.net](http://www.cebm.net)
3. University of Alberta EBM site
  - [www.ebm.med.ualberta.ca/ebm.html](http://www.ebm.med.ualberta.ca/ebm.html)
4. Center for Health Evidence (CHE)
  - [www.cche.net/che/home.asp](http://www.cche.net/che/home.asp)
5. Critical Appraisal Skills Program (CASP)
  - <http://www.phru.nhs.uk/Pages/PHD/resources.htm>

## Implement it into your practice

After the evidence is evaluated and it appears to answer the question, also consider whether the evidence is appropriate to the patient and current setting. Once you are confident that the information is useful and applicable, it can then be applied to the patient or practice situation. In many situations high-quality evidence is not available, so in these cases lower-quality evidence has to be used. As new evidence becomes available it can then be incorporated into your practice.

In summary, when encountered with a clinical question, it is important to ask a focused clinical question to aid in developing an efficient search strategy. Once appropriate evidence-based articles have been identified, the next step is to critically appraise the articles. After the evidence has been reviewed and it is deemed applicable, it can then be applied to the patient or clinical situation.



**RxFiles: The best resource you're not using!**  
**Sign up now at [www.rxfiles.ca](http://www.rxfiles.ca).**  
**Free for members!**

**The Newfoundland and Labrador Pharmacy Board**  
and the  
**NL Branch of the Canadian Society of Hospital Pharmacists**  
would like to invite you to attend a  
**Joint Professional Development Day** on June 12, 2010

Agenda

**12:30-5:00**

**Professional Development**

Venue: MUN School of Pharmacy Room 3454

12:30-12:45

Registration

12:45-2:45

CSHP Practice Pearls

When is ASA indicated for Primary Prevention? - Tiffany Fahey

Interacting with Psychotropics: A Case-Based Approach—Dr. Leslie Phillips

Managing Neuropathic Pain—Dr. Lisa Bishop

2:45-3:00

Nutrition Break

3:00-5:00

NLPB Presentation

Medication Management Standards and Requirements—TBD

**5:00-7:00**

**Social with hors d'oeuvres & refreshments**

Venue: Bitters Pub on the MUN campus



Thanks to funding from Apotex and Pharmaceutical Partners of Canada, we are pleased to be able to offer FREE REGISTRATION for the entire day.

## ADVOCACY UPDATE

Later this month, CSHP National will be launching its latest advocacy campaign on Pharmacist Prescribing. The purpose of this campaign is to increase awareness of hospital administrators, and provincial and territorial governments about the importance of supporting and enabling prescribing by pharmacists.

There are a variety of pharmacist-prescribing models which exist in institutions throughout Canada and worldwide. Examples include initial-access prescribing, adapting a prescription, and comprehensive medication management. Each province differs in their legislative capacity to support pharmacist prescribing. For provinces, including Newfoundland and Labrador, which do not currently have legislation to permit prescribing by pharmacists, the campaign will encourage stakeholders to support enabling legislation.

The key messages of the campaign are as follows:

- Pharmacists who prescribe do so as part of providing high-quality, patient-centered care that is safe, effective and accessible.
- Pharmacists work in collaborative professional environments that are conducive to sharing information with other health professionals and patients.
  - More specifically, in many practice settings and institutions across Canada, hospital pharmacists already participate in collaborative prescribing agreements.
- Pharmacists are obliged to comply with legislative practice frameworks, including standards of practice and codes of ethics.
- Authorization to prescribe further enables pharmacists to perform the activities of outcomes-focused care, including managing medications and monitoring care.

Continued on page 9

## THANK YOU TO OUR SPONSORS

- Sandoz
- Apotex
- Pharmaceutical Partners of Canada
- Astrazeneca
- Mylan
- Pharmacists' Association of Newfoundland and Labrador



## **ADVOCACY UPDATE (Con't)**

Two of CSHP's official publications formed the basis for the campaign messages: Prescribing by Pharmacists: Statement (2009) and Prescribing by Pharmacists: Information Paper (2009). Both of these documents are available in full-text to members through the CSHP website.

Your Branch Executive has been actively strategizing ways which we can actively participate in the endorsement and uptake of this campaign within the province. We are aware of provincial initiatives to promote legislative change to permit advancing the scope of pharmacy practice, including some activities which would be considered prescriptive in nature. It is hoped that this campaign will reinforce these initiatives and we may partner with the other pharmacy organizations and institutional leaders to enact change which will enable pharmacists to practice to their full scope.

We will keep members apprised of our progress on implementing this campaign throughout the province. If you have ideas, suggestions or just wish to get involved, feel free to contact your Advocacy Committee Liaison, Debbie Kelly ([dvkelly@mun.ca](mailto:dvkelly@mun.ca)), or any member of the Branch Executive Committee. Your comments and participation would be most welcome!!

## **NL BRANCH EXECUTIVE 2009-2010**

Ashley Layden – President

Leslie Phillips – Past-president

Tiffany Fahey – National Delegate

Justin Peddle – Treasurer

Amy Conway – Secretary

Lisa Bishop – Senior Advisor

Debbie Kelly – Advocacy Representative

Ava Hiltz—Student Representative

Are you interested in helping with our newsletter?

The position of newsletter editor will be vacant for the next year. If you would like to take over this position for that time or longer, please contact a member of the Branch Executive.

## MEMBER PROFILE—LESLIE PHILLIPS

Where do you work?

MUN-School of Pharmacy & Early Psychosis Program at Eastern Health – Waterford site

Tell us about your family – wife, children, pets etc?

1 husband, 2 boys aged 8 & 10, one dog (I'd like to get rid of the dog!)

Where did you go to pharmacy school & when did you graduate?

Diploma in Pharmacy -College of Trades 1982; BSc(Pharm)-MUN 1991; Pharm D-UBC 1993; Post- doc Residency in Psychopharmacy – Riverview Hospital/UBC 1994

Why did you decide to become a pharmacist?

I wanted to be a science teacher, but there was a glut of teachers on the market. I had relatives who owned pharmacies so I thought I'd probably get a job.

Why did you choose hospital pharmacy and what do you like most about being a pharmacist?

Hospital pharmacy gives me more access to patient information and more time to spend with individual patients...it gives me an opportunity to use my problem solving skills more.

What changes have you seen in pharmacy since you started your career?

There were no clinical pharmacy services when I graduated – we were all trained to be dispensing pharmacists.

What tips do you have in helping others develop their role as a pharmacist?

Apathy is your biggest enemy. Always challenge yourself to do more. Don't hide behind the counter – start by making yourself more visible. You don't have to be expert on every side effect to counsel a patient – just start with a few simple questions – what's it for, how do you take it, how long have you been on it & is it working, do you think you're having any side effects? Etc.

Don't forget to renew your CSHP membership!

The 2010/11 membership form can be downloaded from

[www.cshp.ca/membership](http://www.cshp.ca/membership)

We would love to learn more about each other and all the good things we're doing. Please take a few moments to complete the following profile about yourself and submit it to any member of the executive or by mail to CSHP Newfoundland and Labrador Branch, c/o PANL, 85 Thorburn Road, St. John's, NL, A1B 3M2. An electronic copy is available by emailing [rebecca\\_mulcahy@yahoo.com](mailto:rebecca_mulcahy@yahoo.com).

We'd like to publish these profiles in the upcoming editions of the Branch Out. Keep a look out for these profiles to learn a bit more about what your colleagues are doing.

## Question

## Response

What is your name (include maiden name)?

Where do you work?

Tell us about your family – wife, children, pets etc?

Where did you go to pharmacy school & when did you graduate?

Why did you decide to become a pharmacist?

Why did you choose hospital pharmacy and what do you like most about being a pharmacist?

What changes have you seen in pharmacy since you started your career?

What tips do you have in helping others develop their role as a pharmacist?

Do you have a clinical practice site, and if so, what is your role?

What does your daily practice involve?

What are your interests outside of pharmacy?

**NEWSLETTER OF THE  
NEWFOUNDLAND AND LABRADOR  
BRANCH CSHP**

c/o PANL  
85 Thorburn Road  
St. John's, NL

Email: [admin@cshp-nl.com](mailto:admin@cshp-nl.com)



*Vision 2010: A dynamic Society • The influential voice for hospital  
pharmacy • Inspiring practice excellence • Fostering leadership and  
professional growth*

We're on the web!  
[www.cshp-nl.com](http://www.cshp-nl.com)

**Go to [www.cshp.ca](http://www.cshp.ca) for more information on:**

- Advocacy Campaigns
- Membership Benefits
- CSHP 2015
- CJHP online
- Pharmacy Specialty Networks
- Presentations and handouts from Educational Sessions

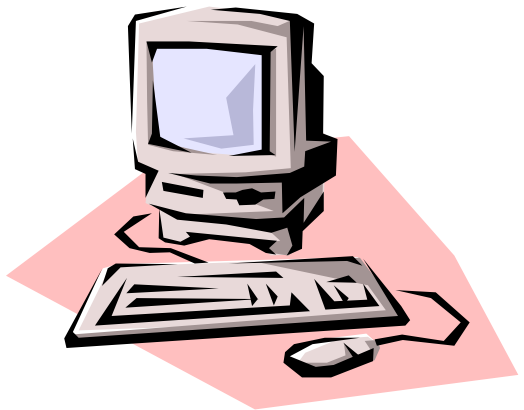


**PEOPLE**

**Don't forget to send in any updates  
on members like awards, births, etc!**

**Send to:**

**[rebecca\\_mulcahy@yahoo.com](mailto:rebecca_mulcahy@yahoo.com)**



Caption describing picture or graphic.

The Canadian Society of Hospital Pharmacists assumes no responsibility for the statements and opinions advanced by contributors to Branch Out. Views expressed in the editorials are those of the authors and do not necessarily represent the official position of the Canadian Society of Hospital Pharmacists.