## **Contents**

## **SECTION 1: THE BASICS**

1.	The Origins of Evidence-based Medicine  Mohit Bhandari, Parag Kantilal Sancheti  What is Evidence-based Medicine (EBM)? 3  Through the Ages of EBM 4  EBM and Modern Era 7	3
2.	Why do we Need Evidence-based Medicine?  Hamza Jalal  Case Example 9  What is EBM? 10  Why do we Need EBM? 10	9
3.	<ul> <li>Tips to becoming an Evidence-based Clinician Ilyas Aleem</li> <li>Evidence-based Medicine (EBM) 14</li> <li>The PICO Question 15</li> <li>Conducting a Literature Search 16</li> </ul>	14
4.	<ul> <li>Quality of Evidence—Has it Improved?</li> <li>Enal Hindi</li> <li>What are the Various Forms of Medical Literature Available? 21</li> <li>What is Current Medical Literature Used for? 22</li> </ul>	21
	SECTION 2: CHOOSING THE RIGHT STUDY DESIGN	
5.	Levels of Evidence—A Quick Guide  Yashama Anwar  What is the Hierarchy of Evidence? 33  Levels of Evidence 34  Types of Study Designs 34  Different Types of Evidence 35	33

6.	Level 1 Evidence—Randomized Controlled Trials	40
	Zohaib Ansari, Hiba Mannan	
	Hierarchy of Evidence: Level 1 40	
	• Key Features 41	
	• Blinding 42	
7.	Level 2 Evidence—Prospective Cohort Studies Sohail Sheriff	53
	<ul> <li>What is a Prospective Cohort Study? 53</li> </ul>	
	<ul> <li>Where do Cohort Studies Rank in the Hierarchy o Evidence? 55</li> </ul>	f
	What are the Limitations of Prospective Cohort Studies? 55	
	How do we Select an Appropriate Cohort? 56	
	• What Types of Bias Should we be Aware of? 57	
8.	Level 3 Evidence—Case-control Studies	63
0.	Raman Mundi	03
	What is a Case-control Study? 63	
	• Important Learning Points 69	
9.	Level 4 Evidence—Clinical Case Series	72
٥.	Shakir Ahamed	•-
	• What is a Clinical Case Series? 72	
	What are the Strengths of a	
	Clinical Case Series? 73	
	<ul> <li>What are the Limitations of a Clinical Case</li> </ul>	
	Series? 74	
	<ul> <li>What Makes a Good Case Series? 76</li> </ul>	
10.	Level 5 Evidence—Surveys	<b>79</b>
	Arnav Agarwal	
	• What is a 'Survey'? 79	
	How are Surveys Important in	
	Clinical Research? 80	
	<ul> <li>How are Surveys Developed? 80</li> </ul>	
	<ul> <li>How are Surveys Administered? 83</li> </ul>	
	<ul> <li>How are Survey Results Reported? 84</li> </ul>	
	• What are Limitations of Survey Research? 85	
	• How can Researchers Ensure Optimal Response Rates? 86	
	• How can I Assess the Quality of Survey Research?	87

### **SECTION 3: SPECIAL DESIGNS AND TOPICS**

11.	The Basics of Systematic Reviews and	
	Meta-analysis	95
	Alonso Carrasco-Labra, Lyubov Lytvyn	
	<ul> <li>What is a 'Systematic Review'? 95</li> </ul>	
	• What is a 'Meta-analysis' and How it is Conducted?	100
	• How to Identify Credible Systematic Reviews 103	
12.		10
	Manraj Kaur, Feng Xie, Tahira Devji	
	• What is Health Economics and Health Economic	
	Evaluation? 110	
	<ul> <li>Why should one Conduct an Economic</li> </ul>	
	Evaluation of Healthcare Interventions? 111	
	• What are the Different Types of Health Economic	
	Evaluation? 111	
	<ul> <li>What are the Key Things to Consider When</li> </ul>	
	Conducting an Economic Evaluation? 116	
	<ul> <li>Critically Appraising a Published Economic</li> </ul>	
	Evaluation 124	
13.	ine Busies of a Binghootie rest state	33
	Kathleen G Dobson, Alonso Carrasco-Labra,	
	Raman Mundi, Steve Rocha	
	<ul> <li>What is a Diagnostic Test Study? 133</li> </ul>	
	<ul> <li>Why do we Need to Conduct Studies of a</li> </ul>	
	Diagnostic Test? 134	
	• What Should be Considered to Conduct an Ideal	
	Study of a Diagnostic Test? 135	
	<ul> <li>What Results of the Diagnostic Test Study Should</li> </ul>	be
	Reported? 136	
	How are LR of a Diagnostic Test Incorporated into	)
	Clinical Practice? 141	
	<ul> <li>Receiver Operating Characteristic</li> </ul>	
	(ROC) Curves 143	
	<ul> <li>How do you Appraise a Study of a Diagnostic</li> </ul>	
	Test? 144	
14.	The Basics of Reliability	49
	Chloe Bedard, Anil jain	

• What is 'Reliability'? 149

• What are the Different Measures of Reliability? 153

15.

16.

•	What are the Characteristics of a	
	Reliability Study? 155	
•	How do I Critically Appraise a Reliability Study?	159
Quick Guide to Assess Risk of Bias in Randomized		
Co	ntrolled Trials	163
Alc	onso Carrasco-Labra, Kathleen G Dobson	
•	Bias in Randomized Controlled Trials 163	
•	Assessing Risk of Bias in RCTs 170	
GRADE—Understanding Grades of Healthcare		

**Recommendations** *Mark Phillips, S Rajasekaran* 

Overview of the GRADE Approach 176

- Research Questions and Determining Important Outcomes 177
- Factors to Increase the Quality of Evidence Rating 182
- Formulating Recommendations from the Evidence 184

### **SECTION 4: THE RESEARCH PROTOCOL**

## 17. First Things First—The Research Proposal 191

Andrew Duong, Chuan Silvia Li

What is a Clinical Research Proposal? 191

### 18. Choosing the Outcome—A Primer

**200** 

176

Alisha Garibaldi, Gurava Reddy

- What is an Outcome in a Clinical Study? 200
- Why is Choosing the Right Outcome Important in Clinical Research? 200
- How Many Outcomes can I Choose? 201
- How do I Choose an Outcome for my Study? 201
- What are Patient-important Outcomes? 202
- What is a Measuring Instrument? 202

## 19. Common Quality of Life and Health Utility Outcome Tools

205

Rajeev Jetly, Ydo V Kleinlugtenbelt

 What is a 'Life and Health Utility Outcome Tool'? 205

20.	An Introduction to Sample Size 217
	Christopher Scott Smith, Ashok Shyam,
	Thuva Vanniyasingam
	• What is Sample Size and Why does It Matter? 217
	<ul> <li>What should be Considered before Calculating Sample Size? 218</li> </ul>
	• What is Needed to Calculate Sample Size for a Clinical Trial? 218
	• What are Some Common Pitfalls When Calculating Sample Size? 221
	How do I Report Sample Size Calculations? 223
21.	Estimating an Appropriate Sample Size—Advanced Concepts, Formulae and Examples 227
	Thuva Vanniyasingam, Lawrence Mbuagbaw, Christopher Scott Smith
	<ul> <li>What Basic Components are Needed for Sample Size</li> </ul>
	Estimations? 227
	What are the Basic Steps for Sample Size
	Estimation? 228
	• What are the three Types of Comparisons Made in Randomized Controlled Trials? 228
	• Why is Hypothesis Testing Important in RCTs? 229
	How do I Manually Estimate Sample Size? 230
	• What Programs are Available for Sample Size Estimation? 236
22.	Planning your Analysis—Keep it Simple 241
	Kerry Tai, Kim Madden , Ashok Rajgopalan
	• Types of Data 241
	• Descriptive Statistics 243
	Hypothesis Testing 246
	How to Analyze your Data 246
	• Statistical Significance vs Clinical Significance 249

# 23. What are Subgroup Analyses and How should You Interpret Them? 252

Erika Arseneau, Jean-Eric Tarride

- What is a Subgroup Analyses? 252
- What does a Well-designed Subgroup Analysis Consist of? 253

- Why do Subgroup Analyses have Such a Bad Reputation? 254
- A Classic Example of Subgroup Analysis Gone Wrong 257
- How are Subgroup Analyses Performed? 257
- How are Subgroup Analyses Reported? 258
- Guidelines for Interpretation and Application of Subgroup Analysis 258
- Can you Compare Results of Subgroup Analyses from Different Studies? 259

#### **SECTION 5: DOING RESEARCH**

### 24. Study Roles—Who does What?

265

Mark Gichuru, Madhav Borate

- What are the Roles of a Principal Investigator? 265
- What do I Need to Become a Principal Investigator? 267
- What are the Roles of the Research Coordinator? 267
- What do I Need to Become a Research Coordinator? 269
- What are the Roles of the Clinical Trial Monitor? 269
- What do I Need to Become a Clinical Research Associate/Assistant? 270
- What are the Roles of the Clinical Research Nurse? *270*

### 25. Research Ethics Approval—A must Before any Clinical Trial

275

Zenon Sirko, S Rajasekaran

 What is 'Research Ethics' and Why is it Important? 275

### 26. Why do we Need Patient Consent? Designing a Good Consent Form 283

Chuan Silvia Li, Madhav Borate

- What is Patient Informed Consent? 283
- What are the Key Steps in the Informed Consent Process? 285
- What are the General Guidelines on Designing Patient Informed Consent Forms (ICFs)? 286

27.	Collecting Data—It all Begins with a Good Data Form	297
	Nikhita Singhal, Steve Rocha	
	• What is a Data Form and Why is it Needed? 297	
	SECTION 6: GETTING THE WORD OUT— PRESENTATION AND PUBLICATION	
28.	Creating an Impactful Slide Presentation	309
	Colm McCarthy, Mandeep Dhillon	
	• What is a Slide Presentation? 309	
	<ul> <li>What is a Great Slide Presentation? 310</li> </ul>	
29.	Writing a Good Clinical Research Paper	316
	Sarah Resendes, Ashok Shyam	
	<ul> <li>Why is Scientific Writing Important? 316</li> </ul>	
30.	Making Sense of Reporting Guidelines	324
	Akhila Rachakonda, Kim Madden	
	<ul> <li>Why do we Need Reporting Guidelines and</li> </ul>	
	Checklists? 324	
31.	Submitting a Paper for Publication—A Guide to	
	Success	331
	Patrick Thornley	
	<ul> <li>How do I Select Which Journal to Submit my</li> </ul>	
	Research Paper to? 331	
	How do I Prepare my Manuscript for	
	Submission? 333	
	How do I Navigate the Online Submission	
	Process? 335	
	<ul> <li>How do I Effectively Respond to Reviewers' Comments? 337</li> </ul>	
32.	Knowledge Translation 101—Maximizing Impact	339
	Austin MacDonald, Vijay Shetty	
	<ul> <li>What is Knowledge Translation? 339</li> </ul>	
Glo	ssary	345
Ind	ex	363