

Information skills: Keeping up with the latest research evidence Tips from your eLibrary

Keeping your knowledge and skills up to date through continuing professional development is a core requirement for maintaining your HCPC registration. But how do you become a fully evidence-based practitioner?

As a CSP member, you have exclusive access to the resources and services provided by the CSP's eLibrary, Knowledge and Archive Services (eLKAS).

Here are our tips on how you can keep up with the latest research evidence, without drowning in information.

1. Set search alerts

- 2. Access curated evidence
- 3. Subscribe to PEDro's updates
- 4. Journal alerts
- 5. Cochrane, NICE and NIHR Evidence alerts
- 6. Use the CSP's WorldCat Discovery service

1. Set search alerts

Search alerts save valuable research time and can be set up to provide automatic email notification whenever new search results become available.

To access our databases, visit our Bibliographic databases webpage.

As a CSP member you have access to CINAHL Plus with Full Text, MEDLINE and AMED databases on the EBSCO interface.

Click Access subscribed databases:

Bibliographic databases

Our subscribed online databases include: AMED, CINAHL Plus with Full Text, MEDLINE, SPORTDiscus, and Trip Pro. You can also access our eBooks platforms (EBSCOhost and ProQuest). Content of these databases can be searched via our <u>WorldCat Discovery</u>.



On the **Choose Databases** page you can select your preferred database e.g. CINAHL Plus with Full Text:

	Sign In	Folder	Preferences	Languages •	Help
Chose Databases To search within a single database, click the database name listed below. To select more than one database bisench theck the boxes next to the databases and click Continue.					CSP
Continue Select / deselect all					
CINAHL Plus with Full Text					
CRIANE, Plus® with Fuil Farl is a robust collection of full text for nursing & alled health journals, providing full text for more than 770 journals indexed in CRIANE®. This authoritative file contains full text for many of the most us Plus with Fuil Text is the core research tool for all areas of nursing and alled health iterature. Fuil text coverage dates back to 1937.	d journals in the	CINAHL inde	x, with no embar	go. CINAHL	

In the selected database you can run a literature search, our example is:

(physiotherap* OR "physical therap*" OR rehab*).ab AND

(fall* OR frail* OR parkinson* OR stroke OR dementia OR alzheimer*).ti

To find out more about how to get started with literature searching, please see the **Finding the evidence: Literature searching guide**.

Once you've run your search, click Save Searches / Alerts:

New Search Publication	ns CINAHL Subject Headings Evidence-Based Care Sheets Qu	ick Lessons More •			Sign In	i Folder	Preferences	Languages •	Help
	Searching: CINAHL Plus with Full Text Choose Databases Suggest Subject Terms								CSP
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				Search modes - Proximity					

If you have not done so already, at this point you will be prompted to sign into your MyEBSCO folder.

If you do not have a MyEBSCO personal folder, you can set one up by clicking **Create an account**. It is free and signing up is quick and easy.

Sig	gn in with MyEBSCO
Don't	have an account <u>Create an account</u>
MyEBSCO ເ	username or email address
Password	or PIN
	۲
Forgot you	r password?
	Sign in
	G Sign in with Google

Once you have signed in, first you will need to save your search:

- 1. Enter a Name (and Description) for the search
- 2. Click Save

Search Publication	ns CINAHL Subject Headings Evidence-Based Care Sheets Quick	Lessons More •		Sign Out	🐴 Folder	Preferences	Languages •	не
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	SPORTDiscus							
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Save	Cancel							

Then you can set your **Alert** parameters:

- 1. Enter a **Name** and **Description** for the Alert.
- 2. To run the Alert against a different database, select the **Databases** from the drop-down list. (Hold down the control key and left-click your mouse to select multiple databases.)

In the Save Search As area of the screen:

1. To save the search as an Alert that can be automatically run, click the **Alert** radio button. The Save Search Alert Screen appears.

- 2. To select how often the search will be run, from the **Frequency** drop-down list, select one:
 - Once a day (the default)
 - Once a week
 - Bi-weekly
 - Once a month
- 3. To limit which articles are searched, from the **Articles published within the last** drop-down list, select one:
 - One month
 - Two months
 - Six months
 - One year
 - No limit (the default)

New Search	Publicatio	s CINAHL Subject Hea	idings Evidence-Based (Care Sheets	Quick Lessons	More •
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		Query				
		Frequency				
Save	e	Cancel				

- 4. In the **Run Alert for** field, select one:
 - One month
 - Two months
 - Six months
 - One year (the default)

In the Alert Options area of the screen:

- 1. Select the **Alert results format**: Brief, Detailed, or Bibliographic Manager.
- 2. To **limit EBSCO***host* access to only the articles in alert (rather than the entire site), mark the checkbox to the left of this field. **Note**: When this box is marked, the folder feature will not be available to users accessing articles from the alert.

In the E-mail Properties area of the screen:

- 1. Indicate how you would like to be notified. Select one:
 - Email all alerts and notices (the default)
 - Email only creation notice
 - No email (RSS only) if you select this option, the remaining Email Properties will be hidden (because they are not necessary for RSS).
- 2. Enter your **Email Address**. If you are entering multiple email addresses, place a semicolon between each email address.
- 3. **Hide addresses from recipients** if you select this option, the email addresses you enter will be placed into the BCC (Blind Copy) field of the email, rather than the "To" field.
- 4. In the **Subject** field, enter a brief explanation that will appear in the subject line of the Alert email.
- 5. **Title** you can optionally enter a title for the email. The default value for the Title field is: *EBSCOhost Alert Notification*
- Email [From] address Defaults to: <u>EPAIerts@EPNET.COM</u>. You can enter a different "From" email address if desired.
- 7. Select the **Email format** to use: Plain Text or HTML
- 8. To have your search string included with your results, mark the **Include query string in results** checkbox. To include the alert frequency, mark the **frequency** checkbox.

When you have finished making changes, click the **Save** button. You'll receive email updates when new research matches your search terms.

<u>This short video demonstrates the features of the MyEBSCO folder</u> to create an account, save searches, create search alerts, or export search results.

This 45-minute video demonstrates how to keep current with the evidence, using search and publications alerts in CINAHL and MEDLINE on the EBSCO interface.

2. Access curated evidence: Trip and ACCESSSS

2.1 Use the Trip database to send you recent high-level evidence in your specialty:

Visit the Trip website and click Sign Up:

Trip	About E	Blog 🖸 Why Go Pro	Sign Up Login
Trip medical database A smart, fast tool to find high quality clinical evidence	research		
Search PICO Advanced Pro	Y		
Search terms	Q Search		

Once you have created a free account, please click **My Account**:

Trip			About Blog 🗹 <mark>W</mark>	/hy Go Pro?	My Account
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On your Profile, please type **Chartered Society of Physiotherapy** as your Institution.

Under Automated search, enter any search terms of interest. Then click Save:

	Chartered Society of Physi x \times \sim
Ir	nstitution Signup Code (Optional):
	Signup Code
A E te	utomated search nter search terms of interest below and we'll send you new content, based on the erms, every month. An easy way to keep up to date with new evidence in your area
	vestibular rehabilitation

You will then receive emails from jon.brassey@tripdatabase.com about any new content added to Trip, based on your search terms, every month:

```
Stay Ahead with the Latest Evidence: To view the latest evidence Trip has collated for you (based on your profile click here.)
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When you click the hyperlink in the email you receive, you will be redirected to the Trip database, and in **My account** under **Latest by Search terms** you will see the newly published evidence based on your search terms. Click to see the full text of the evidence:

☑ Latest	Latest by Search terms Configure your clinical areas and interests
🗓 History	Early Dehabilitation Using Head Impulse Test for Acute Vestibular Deficit
🚖 Bookmarked	Edity International Control of The Control of The Control of The Control of The Control of Con
🖉 Edit Profile	 Technological Balance Rehabilitation in Feed and Eating Disorders Biomodulation and Rehabilitation Interventions to TarGet Pelvic Health

As a CSP member, you have access to the Trip Pro database.

Visit our Bibliographic databases webpage and click Access Trip Pro:



Trip Pro is the most advanced version of the Trip database; it has extra content and functionality, including:

- 100,000+ extra systematic reviews,
- Links to millions of full-text articles,
- Export facility to reference management software.

The filters on left-hand side are intended to make it easier to find the most suitable content for your needs. You can go straight to the highest level of evidence, e.g. by clicking on the systematic review filter you restrict the results to systematic reviews only.

2.2 Use ACCESSSS to send you recent high-level evidence in your specialty:

ACCESSSS is a service provided by McMaster PLUS[™] to help provide current best evidence for clinical decisions. It conducts searches simultaneously in several evidence-based information services, including online evidence-based texts, evidence-based guidelines and pre-appraised journal publications. Searching ACCESSSS yields content that is hierarchically organised.

To access this service, visit our Free bibliographic databases webpage and click Access ACCESSSS database:





Access free online databases:



You will need to register for a free account:

ACCESSSS SMART SEARCH BEST EVIDENCE FOR HEALTH CARE	1		About	External Links	Help 🕶	Login 👻
Search						
ACCESSSS provides a cumulative the MORE system. To search this database, you must	e, searchable database of recent journal article citations	, with links to their abstracts, and ratings	s of their r	elevance and impo	rtance by ra	aters in

In the **Personalised Alert Settings** section of your registration form, you can provide further detail of your chosen area(s) of interest – you can choose one or more disciplines of interest –, and the frequency of these email alerts. You can modify these settings at any time after you register.

Relevance cut-off score * 🏮		Disciplines *	
4	•	Pediatrics (General)	•
Newsworthiness cut-off score * 🔞		Populations *	
4	-	Pediatrics	•
Email alert frequency * Every four days	•		
Exclude COVID Alerts * 🙂			

In the Selected Library section, please select None before clicking Register.

Affiliated with	library that provides full text journals and texts? Select library from the list. If not,	
None		.,



The email alerts will be sent from accessss@mcmasterhkr.com - click the title of the studies to read the abstract.



<u>Read our guide</u> to find out more on how to access the full text of the evidence, or to use our free document supply service to request copies of publications not available in the CSP's subscriptions.

3. Subscribe to PEDro's updates

PEDro is the Physiotherapy Evidence Database produced by the Centre of Evidence-Based Physiotherapy at the School of Physiotherapy, University of Sydney, Australia. The database has been developed to give rapid access to bibliographic details and abstracts of randomised controlled trials, systematic reviews and evidence-based clinical practice guidelines in physiotherapy.

You can get the latest clinical practice guidelines, systematic reviews and randomised controlled trials summarised and sent straight to your inbox with PEDro's **Evidence in your inbox** service.

To subscribe to this service, <u>visit our Free bibliographic databases webpage</u> and click **Access PEDro**:

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On the PEDro website, click BROWSE:



Then you can subscribe to the **Evidence in your inbox** service, available for 15 different areas of physiotherapy. The latest research will arrive in your inbox each time PEDro is updated:

SEARCH BROWSE LEARN V RESOURCES ABOUT V	
Evidence in your inbox	
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Cardiothoracics	
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Subscribe to Evidence in your inbox	
You can subscribe to Evidence in your inbox using the form below. Select from 15 areas of physiotherapy practice. The latest research will arrive in your inbox	
each time PEDro is updated.	
First Name	
Last Name	
Email Address	
Country	
Please select your areas of interest:	
Cardiothoracics	
Continence and women's health	
Cerontology	
Musculosketal	
Neurology	
Oncology	
Sports	
Cerebral palsy	
Chronic pain	
Cronic reprinting use886 Neurotrauma	
Uthiplash	

Evidence in your inbox is also available for the database of **Diagnostic Test Accuracy (DiTA)**. Here you can subscribe to a single feed that includes all recently added systematic reviews and primary studies evaluating the accuracy of diagnostic tests used by physiotherapists.

4. Journal alerts

4.1 You might like to set up Table of Contents (TOC) alerts to know when new issues of your preferred journals are available.

JournalTOCs is the largest, free collection of scholarly journal TOCs: 26,189 journals including 10,761 selected Open Access journals and 11,483 hybrid journals, from 3359 publishers.

If you don't have login details, visit the JournalTOC website to sign up:



Once you have signed up, you will receive a welcome email (please check your Spam folder) and sign in from the hyperlink that you receive by email. When you are signed in, you can search by title or ISSN of your preferred journal. Click the check box to follow a journal:



Once you clicked the check box, the email alert is on.

<u>Read our guide</u> to find out more on how to access the full text of the evidence, or to use our free document supply service to request copies of publications not available in the CSP's subscriptions.

You can see all your followed journals on one page. If you no longer wish to follow a journal, unclick the check box.



4.2 Another way to set up TOC alerts for your preferred journals is via the EBSCO interface.

Visit our Bibliographic databases webpage and click Access subscribed databases:

Bibliographic databases



On the Choose Databases page, select E-Journals then click Continue:



Then click the **Publications** button along the top toolbar:

New Search	Publications		Sign In	🧀 Folder	Preferences	Languages 🔹	Help
	Searching: E-Journals Choose Databases						CSP
SOCIETY OF PHIISIOTHERAPY		Select a Field (optional) -	Search				
	AND -	Select a Field (optional) -	Create Alert				
	AND -	Select a Field (optional) -	Clear ?				
			(+)				

Start typing the publication name in the **Browsing field** and click **Browse**. Then click the required title link to view the Publication Details page:

New Search Publicatio	ns	Sign In	🧀 Folder	Preferences	Languages 🔹	Help
CHARTERED SOCIETY OF PHYSIOTHERAPY	Searching: E-Journals Choose Databases Search Basic Search Advanced Search					CSP
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On the publication record, click Share in the upper right corner:

New Search Publications	Sign In	i Folder	Preferences	Languages •	Help
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Publications Previous Record Next Record >				🕞 Share	$\left(\right)$
Search within this publication Publication Details For "Musculoskeletal Science and Practice"		All Iss + 20	ues and Articles		
Title: Musculoskeletal Science and Practice		+ 20.	22		

In the resulting drop-down menu, click **E-mail Alert** to open the Journal Alert setup window:



If you have not done so already, at this point you will be prompted to sign into your MyEBSCO folder.

Create Alert ?

Journal Alert: ""Musculoskeletal Science and Practice" on 2024-11-21 10:46 AM"

E-mail (You must sign in to send e-mail alerts. Sign In)

If you do not have a MyEBSCO personal folder, you can set one up by clicking **Create an account**. It is free and signing up is quick and easy.

Si	gn in with MyEBSCO
Don'	t have an account? <u>Create an account</u>
MyEBSCO	username or email address
Password	or PIN
	۲
Forgot you	r password?
	Sign in
	G Sign in with Google

Once you have signed in, you can set your alert parameters, add your email address, and click **Save Alert**:

New Search Publications	Create Alert ®	
	Journal Alert: ""Musculoskeletal Science and Practice" on 2024-11-21 10:49 AM"	
Database: E-Journals Publications	E-mail	
OF PHYSIOTHERAPY	Subject Hide addresses from recipients	
	EBSCO Alert: Musculoskele	
Publications	E-mail from	
Previous Record Next Record	epalerts@epnet.com	
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Publication Details For "Musculoskeletal Science and Practi	mail to field blank if you do not wish to	/
Title: Musculoskeletal Science and Practice	receive e-mail alerts.	
ISSN:	E-mail contents	
Publisher Information: Elsevier Science	Link to table of contents Link to individual articles	
Publication Type: Journal		
Description: Musculoskeletal Science & Practice, international journal of muscu research, review and Masterclass articles that contribute to improv	General Settings	
influence or add to the body of evidence on diagnostic and therape	Results format Alert on full text only	
developments in assessment, diagnosis, clinical reasoning and inte		
Publisher OKL. https://www-sciencedirect-com.cspiis.idm.odd.org/journai/https://		
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Tax of Date	Save Alert Cancel Alert	
top of rage		

You will be alerted when a new issue becomes available.

5. Cochrane, NICE and NIHR Evidence alerts

5.1 You can set up alerts to be notified when a Cochrane Review is published on a particular topic

Cochrane Library	Trusted evidence. Informed decisions. Better health.		🖹 Revie	w language : English Title Abstract Ke	Website language : English Sign In word ▼ Browse
Cochrane Reviews 🔻		Clinical Answers 🔻	About 🔻	Help 💌	About Cochran
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Go to the Cochrane Library to sign in to your account or register for a free account:

Select **Browse** (top right):

0	Cochrane Library	Trusted evidence. Informed decisions. Better health			Title Abstract Keyword 🔻	$\boldsymbol{\mathcal{C}}$	Q
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	Cochrane Reviews 🔻	Searching for trials 🝷	Clinical Answers 🔻	About 👻	Help 🔻		About Cochrane 🕨
	Search Reviews (CDSR)					-	
I	Browse Reviews						

On the **Browse by Topic** screen, you can set weekly email alerts on your topic(s). Tick to select areas of interest, use the down arrow next to each topic name to expand subtopics, and **Save changes**:

Cochrane Library	Trusted evidence Informed decisio Better health.	e. ons.	Title Abstract	Keyword 🔻	Q Browse Advanced search
Cochrane Reviews 🔻	Trials 👻 🛛 C	Clinical Answers 🔻 Abou	it 🔻 🛛	Help 👻	About Cochrane 🕨
Set weekly email	alerts				Cancel Save changes
You have not signed up fo a	r any weekly email al	lerts yet. You can select topics belo	w, then save y	vour changes.	
 Allergy & intolerance (2/ Allergic aspergillosis Allergic asthma Allergic conjunctivitis 	11)	Gastroenterology & hepatol Genetic disorders (0/10) Gynaecology (0/14)	ogy (0/28) 👻	 Neonatal o Neurology 	are (0/34) • (0/23) •
Allergic dermatitis/ec:	zema h ever)	h) –	Orthopaed	lics & trauma (0/25) ▼

You are now subscribed to weekly alerts.

You will receive the topic alerts from noreply-cochranelibrary@wiley.com:



Unfortunately, Cochrane reviews do not cover all the existing questions. **Epistemonikos database** is innovative both in simultaneously searching multiple resources and in indexing and interlinking relevant evidence. Epistemonikos partnered with Cochrane and connects systematic reviews and their included studies, and thus allows clustering of systematic reviews based on the primary studies they have in common. This database includes several tools to compare systematic reviews, including the matrix of evidence, a dynamic table showing all the systematic reviews, and the primary studies included in those reviews.

5.2 Sign up for NICE evidence newsletters:

The National Institute for Health and Care Excellence (NICE) provides national guidance and advice to improve health and social care. To sign up for NICE newsletters or alerts, go to <u>https://www.nice.org.uk/nice-newsletters-and-alerts</u>



Here you can sign up for the latest NICE guidance alerts:

Subscribe to NICE news for health and social care

Keeping you up-to-date with important developments.

* indicates required		
Email address *		
library@csp.org.uk		
example@example.com		
Your name		
First name	Last name	
Sector *		
Healthcare ~		
Job role *		
Allied health ~		
Sub	scribe	

Or subscribe to be notified when the Clinical Knowledge Summaries (CKS) are updated.

You can visit <u>https://cks.nice.org.uk</u> to read CKS, providing primary care practitioners with a readily accessible summary of the current evidence base and practical advice on best practice:

Clinical Knowledge Summaries

Providing primary care practitioners with a readily accessible summary of the current evidence base and practical advice on best practice



Specialities

Our topics grouped by speciality.

Allergies	Men's health
Cancer	Mental health
Cardiovascular	Musculoskeletal
Child health	Neurological
Drugs and devices	Oral health
Ear, nose and throat	Palliative care
Endocrine and metabolic	Poisoning
Eyes	Pregnancy

5.3 Sign up for NIHR Evidence newsletters:

The National Institute for Health and Care Research (NIHR) improves the health and wealth of the nation through research. NIHR Evidence is managed by NIHR and aims to bridge that gap and make the findings of the research we fund and support more accessible and understandable. This will help ensure important research findings can be used by everyone, whether you're a member of the public, a health or care professional, commissioner or policy maker.

To sign up for their newsletter, go to <u>https://evidence.nihr.ac.uk/</u> and click **Newsletter sign up**:

About us Browse content - Become a reviewer Newsletter sign up	Search Q
NIHR Evidence newsletter sign up	
Sign up to receive our monthly NIHR Evidence newsletter. All fields are required.	
Email Address	
First Name Last Name	
Organisation	
Health researcher / academic	~
Marketing Permissions NIHR will use the information you provide on this form to be in touch with you and to provide updates and marketi Please let us know if you would like to hear from us by email, by ticking the box below:	ng.
🗆 Email	
You can unsubscribe or change your preferences at any time by clicking the unsubscribe link in the footer of any email you receive from us, or by contacting us at netscomms@nihr.ac.uk. Your personal information is held and used in compliance with the General Data Protection Regulation 2016 (GDPR). The Department of Health an Social Care (DHSC) is the Data Controller under the provisions of the Regulation. Under GDPR, we have a legal duty to protect any information we collect from you and DH committed to protecting privacy and to processing all personal information in a manner that meets the requirements of the Regulation. We will not pass your details to any party or government department unless you give us your explicit consent to do so. By clicking above, you agree that we may process your information is managed separately for other NIHR mailing lists or data management systems. We use Mailchimp as our marketing platform. By clicking below to subscribe, you acknowledge that your information	d SC is third ese om
will be transferred to Mailchimp for processing. Learn more about Mailchimp's privacy practices here.	



6. Use the CSP's WorldCat Discovery service

Unless they are Open Access, the above sources will only provide you with the title/abstract of evidence. So, our +1 tip is to make the most of our WorldCat Discovery tool.

WorldCat Discovery is the library catalogue of the CSP eLKAS.

<u>Click here to access WorldCat Discovery</u> or use the search box at csp.org.uk/library



- By default, a basic search is a keyword search.
- A keyword search uses one or more complete words that are contained in the item's record. You can paste the full title of journal articles whether as a phrase denoted by double quotation marks (" ") or even without the double quotation marks.
- Enter your search term in the search box and click **SEARCH**.

Note: If you haven't yet logged in to your account on the CSP website, you will be prompted to login and type your username and password before viewing the results of your search. Once you have logged in, you will be redirected to the results page.

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When an article is available in full text, you will see the **View full text** or **View PDF** button in the brief result records:

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