

EBM Guidelines

Evidence-Based Medicine

User Guide



EBM Guidelines is a comprehensive collection of clinical guidelines. It addresses the diagnosis and treatment of a wide range of diseases and conditions.

EBM Guidelines is based on evidence from clinical studies and from clinicians who use the guideline collection.

EBM Guidelines is of particular interest to practising clinicians, nurses, medical students, universities and pharmaceutical companies and contains continuously updated clinical guidelines.

A unique feature of **EBM Guidelines** is the provision of summaries of scientific evidence based on **Cochrane reviews** and **DARE abstracts** as well as other recent systematic reviews.

A key feature of **EBM Guidelines** is the grading system used to establish the strength of the evidence:

Grading the quality of evidence (Adapted from the GRADE Working Group (BMJ 2004; 328:1490–8))

A = High	Further research is very unlikely to change the estimate of effect. <ul style="list-style-type: none"> • Several high-quality studies with consistent results • In special cases: one large, high-quality multi-centre study
B = Moderate	Further research is likely to have an important impact on the estimate of effect and may change the estimate. <ul style="list-style-type: none"> • One high-quality study • Several studies with some limitations
C = Low	Further research is very likely to have an important impact on the estimate of effect and is likely to change the estimate. <ul style="list-style-type: none"> • One or more studies with severe limitations
D = Very Low	Any estimate of effect is very uncertain. <ul style="list-style-type: none"> • Expert opinion • No direct research evidence • One or more studies with very severe limitations



Contents

Accessing EBM Guidelines	Page 3
Step 1: First Visit	Page 3
Step 2: Log In	Page 4
EBM Guidelines Home Page	Page 5
The Top Navigation Bar	Page 5
The Search Panel	Page 6
Browse EBM Guidelines	Page 6
Vocabulary	Page 6
History	Page 7
Searching EBM Guidelines	Page 7
Search Options	Page 9
New and Updated Articles	Page 9
Viewing Search results	Page 10
Sorting Search Results	Page 10
Reading an Article	Page 11
Colour Links	Page 11
Evidence Summaries	Page 12
Additional Tools	Page 13
Pictures	Page 13
Audio Links	Page 13
Hardware and Program Requirements	Page 13
Access Denied Window	Page 14
Online Support	Page 14
Abbreviations	Page 15
Notes	Page 15

EBM Guidelines

Evidence-Based Medicine

Accessing EBM Guidelines

If you are already subscribed to EBM Guidelines, you can go directly to the application at: <http://ebmg.wiley.com>
- you may be prompted to enter your username and password when accessing full articles.

Step 1: First visit

It is useful to register with Wiley InterScience, as it offers a number of benefits.

1. To register go to: <http://interscience.wiley.com>
2. Click on the **Register Now** Link (top right hand side of your screen)
3. Fill in the details as requested and press Submit
4. You will be sent an e-mail asking you to validate your details
5. You must click on the link provided to confirm your registration



Registration Screen

A screenshot of the Wiley InterScience registration form. The form is titled 'NEW USER REGISTRATION' and 'Welcome to Wiley InterScience Registration'. It contains several sections: 'Enter E-mail Login and Password' with fields for 'E-mail Address', 'Re-type E-mail Address', 'Password', and 'Confirm Password'; and 'Personal Profile' with fields for 'First Name' and 'Last Name'. There are also several 'Please Note' instructions regarding email validation and password requirements. A navigation menu at the top right includes links for HOME, ABOUT US, CONTACT US, and HELP.

Set E-mail login and Password

You will be taken to the New User Registration page, where you will be asked to enter your e-mail address and select and confirm a password.

Personal Profile

You will also need to provide some basic information about yourself: your name, country, and area of interest. This information is never shared with any third party.

Terms of Use

To complete the registration, you will also need to read and agree to the Wiley InterScience Terms of Use. You can read the Terms of Use by clicking on the link provided. If you would like to receive e-mail updates about new products and functionality provided by Wiley InterScience, select the box provided.

Fill in the details as instructed and press Submit

Following registration, an **authentication** e-mail will be sent to the e-mail address you provided. You must click the link in the message (**within 24 hours**) to validate your new login.

A screenshot of the Wiley InterScience website's authentication confirmation page. The page is titled 'User Registration' and 'Thank you for registering with Wiley InterScience'. It contains a message stating that the user has successfully completed their registration but must still validate their account. It provides instructions on how to validate the account by clicking a link in an authentication e-mail within 24 hours. A navigation menu at the top right includes links for HOME, ABOUT US, CONTACT US, and HELP.

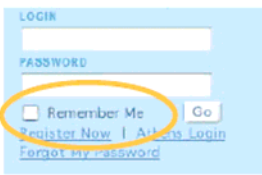
Once you have validated your login, you will be taken to the **My Profile** area which includes your personal navigation bar

EBM Guidelines Evidence-Based Medicine

Step 2: Log In

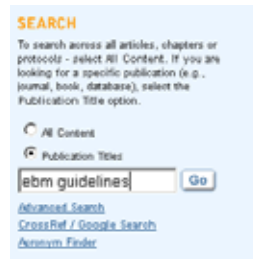
Once you have validated your login, you will be taken to the **My Profile** area, which includes your personal navigation bar.

The **My Profile** area allows you to manage your account information (edit login details and password). You are now logged on Wiley InterScience and your name appears at the top of the screen.



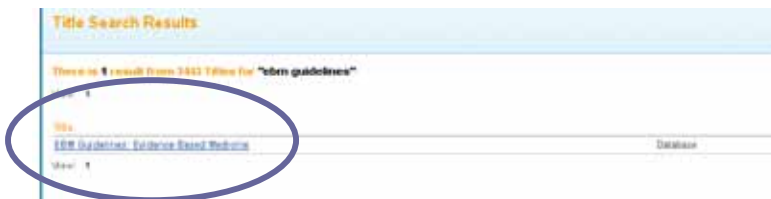
HINT: Next time you log in to Wiley InterScience, select the 'Remember Me' box. This saves your login and password details in a cookie on your computer system. This means next time you visit *EBM Guidelines* from the same computer, you needn't log in. *Don't use this option if you are on a shared or public computer.*

Go to **Search** box, select **Publication Titles**, type **Guidelines** and



press **Go**.

Then simply click on the link provided



This is the welcome page to EBM Guidelines. To launch the application and start searching, click on "[Click here to Access EBM guidelines](#)"



EBM Guidelines

Evidence-Based Medicine

The Home Page

The screenshot shows the home page of the EBM Guidelines website. At the top, there is a navigation bar with links: EBM HOME, NEWS, ONLINE HELP, TERMS OF USE, FEEDBACK, CONTACT US, and WILEY INTERSCIENCE. The main content area is divided into two columns. The left column, labeled 'Results panel', contains the EBM Guidelines logo and a detailed description of the collection, including a list of features and a 'The collection includes:' section with bullet points. The right column, labeled 'Search panel', contains a search bar with a 'Search' button and a 'Browse database contents' section with a table of contents.

Browse database contents	
EBM Guidelines	540
Evidence summaries	2515
Pictures	974
Audio samples	79

The Top Navigation Bar

EBM HOME NEWS ONLINE HELP TERMS OF USE FEEDBACK CONTACT US WILEY INTERSCIENCE

EBMG Home – will take you back to the home page from anywhere on the application

News – takes you to the news section of the home page where example the latest updates are posted

What's new in EBMG

- A child with fever 04.01.2007
- Computer complaints 04.01.2007
- Break a leg? 04.01.2007
- Placenta runs wild 04.01.2007
- Bulging problems 12.12.2006
- Consciousness lost – how to proceed 24.11.2006
- Delayed prescribing of antibiotics 24.11.2006
- Broken arms 24.11.2006
- Have you seen this? New dermatological images added 24.11.2006
- Exercise stress test – cardiovascular diagnostic tool also for GPs 24.10.2006

[View all news >>](#)

Online Help – provides information on searching methods and technical information.

Terms of Use – takes you to Wiley InterScience Terms & Conditions of use

Feedback -

The screenshot shows a feedback form titled 'Feedback'. It includes a message: 'Please do not hesitate to contact us if you have any questions about Evidence-Based Medicine Guidelines.' Below this, there are input fields for 'Name:', 'Email:', 'Subject: Feedback', and a large text area for the feedback message. There are also radio buttons for 'Content feedback' and 'Technical problem'. A 'Send Feedback' button is at the bottom.

Opens a simple input form to contact the EBM Guidelines team.

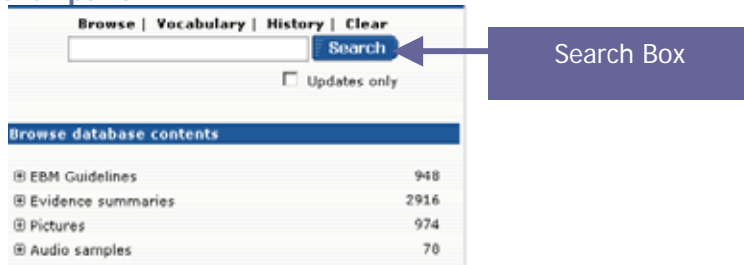
Contact Us – takes you to Wiley InterScience contact details (phone numbers and e-mail addresses)

Wiley InterScience – takes you back to EBM Guidelines welcome page on Wiley InterScience

EBM Guidelines

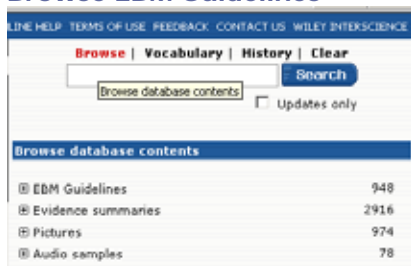
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The Search panel

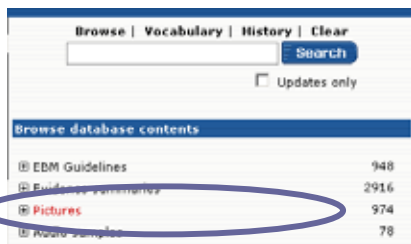


This panel allows you to search, browse, find vocabulary, view the history and view updates.

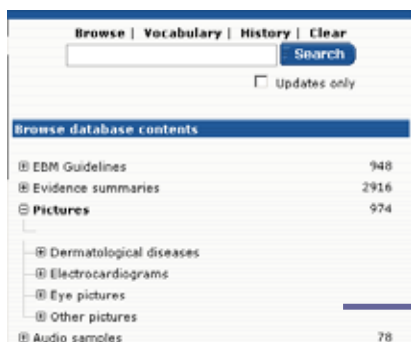
Browse EBM Guidelines



The Browse function allows you to view all sections of the database (Guidelines, Summaries, Pictures, Audio Samples) and navigate directly to a section to browse the contents.

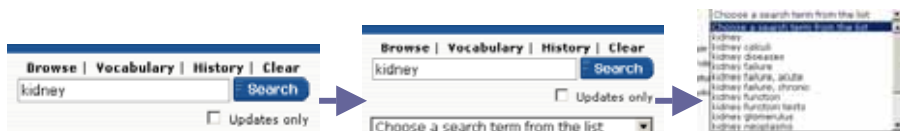


Clicking on Pictures allows you to "dig down" the sub sections and browse the contents to achieve a quick overview of the information provided.



Vocabulary

This function helps find specific search terms. For example, to see all correct terms related to "kidney", type the word in the search box and click on Directory.



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Type at least three characters in the search field. A list of the exact search terms containing the given string of characters is displayed. If you choose a term from the drop-down list, it will be copied automatically in the search field. The number after each search term shows how many articles have been indexed to this particular term.

Type, for example, "asth" in the search field and click **Vocabulary**. The list shown below contains the search terms "asthma", "asthma attack", "asthma patient" and "asthma: symptoms and diagnosis". By clicking at "asthma attack" the term will be copied in the search field.

Browse | Vocabulary | History | Clear

asthma

Updates only

Choose a search term from the list ▼

- Choose a search term from the list
- asthma
- asthma attack
- asthma patient
- asthma: symptoms and diagnosis

History

The titles of all previously read articles remain in the history where you can quickly revert to them. The data on history is available only for the present session and disappears when the browser is closed.

Browse | Vocabulary | History | Clear

child fever

Updates only

Read articles

- A child with fever
- Febrile convulsions
- Exposure to tuberculous infection
- PCR test in the diagnosis of tuberculosis
- Diagnosing tuberculosis
- Physical activity in the prevention, treatment and rehabilitation of diseases
- Occupational asthma

Clear

The last function empties the field and allows to make a new search more quickly.

Searching EBM Guidelines

The search box enables to search all databases (articles, pictures and audio samples) simultaneously by both index words and text words anywhere in the article.

Browse | Vocabulary | History | Clear

asthma

Updates only

Each article contains a list of defined search terms, in other words, it has been indexed using words that describe its content (e.g.: asthma) . The articles are also indexed by author and by speciality.

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Browse | Vocabulary | History | Clear

asthma Search

Updates only

Search result: All hits 202

Sort by: importance database

Primary hits

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- Occupational asthma
- Asthma: symptoms and diagnosis
- Long-term management of asthma
- Treatment of obstructive bronchitis and acute asthma in children
- Treatment of acute exacerbation of asthma
- Systemic diseases in pregnancy
- Diagnosis and treatment of childhood asthma
- Wheezing in children
- Pulmonary function tests
- Allergen-specific immunotherapy
- Exposure to microbes in water-damaged buildings
- Investigation of atopy
- Childhood panic disorder
- Sleep apnoea
- Prolonged cough in children
- Chemical hazards at work

Evidence summaries

- Nedochromil sodium versus cromoglycate for exercise-induced asthma
- Anticholinergic therapy for chronic asthma in children over two years of age

A summary of the results is displayed directly under the search box highlighting:

- The total number of results
- A list of relevant Guidelines
- A list of Evidence Summaries
- A list of pictures and audio samples (if available)
- Secondary hits (those results that are related but not directly relevant e.g.: Hyperventilation)

Search terms can be combined by using the Boolean operators "and", "or" and "not". For example, search terms "child and fever" can be used to search for articles discussing both children and fever. If two words are entered in the search field without specifying a Boolean operator, the search will by default apply the "and" operator. "child fever" will yield the same result as "child and fever"

Browse | Vocabulary | History | Clear

"child and fever" Search

Updates only

Search result: All hits 53

Sort by: importance database

Primary hits

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- A child with fever
- Febrile convulsions

Evidence summaries

- Paracetamol for treating fever in children

Secondary hits

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- Vaccinations
- Kawasaki disease
- A child with a limp or refusing to walk

Text hits only

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- Urinary tract infection in a child
- Clinical features and treatment of diarrhoea in adults according to aetiology
- Infections in immunocompromised children
- Enlarged lymph nodes and other neck lumps in children
- When should a child with a cough be treated with antibiotics?
- Treatment of acute seizures in children
- Juvenile idiopathic arthritis (juvenile rheumatoid

Returning 53 results made up of Primary Hits (directly relevant) Secondary Hits (related) and Text Only Hits (results from searching all text within an article).

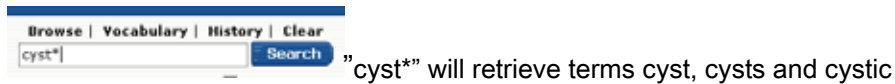
Note: Parentheses or inverted commas are not necessary to run a search.

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Search Options

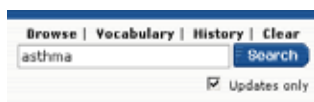
An asterisk (*) can be used to replace characters in a search term. An asterisk replaces several characters.



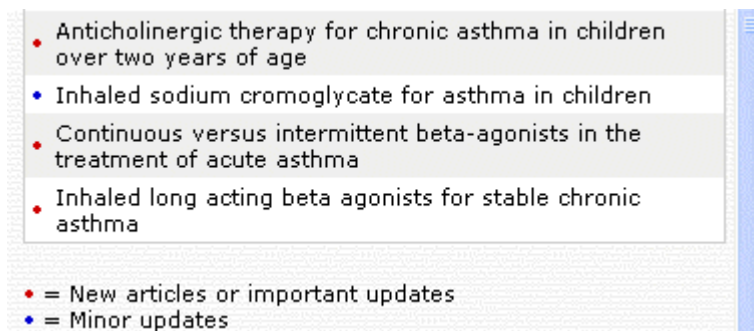
New and updated articles

You can select this checkbox to view updated articles only. This allows you to target your search at articles that have been added or updated during the last 6 months.

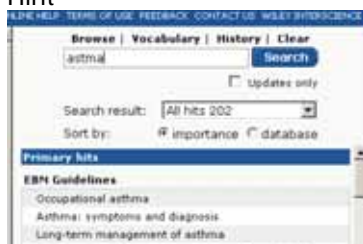
If you want to see updated articles on asthma, type "asthma" in the search box, then select "Updates Only" and press **Search**. You can follow the developments in a speciality of your interest by typing the name of the speciality as the search term and checking the "only updates" box.



The list of updated articles shows new or thoroughly revised articles marked with a **red** dot and an article with minor updates with a **blue** one.



Hint



The search is intuitive and will look for the closest spelling of a word when possible

EBM Guidelines Evidence-Based Medicine

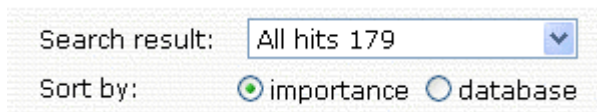
Viewing Search Results

The search result or **list of hits**, is shown on the right side of the browser window below the search field.



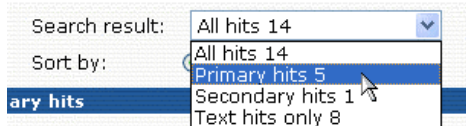
Sorting Search Results

The search results can be sorted either by **importance** or by **database**. When sorting by importance the results are classified either as primary or secondary hits (when the article has been indexed by the search term) or as text hits. When selecting this option, the list may include results all databases (Guidelines, Summaries, Pictures and Audio samples) at all levels of importance.



Sorting by database lists all hits, both primary and secondary and text word hits, according to databases and the articles in each database in the order of importance.

The **search result** field shows the number of hits in all databases. By clicking on the Search Result field, you will see the number of hits by database or by importance and can choose which database or section you wish to see. This function is useful when the search result is particularly long.



If the results are sorted by importance, you can choose between the three different levels of importance.



When sorting by database, you can choose the desired database.

EBM Guidelines

Evidence-Based Medicine

Reading an article

Open an article by clicking its title in the search result. The article is shown on the left panel of the browser window.



Each article contains a **table of contents** that consists of links to article sub-headings. You can move to these sections by clicking on the subheadings. You can return to the table of contents by pressing the **Home** key.

Colour Links

Many articles contain several types of links. The colour of the link shows the type of link.

Colour	Explanation
Green	Article
Yellow	Table
Red	Evidence
Blue	Internet Address
Brown	Bibliography
Dark Blue	Audio Sample
Grey	Picture
Purple	Program

General

- Poorly treated or untreated systemic disease impairs fertility; adequate management effectively restores fertility.
- Preconception examination and counselling by both the specialist treating the systemic disease and an obstetrician is essential for assessing individual risks of pregnancy and delivery.
- Systemic disease must be monitored closely throughout gestation in a high-risk pregnancy. Good collaboration between the prenatal clinic and maternity hospital is essential.

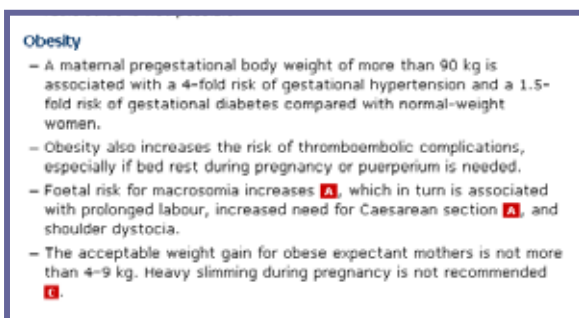
Heart and vascular diseases

- Cardiac output begins to rise during the first trimester of pregnancy and increases by 30-50%. This means an increased circulatory burden for the heart. Both heart rate and stroke volume increase, and peripheral vascular resistance falls.
- The ability of the cardiovascular system to react to physical strain is limited, especially during the third trimester.
- The axis of the heart shifts horizontally and slightly to the left.

You can see the heading of the article behind the link by placing the cursor on the link. The title is also shown in the browser's bar. Use the browser's **Back** and **Forward** buttons to move between read articles.

Levels of evidence

Articles in EBM Guidelines contain links that show the level of scientific evidence coded (**A-D**). By clicking the code (A, B, C or D) you will view the source of the evidence in the evidence summary with links to full-text Cochrane reviews.



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Evidence Summaries

Evidence summaries describe the evidence by providing a short description of the original research or systematic review.

Patching corneal abrasions

Evidence Summaries
3.12.2006

The article has been totally revised

Level of evidence = A

Eye patching does not improve healing rate of corneal erosions.

A Cochrane review (abstract 1, review 1) included 11 studies with a total of 681 subjects. Meta-analysis of seven studies with dichotomous healing outcomes favoured no patching on the first day of healing (RR 0.89, 95% CI 0.79 to 0.99). For days two and three there was no significant difference between the two groups. Of the 9 trials that measured pain scores two favoured no patching and none favoured patching. Complication rates were low and no differences were noted in these between the two groups. No-patch groups generally received more adjuvant treatment with antibiotics and/or cycloplegics than the patch group which is an important confounding factor.

Whenever a Cochrane Review is behind the evidence, you can view the full review by clicking on the link (review)

Maternal obesity and pregnancy outcomes

Evidence Summaries
30.8.2006

New article

Level of evidence = A

Maternal obesity is associated with foetal macrosomia and carries significant risks for the mother and foetus.

In a prospective population-based cohort study in Sweden 3,480 women with morbid obesity (body mass index, BMI > 40), and 12,698 women with a BMI between 35.1 and 40 were compared with normal-weight women (BMI 19.8-26). In the group of morbidly obese mothers as compared with the normal-weight mothers, there was an increased risk of the following outcomes (adjusted odds ratio; 95% confidence interval): preeclampsia (4.82; 4.04, 5.74), antepartum stillbirth (2.79; 1.94, 4.02), cesarean delivery (2.69; 2.49, 2.90), instrumental delivery (1.34; 1.16, 1.56), shoulder dystocia (3.14; 1.86, 5.31), meconium aspiration (2.85; 1.80, 5.07), fetal distress (2.52; 2.12, 2.99), early neonatal death (3.41; 2.07, 5.63), and large-for-gestational age (3.02; 3.50, 4.16). The associations were similar for women with BMIs between 35.1 and 40 but to a lesser degree.

By clicking the code on an evidence summary, the below table will be displayed

Classification of the level of evidence

Info
9.5.2004

Code	Level	Definition
A	Strong research-based evidence	Multiple relevant, high-quality scientific studies with homogenic results
B	Moderate research-based evidence	At least one relevant, high-quality study or multiple adequate studies
C	Limited research-based evidence	At least one adequate scientific study
D	No research-based evidence	Expert panel evaluation of other information

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Additional Tools

Pictures

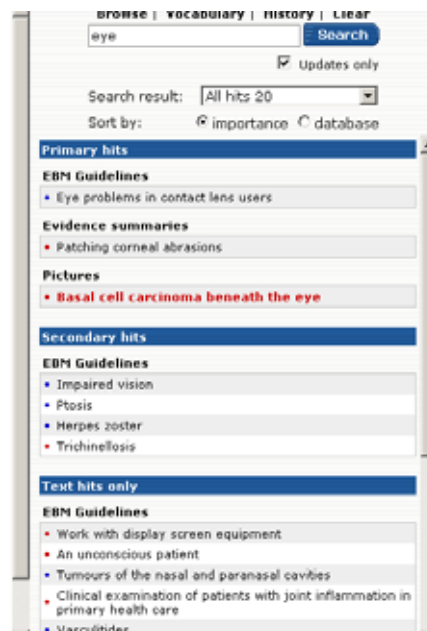
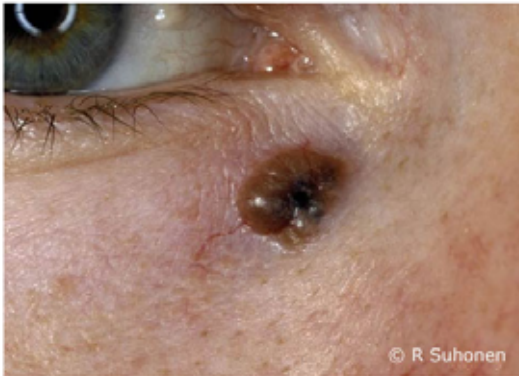
There are over 970 pictures in EBM Guidelines. You can either browse the pictures database, or key in your search term and click on the picture links provided.

Basal cell carcinoma beneath the eye

Pictures
26.10.2006

New article

A nodular basal cell carcinoma may have strong pigmentation and therefore a seborrhoeic wart and a nodular melanoma should be considered in the differential diagnosis. Telangiectases and an undulating vallate structure speak for a basal cell carcinoma. A punch biopsy from the centre of the tumour confirms the diagnosis. The tumour is removed surgically.



In our example, we selected Updates Only, we have 1 new picture link.

Audio links

Audio samples form their own database and can be searched either by keyword or by browsing the content of the database. Browsing enables to listen to the samples without opening the articles. You can listen to the samples attached to articles by clicking the audio links. Articles containing audio links can be found by typing **audio** in the search field. Listening to audio samples is possible if your computer contains a sound card and a suitable player program such as Windows™ Media Player.

Program links

EBM Guidelines also contains some Windows programs to help doctors make calculations and assist in filling forms and printing them.

These small tools must first be loaded and then started in your own computer. When you click on the program link, the browser asks where to save the program and if the program should be started after loading. These program links only work in the Windows environment.

Hardware and program requirements

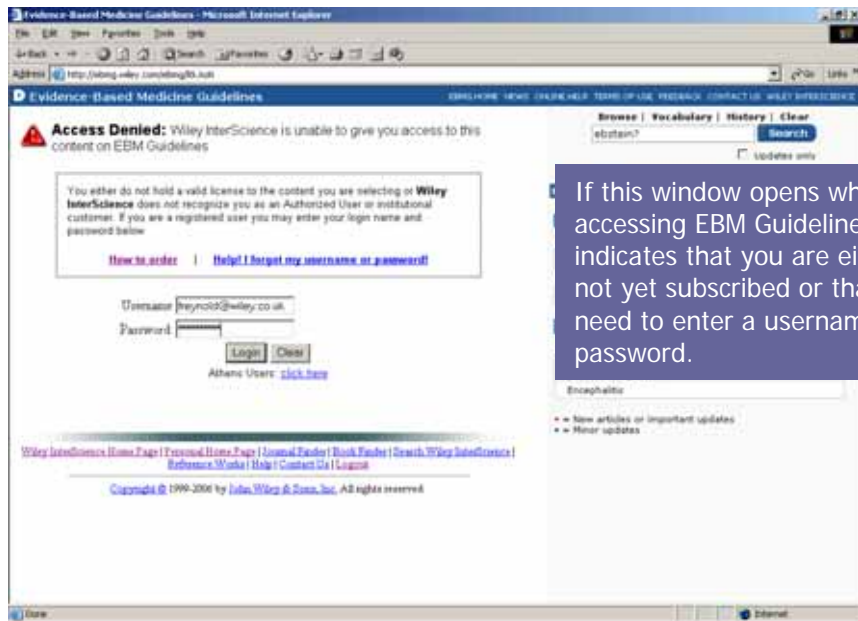
EBM Guidelines are best viewed with an Internet browser that supports cascading style sheets and JavaScripts.

In PCs the necessary support is found in Internet Explorer 5.0 or Netscape 6.0 or higher. In AppleMac, the browser versions should be Internet Explorer 4.5, Netscape 4.7 or Safari 1.0. EBM Guidelines also functions well in the newer version of Opera. The speed of your Internet connection also affects the performance of the program.

EBM Guidelines

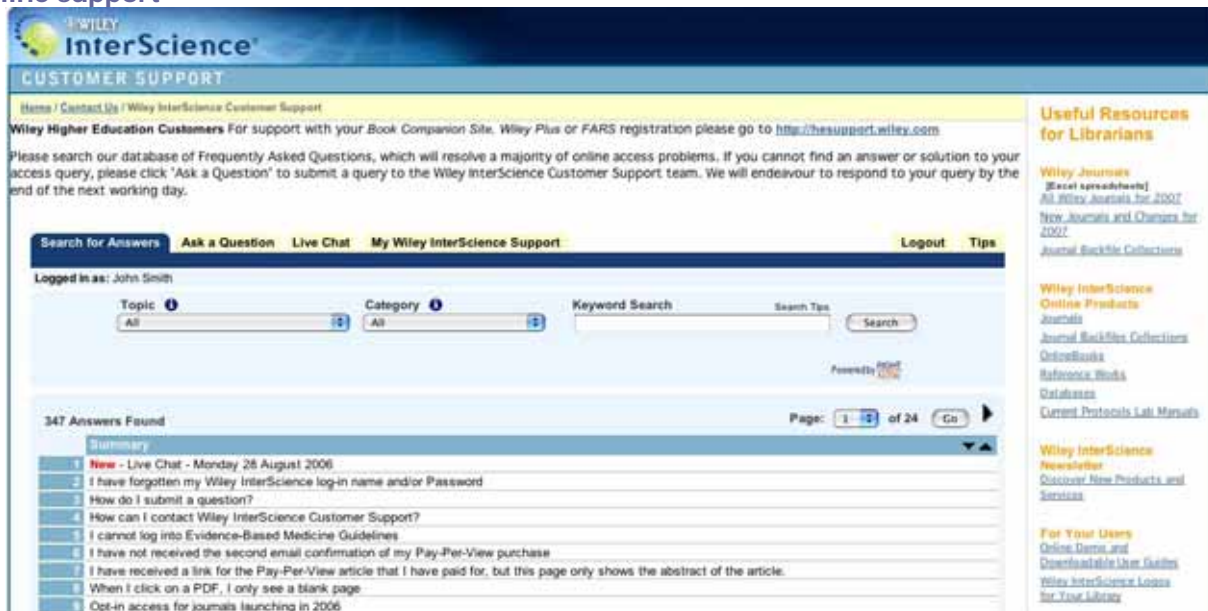
Evidence-Based Medicine

Access Denied window



If this window opens whilst accessing EBM Guidelines, this indicates that you are either not yet subscribed or that you need to enter a username and password.

Online support



Access our Online Support by visiting: <http://interscience.wiley.com/support>



Abbreviations

D Evidence-Based Medicine Guidelines EBMG HOME NEWS ONLINE HELP TERMS OF USE FEEDBACK CONTACT US WILEY INTERSCIENCE

List of abbreviations

EBM Guidelines
15.7.2004

- ▶ Medical abbreviations
- ▶ A
- ▶ B
- ▶ C
- ▶ D
- ▶ E
- ▶ F
- ▶ G
- ▶ H
- ▶ I
- ▶ K
- ▶ L
- ▶ M
- ▶ N
- ▶ O
- ▶ P
- ▶ R
- ▶ S
- ▶ T
- ▶ U
- ▶ V
- ▶ W
- ▶ Units (not in alphabetical order)
- ▶ Latin abbreviations (not in alphabetical order)
- ▶ Pharmacological abbreviations (not in alphabetical order)

Browse | Vocabulary | History | Clear

abbreviations

Updates only

Search result:

Sort by: importance database

Primary hits

EBM Guidelines

List of abbreviations

Text hits only

EBM Guidelines

Asthma: symptoms and diagnosis

• = New articles or important updates
• = Minor updates

A list of medical abbreviations is available from the database. Simply type "abbreviations" in the Search Box and press enter.