

KEEPING UP TO DATE IN THE REAL WORLD:

ALBERTA COLLEGE OF FAMILY PHYSICIANS
55TH ANNUAL SCIENTIFIC ASSEMBLY

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Objectives



- Review what is known about how physicians learn
- Options for keeping up to date
- Strategies for enhancing integration of new knowledge into practice



Keeping up-to-date



- Physicians want to be up-to-date but are overwhelmed by volume of literature and significant limitations on time for learning.
- over 400,000 articles are added to the biomedical literature each year
- CMA website lists over 2000 CPG
- over 5500 Cochrane reviews

Keeping up-to-date in real life



- **Awareness** of changes in the literature that affect patient care especially common conditions
 - ▣ general sense of pertinent issues that may become important in the future
 - CME
 - Websites & Journals
- Questions that arise during patient care
 - ▣ Just in time information
 - ▣ Other resources

Awareness



□ PULL

▣ Scanning the literature

- **CME** courses

- Journal reading

- Evidence based summaries

Continuing Medical Education Courses



- ▣ Lots of research that suggests that we tend to choose to update our knowledge in ways that have been proven to be ineffective....like large group CME lectures by specialist physicians who see patients at a different point in the illness spectrum & therefore often are not able to be helpful to primary care physicians.
- ▣ (Davis, Thomson, Oxman & Haynes, 1992; Davis et al., 1995; Davis et al., 1999; Grimshaw et al., 2004).

CME



- ▣ Be aware we tend to learn more about what we already know (Sibley, Sackett, Neufeld, Rudnick & Fraser, 1982).
- ▣ Physicians are not good self assessors and this may impact identifying practice gaps
 - Studies show that we are not good at identifying what we don't know (Tracy, Arroll, Barham & Richmond (1997) ; Kruger & Dunning, 1999)
 - The worst self assessors are the poorest performing physicians (Eva & Regehr, 2008)

How to enhance CME experiences:



- ▣ Information needs to be linked to what you already know
- ▣ Before a lecture/workshop think about the patients in your practice that fit the topic area and ask yourself what questions you need answered to improve patient care. Look specifically for answers to these issues.
- ▣ Consider small group interactive learning opportunities

Awareness



- PULL

- Scanning the literature

- CME courses

- **Journal reading**

- Evidence based summaries

Awareness

□ PULL

▣ Scanning the literature

- CME courses

- Journal reading

■ Evidence based summaries

- Cochrane database of systematic reviews

- DARE- Database Abstracts of Reviews of Effects

- Bandolier www.ebandolier.com

- Essential Evidence Plus- Infopoems & more

- TOP- Toward Optimized Practice



Toward Optimized Practice

Home

AIM

Clinical Practice Guidelines (CPGs)

Health Screen

Suggested Links

Contacts

About TOP



TOP's mission is to foster a culture of continuous quality improvement among Alberta physicians and their teams.

Stay Updated

The Toward Optimized Practice (TOP) Program is warning physicians that Methicillin-resistant Staphylococcus aureus (MRSA) has emerged in communities in Alberta. [more >>](#)

Updated TOP CPGs

Health.
Screen in
ACTION

TOP's quality improvement campaign for primary care physicians has officially launched. [Click here >>](#) to learn more, and also find out which EMR systems support the campaign activities!

Croup
Acute Otitis Media
Acute Pharyngitis



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InfoPOEMs/InfoRetriever is now Essential Evidence Plus!

Welcome to Essential Evidence Plus

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[Start Searching Online.](#)

Essential Evidence Plus for PDA

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[About Essential Evidence Plus CME](#)

Awareness

□ PUSH

□ Journal Table of Contents

- Subscribe to journal's email table of contents
- Can also set up alerts around specific topics or even articles
- Some journals publish regular features on what's new & relevant in other journals (BMJ) or identify the most viewed articles (JAMA)
- Journal articles can be accessed through www.CMA.ca
Consider: Annals of Family Medicine; BMJ; CMAJ; CFP; AFP; JAMA; Journal of General Internal Medicine

□ Discussion groups

□ Medical 'newspapers'

Discussion groups:

- New resource on CMA.CA ASKLepios (www.asklepios.ca)
 - ▣ Social networking site for Canadian physicians
- Offer opportunity to address issues related to practice including interpretation of new studies; application to family medicine; practice tools & resources; identifying research issues etc.

Example: MCDG@WWW.CFPC.CA.

Go to www.cfpc.ca

Click on programs then patient care then choose appropriate group (maternity & newborn care)

Awareness



□ PUSH

- Journal Table of Contents

- Discussion Groups

- **Medical newspapers**

 - MedPage Today —

 - [\(<http://www.medpagetoday.com/index.cfm>\)](http://www.medpagetoday.com/index.cfm)

 - MD Consult eNews (through www.cma.ca)

 - Medscape

 - [\(<http://www.medscape.com/familymedicine>\)](http://www.medscape.com/familymedicine)



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MedPage Today MedPage Plus iSEEK

Friday, Nov

NEWS CME PEER REVIEW DIRECTED BY
UNIVERSITY OF PENNSYLVANIA SCHOOL OF MEDICINE
Continuing Medical Education

LATEST MEETINGS

- Chicago Thoracic Symposium - 3 articles
American Medical Association - 1 article
American Heart Association - 40 articles

SEE ALL MEETINGS >>

BLOGS

COLUMNS

CAMPAIGN '08

MULTIMEDIA

STATE REQUIRED CME

SURVEYS

60-Second VIDEO UPDATE
VIEW

AHA: Gender-Matched Heart Transplants Boost Survival Success

NEW ORLEANS -- Heart transplant recipients from same-sex donors have modestly greater chances of short- and long-term survival, researchers found.

CTS: Still Unclear Why Part of Drug Duo Greater than

Edward S. Kim, M.D.
M. D. Anderson Cancer Center
Houston, TX
0:00 / 03:08

CTS: High Lung Cancer Response Rate Seen with Three-Drug Regimen Plus Cetuximab

4 hours ago
CHICAGO -- Augmenting the standard therapy for non-small-cell lung cancer with cetuximab (Erbix) is both safe and surprisingly effective, researchers

Sign up for Daily Headlines

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Virtual Exhibit

Get tools, resources & information about CME the experience of attendees of the 2007 AHA Meeting.

Source: Novartis Pharmaceuticals

Journal Downloads

Efficacy Data for CTCL Published in JCO

Source: Merck

Review reprints and clinical data related to and guidelines for cancer care for a variety of

Source: Pfizer

Resources | See Complete

www.mdconsult.com

MD CONSULT eNews

Books | Journals | The Clinics | Patient Education | Drugs | Guidelines | Images | News | CME

October 21, 2008

THIS WEEK IN MEDICINE

Staying on **schedule**

Watch for pitfalls in diagnosing and treating **infectious mononucleosis**

Disappointing **gastric banding** results seen after 10 years

IN THIS WEEK'S JOURNALS

Pediatrics: Diverse factors are linked to parents' reservations about **childhood vaccines**

BMJ: **Tympanostomy tubes** are overused, compared with guidelines

DRUG UPDATES

Safety Notice FDA requires new warning about **PML** on label for **psoriasis drug Raptiva**

Safety Notice Concern over possibility of oversized **dextroamphetamine** tablets in certain lots prompts **recall** by Ethex

New FDA Approval FDA approves **Astepro** for **allergic rhinitis**

FEATURED ARTICLES

Infectious Disease

Extensively **drug-resistant TB:** Now coming to a country near you! A review of this clinically challenging infection from the October issue of *The American Journal of Medicine*

Obstetrics & Gynecology

Chlamydia cascade: STD **prevention** strategies for adolescents—A mini-review from the October issue of *Journal of Pediatric and Adolescent Gynecology*

Pediatrics

Autism: A review from the October issue of *Pediatric Clinics of North America*

Psychiatry

Deliberate self-poisoning by drugs and chemicals: An interesting exploration of products used, patient demographics, and outcomes from the September/October issue of *General Hospital Psychiatry*

- Medscape
- eMedicine
- Medscape CME
- Medscape Connect
- The Medscape Journal

All Medscape eMedicine Drug Reference MEDLINE

Log In | Register

Medscape Family Medicine

from WebMD

LATEST | NEWS | CONFERENCES | JOURNALS | RESOURCE CENTERS

- ### RESOURCE CENTERS
- Addiction
 - Adolescent Medicine
 - Adverse Drug Events Reporting
 - Cardiovascular Health Management in a Multicultural Society
 - Geriatric Care
 - Health Diversity
 - Hyperlipidemia
 - Hypertension
 - Integrative Medicine
- » All Resource Centers

FAMILY MEDICINE NEWS

From Medscape Medical News, TheHeart.org, Reuters and more

[Increased Leptin Levels Linked to Asthma](#)

[Cardiovascular Effects of Air Pollution, Even in the Comfort of Home](#)

[Recommendations Issued on Ancestry Testing](#)

Recalls & Warnings [No Link Between Bisphosphonates and Atrial Fibrillation, FDA Says](#)

CME [Short Sleep Duration Linked to Cardiovascular Risk in Patients With Hypertension](#)

CME [Ultra-Low-Dose Estradiol Vaginal Tablet May Be Helpful for Vaginal Atrophy](#)

» More Family Medicine News

Sign Up for Daily News Emails

Other Specialties...

Expert Video Blogs

Ruc-Ruc-Ruc
October 2008

» The Transparent Practice

- ### FAMILY MEDICINE JOURNALS
- Annals of Family Medicine
 - Family Practice Management

FAMILY MEDICINE FEATURES

[Systematic Review and Meta-Analysis of Bariatric Surgery for Pediatric Obesity](#) The prevalence of morbid obesity has risen sharply in recent years, even among pediatric patients. This article covers unique issues and potentially serious problems in this population.

Annals of Surgery, November 7, 2008

- ### FAMILY MEDICINE CME
- CME** [Prophylaxis of Thromboembolic Multidisciplinary Discussion](#)
 - CME** [New Advances in the Management of Obesity: Integrating Lifestyle Modification and Pharmacotherapy](#)
 - CME** [Generalized Anxiety Disorder and Depression](#)
 - CME/CE** [ACR 2008: Treating Chronic Kidney Disease: Challenges of Lowering Serum Urea Nitrogen](#)

Websites



- Lots of helpful websites for family practice.
- Be wary ...who supports the sites; determines content; chooses presenters etc.
- Go to 'About Us' on the website homepage to determine
- Try out a couple of general websites to see if they consistently meet your needs
- Consider capturing your favourite websites for patients by developing a patient website through mydoctor.ca



Your clinic home page

Making it easier to do the right thing

Home

1-Pagers

Tool Kits

Algorithms

<C's Best Resources



HKC'S TOP PICKS

- Mike's Useful Tools
- American Family Physician Algorithms
- Rx Files (charts & newsletter)
- Prodigy (intuitive guidelines)
- Johns Hopkins Antibiotic Guide
- Healthy Ontario
- NIH Medline Plus (specific topics)

PERSONAL RESOURCES

- Google
- CBC
- accuradio (music!)
- Canada 411
- Canada 211
- Mapquest
- Wikipedia (free encyclopedia)

SEARCHING THE LIT

BEST PRESCRIBING

Canadian Prescribing Charts & Newsletters

- Rx Files (charts & newsletter)
- Community Drug Utilization Program*
(charts & newsletter)
- Therapeutics Initiative (newsletter)

Look up a Specific Drug

- Medscape Drug Information *
- Drug Interaction Checker

Safe in Pregnancy?

- perinatology.com (medications in pregnancy)
- Motherisk

Drug Cost (in Canada)

- pharmacy.ca

Covered in Ontario?

- Handbook of Limited Use Drug Products (Ontario)

(To find a drug in Adobe, click on the binoculars and type in name)

UNIQUE POPULATIONS

Women

- SOGC Guidelines
- Benign Uterine Conditions (login required)

Children

- Am. Pediatric Guidelines
- Common Pediatric Problems
- Cd Pediatric Guidelines

Acute Problems

- Best Bets (ER medicine)
- Evidence Based On Call

Comp / Alt Medicine

- Herbal Medicine
- Comp / Alt Medicine

Other

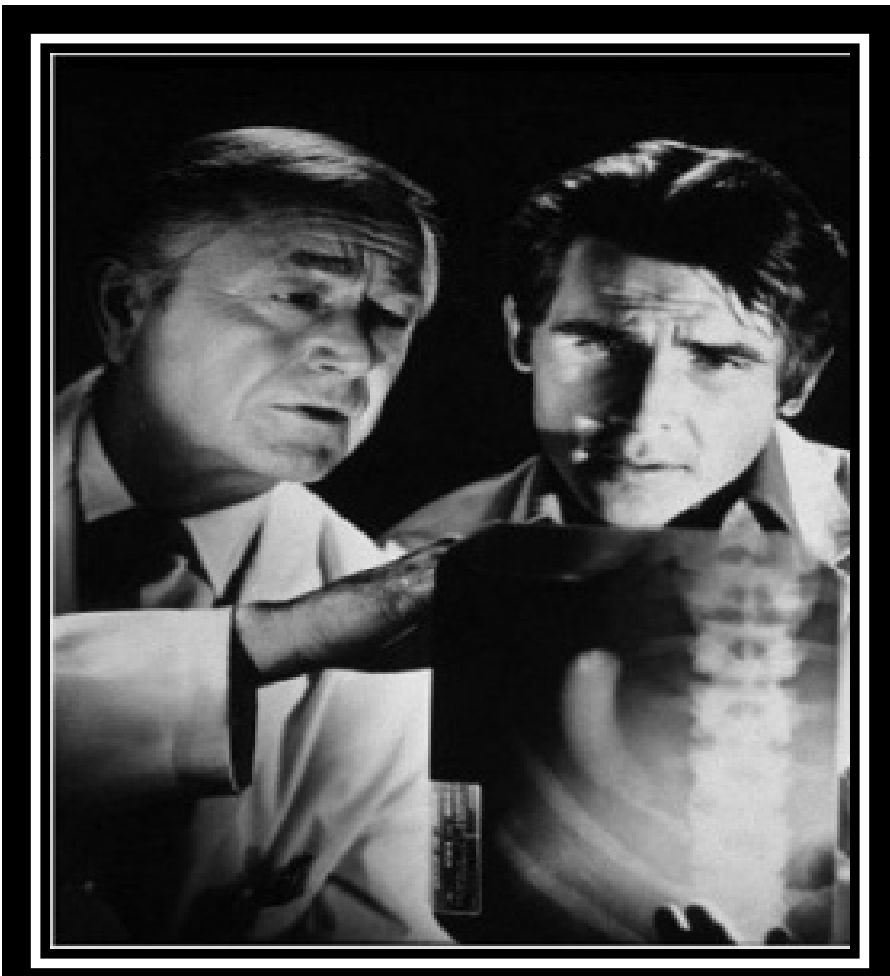
Keeping up-to-date in real life



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Keeping up to date: What do doctors usually do?

- Ask a colleague



Advice differs substantially from best evidence from the literature in 53% of cases. This dropped to 17% when literature was cited in answer. If you ask for advice always ask about the evidence. (Schaafsma, F., J. Verbeek, et al.. 2005)

Keeping up to date: What do doctors usually do?

- Ask a colleague
- Search for information in textbooks, journals or online
 - ▣ Remember publication delay in textbooks
 - ▣ Up To Date/Dynamed
 - ▣ Asking the question (PICO)
 - ▣ Search engines

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PICO

P Patient population – For which group do you need information?

- EXAMPLE: Post-Menopausal Women

I Intervention (or Exposure) – What medical event do you need to study the effect of?

- EXAMPLE: Estrogen Replacement Therapy

C Comparison - What is the evidence that the proposed intervention produces better

- or worse results than no intervention, or a different type of intervention?
- EXAMPLE: No Estrogen Replacement

O Outcomes - What is the effect of the intervention? EXAMPLE: Effect on Incidence of

- Osteoporosis and Breast or Endometrial Cancer

Search engines



- ON CMA WEBSITE

- MD Consult

- Essential Evidence Plus (Derm Expert)

- MedCalc 3000

- Stat!Ref

- Drug Info or Lexi-drugs or AHFS DI

- Lab tests & diagnostic procedures

- Cardiology CLIPS

- ACP PIER

Search Engines

- Ask Medline

(<http://askmedline.nlm.nih.gov/ask/ask.php>)

- <http://www.relemed.com>

- PubMed

- Google Scholar

(<http://scholar.google.com/>)

- Google Image

(<http://images.google.com/>)

Levels of Evidence

□ Resources Tier 1

- ACP Journal club *
- BMJ clinical evidence \$
- Cochrane database of systematic reviews*
- Databases of abstracts of reviews of clinical effects (DARE)+

Resources Tier II

- ACP Pier*
- Clinical Practice guidelines*
- InfoPOEMS*
- Micromedex
- TRIP + database+
- UpToDate \$

Resources Tier III

- ACP Medicine*
- Harrison's*
- MD Consult*
- Merck Manual*

*www.cma.ca (clinical resources)

+Free

\$ subscription

Journals



- Can also go to series or regular features within specific journals

Clinical series- BMJ

- **ABC**

 - AIDS

 - Adolescence

 - Alcohol

 - Burns

 - Heart failure

- **10 minute clinical consults**

 - Adverse drug reactions

 - Polyarthralgia

 - Chronic back pain

 - Chronic cough

 - Food allergy

Clinical articles-BMJ



□ **Clinical Evidence**

- Prostate Cancer

- Glycemic control in diabetes

- Atopic eczema

- Bulimia nervosa

Clinical articles- JAMA



Clinical review

- ▣ Prevention of Malaria in Long-term Travelers
- ▣ The Influence of Estrogens on Migraine: A Systematic Review

Rational clinical exam

- ▣ Do Opiates Affect the Clinical Evaluation of Patients With Acute Abdominal Pain?
- ▣ Does the Clinical Examination Predict Lower Extremity Peripheral Arterial Disease?
- ▣ Is This Patient Having a Stroke?

Patient pages

- ▣ Herniated Lumbar Disks
- ▣ Colon Cancer

Clinical articles- NEJM



□ Clinical practice

- Acute Bronchitis
- Chronic Prostatitis & chronic pelvic pain
- Antibiotic allergy

□ Clinical Problem solving

- Lost in transcription
- More than meets the eye
- Heading down the wrong path

Keeping track of resources:



- Systematic
- Searchable
- Accessible at point of care

Conclusions



- Tough to keep up with lots of new information available
- Find the right information
- Is it applicable to my patients & practice?
- Consider the source & context
- How can I apply it?
- Can I find it when I need it?

Hopefully my suggestions have been helpful!

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