



# Index

## A

Absolute risk reduction, 16, 17  
Active control trials, 18  
Alpha value, 19, 20, 35  
Analysis of variance (ANOVA), 34, 35  
Appropriate test, data analyzed, 31–32  
ATP III (Adult Treatment Panel III), 124  
Authority, 2

## B

Beta level, 39  
Bibliographic searching, 54, 160  
Binomial data, 27  
Biostatistic concepts, 7–8  
    appropriate test for data analyzed, 27–35  
    dietary supplement studies, 163  
    power, 21–26  
    statistical significance, 19–21  
Blinding, 18, 74–75, 164–65  
*Botanical Medicine*, 157

## C

Case control study, 15  
Categorical data, 30, 34–35

- Categorize quality of evidence,
    - 6, 87–88
    - individual example, 135–36
    - key study attributes, 98–101
    - population-based example, 140, 147
    - study design and levels of evidence, 88–90
    - study design questions, 91–98
  - Cautious recommendations, 4
  - Chi-square test, 33, 34
  - Class review, 138–41
  - Clinical judgment, 25, 108
  - Clinical Pharmacology, 52, 68, 69
  - Clinical practice applications, 127–50
  - Clinical question
    - defining, 41
    - framing with PICO, 42–45
    - well-defined, 45
  - Cohort studies, 14
  - Comparative review, 138–41, 141–49
  - Compendia, 52, 68
  - Conclusion
    - from summary, 105–7
    - recommendation from, 107–17
  - Confidence in evidence, 112
  - Confidence levels, 104
  - Conflicting information, 158
  - Consensus guidelines, 124
  - Consumer Lab, 155, 167
  - Consumers Union, 167
  - Continuous data, 27, 31, 32, 33, 35
  - Control group, 93
  - Control trials, 17–18
  - Cook, Deborah, 6, 89
  - Cost, 115, 116, 129, 130
  - Crossover interventional trial, 12–13
- D**
- Data, types of, 27–29
  - Decision-making
    - time-sensitive, 4
    - types of, 108–9, 111
  - Deductive reasoning, 2–3
  - Define clinical question, 5, 41
    - effects on other evidence-based medicine activities, 45–48
    - individual decision, 132
    - population-based decisions, 138, 142
    - problems to avoid, 49
    - tips for, 48–49
    - using PICO, 42–45
  - Develop conclusion/recommendation, 6, 103–4
    - conclusion from summary, 105–7
    - individual decision, 136–38

- organizing information, 104–5
- population-based decision, 141, 148–49
- recommendation from conclusion, 107–17
- Dietary supplements
  - developing conclusion and recommendation, 153, 165–68
  - differences in process for, 152–53
  - EBM principles, 151–52
  - evaluating literature, 153, 162–65
  - information resources for, 154–57
  - retrieving information, 152, 153–62
- Dietary Supplements*, 157
- Distribution, data, 29–30
- Dosage, appropriate, 67–69
- E**
  - EBM Tool Kit, 96, 104, 110, 187–89
  - Efficacy, 114, 116, 128, 130
  - EMBASE, 52, 160
  - Evaluate literature, 6
    - dietary supplements, 162–65
    - individual decision, 133–35
    - multiple item checklists, 61–62
    - population-based decisions, 139–40, 143–47
    - Ten Major Considerations, 62–82
  - Evaluation measurements, 80–81
  - Evidence
    - different recommendations, 159
    - levels of. *See Levels of evidence*
  - Evidence-based guidelines, 124
  - Evidence-Based Herbal Medicine*, 156
  - Evidence-based medicine
    - defined, 1
    - 5-step, 5–7, 8. *See also individual steps*
    - processes, 4, five-step, 5–7, 8
    - tool kit, 96, 104, 110, 187–89
  - Exclusion criteria, 71–74
    - not adequate, 73–74
- F**
  - Facts and Comparisons*, 52
  - Firm decision, 4
  - Five-Minute Herb & Dietary Supplement Consult*, 156
  - Formulary management clinical decision, 109
  - Framingham Heart Study, 14

**G**

Gold standards, 153  
 Google, 57  
 Grade of Recommendation, 112  
 Grade of Recommendation Tool, 110  
 Guyatt, Gordon, 6, 89

**H**

Harvard Nurse's Health Study II, 94  
*Herb Contraindications & Drug Interactions*, 156  
*Herbal Medicines*, 157  
 Historical control trials, 18

**I**

Inappropriate test, data analyzed, 33–35  
 Inclusion/exclusion criteria, 18, 70–71  
 Individual patient decision, 108–9, 111, 128–29, 131–38  
 Inductive reasoning, 3  
 Intent-to-treat analysis, 21, 64  
 International Pharmaceutical Abstracts, 52  
 Internet, as resource, 57–58  
 Interpretation basics, 7–8, 11–38  
 Interval data, 27, 28, 31, 33, 35

Interventional randomized controlled trial, 97–98  
 Interventional study, 91, 92, 93  
   look forward, backward, 94–95  
 Iowa Drug Information Services, 52

**J–K**

JNC7 (Seventh Report of Joint National Committee), 124  
 Key study attributes, 98–101  
 Knowledge, sources of, 2–3

**L**

Level of significance, 39  
 Levels of evidence, 104, 112, 117  
   control group vs. no control group, 93  
   interventional vs. observational study design, 92  
   power set/met, 98  
   prospective vs. retrospective observational study design, 95  
   randomized or non-randomized study design, 97  
   study design characteristics, 88–90  
   summary of study design characteristics, 99

LexiComp, 52  
*Lexi-Comp Pediatric Dosage Handbook*, 67, 68, 69  
Likert-type scale, 27, 33, 34  
Logical reasoning, 2–3, 108  
Look backward, 94–95  
Look forward, 94

## M

Magnitude of difference, 39  
Major limitations, 105–7  
Medical College of Virginia Hospitals, Drug Information Service, 41  
Medline, 52, 160  
MeSH, 161, 162  
Meta-analyses, 119–22, 123  
Micromedex, 52  
Multiple item checklists, 61–62, 84–85

## N

N of 1 trial, 13–14  
Narrative reviews, 122, 123  
Natural Medicine Comprehensive Database, 154, 155, 158  
Natural Products Association, 167  
Natural Standard, 154–55  
*Herb & Supplement Handbook*, 156, 158

*Herb & Supplement Reference*, 155  
Nominal data, 27, 28, 31, 33  
Non-binomial data, 27  
Non-normal data distribution, 29  
Non-parametric tests, 29–31, 35  
Non-systematic reviews, 122, 123  
Normal data distribution, 29, 31  
Number needed to treat, 17

## O

Observational study, 91–92, 93  
    look forward, backward, 94–95  
Observational trial design, 14–17  
Ordinal data, 27, 28, 31, 33  
Outcome measures, 19  
    dietary supplements, 165

## P

Parallel interventional trial, 12, 13  
Parametric tests, 29–31, 35  
Per protocol analysis, 21, 79  
PICO (Patient, Intervention, Comparison, Outcome), 42–45  
    applied illustration, 46

- approach, 48
    - approach defined, 44–45
    - illustration, 44
  - Placebo control trials, 17–18
  - Population-based decision,
    - 108–9, 110, 111, 129–30
    - class review, 138–41
    - comparative review, 141–49
  - Power, 21–26
    - components of, 39
    - dietary supplement studies, 163
    - met and no difference exists, 21–22, 24
    - not met, 65
    - not met and difference exists, 25–26
    - not met and no difference exists, 25
    - sample size and, 22–23
    - scenarios, 26, 66
    - set and met, 24–25, 63–66, 97–98
  - Practice guidelines, 122–25
  - Product
    - dosage, dietary supplement studies, 163–64
    - quality, 166, 167, 168
  - Professional's Handbook of Complementary & Alternative Medicines*, 156, 158
  - Prospective cohort groups, 94
  - Prospective design, 95
    - observational trial, 14, 15, 94
  - PubMed, 52
  - P-value, 19–20, 21, 35
    - significance and, 38
- Q**
- Quality of evidence, 87, 107–8
    - equation, 88
  - Quality seal programs, 167
- R**
- Randomization, 18, 75–79, 96–97, 101
  - Ratio data, 27, 28, 31, 33, 35
  - Recommendation
    - components required for, 107
    - confidence of, 110, 112–13
    - decision type and, 109–10
    - firm vs. cautious, 127, 128
    - format, 113
    - from conclusion, 107–8
    - justification, 114–17
  - Recommendation statement, 110
    - example, 114
    - justification format, 113
    - strength of, 112–13
  - Relative risk, 16
    - reduction, 16, 17

- Retrieve pertinent information,  
5–6, 51  
dietary supplements, 152,  
153–62  
individual decision, 132–  
33  
Internet as resource, 57–58  
organizing search results,  
55–56  
population-based decision,  
139, 142–43  
search strategy, 53–54  
starting decision, 52
- Retrospective design, 95  
observational trial, 14–15,  
94–95
- Risk  
interpretation, 17  
ratios, 16–17
- S**
- Sackett, David, 1, 43
- Safety, 114, 116, 129, 130
- Sample size, 22, 39  
dietary supplement studies,  
163  
reporting, 23
- Scientific method, 1, 2, 3
- Search  
and sift technique, 55–57,  
59  
organizing results, 55–57  
strategy, 53–54  
terms, 47–48
- Special considerations/popula-  
tions, 114–15, 116, 129,  
130
- Statistical significance, 19–21  
p-value and, 38
- Statistical tests, 29–35, 78, 79–  
80  
decision flowchart, 32
- Study design  
interventional trial, 12–14  
observational trial, 14–17
- Study design characteristics,  
88–90  
five questions, 91–98  
summary of, 99
- Study length appropriate, 69
- Summary, conclusion develop-  
ment, 105–7
- Summary Table of Evidence  
Evaluated, 104–5
- Systematic reviews, 119–22,  
123
- T**
- Ten Major Considerations, 62–  
63, 88  
blinding, 74–75  
conclusions supported by  
results, 82  
dosage/treatment appropri-  
ate, 67–69  
evaluation measurements,  
80–81  
exclusion criteria, 71–74

inclusion criteria, 70–71  
key study attributes, 98–101  
power set/met, 63–66  
randomization, 75–79  
statistics tests, 79–80  
study length appropriate, 69

Third-party laboratory ratings, 167

Traditions, 2

Trial and error, 2

Trial design concepts, 17–19

Type II error rate, 39

## **U–V**

University of Missouri–Kansas  
City School of Pharmacy  
Drug Information Center, 5

## **W–Z**

Wikipedia, 57