Trusted evidence.  
Informed decisions.  
Better health.

The Cochrane Library

Library Network Office for VHA

Mary Helen Yount, Customer Training Manager, Wiley
Agenda

Background: what is Cochrane, and what is the Cochrane Library?
What’s in the Cochrane Library?
Benefits of the Cochrane Library
Key features
Using the Cochrane Library: Live demo
  – Browsing
  – Basic search
  – Help and Training resources
What is Cochrane?

An international collaboration of over 50,000 researchers, health professionals, patients, carers, and people passionate about improving health outcomes for everyone, everywhere.

Their objective is to ensure that the treatments used every day around the world, are based on the best possible knowledge, which is independently assessed and quality checked.

Cochrane does not accept commercial or conflicted funding. This is vital to generate authoritative and reliable information, working freely, unconstrained by commercial and financial interests.

They have been doing this for 30 years.
What is the Cochrane Library?

A collection of databases that contain different types of high-quality, independent evidence to inform healthcare decision-making.
What’s in the Cochrane Library?
Plus additional curated content such as Editorials, Special Collections, and systematic reviews in McMaster’s Health Systems Evidence and Social Systems Evidence.
Cochrane Database of Systematic Reviews

• Cochrane systematic reviews are internationally recognised as the gold-standard of evidence.

• Each systematic review asks a specific clinical question such as ‘Can Vitamin C prevent and treat the common cold?’

• Reviewers use stringent methods to summarize and interpret the results of existing research on this topic to establish whether there is conclusive evidence to answer the question.

• Only research that meets rigorous quality criteria is included in the review ensuring credible, reliable results.
Cochrane Register of Controlled Trials (CENTRAL)

What is CENTRAL?

• A concentrated source for bibliographic reports of randomized controlled trials.

• In addition to bibliographic details (author, source, year, etc.) CENTRAL records will often include an abstract (a summary of the article). They do not contain the full text of the article.

• Records are included irrespective of language or date of publication.

How can it help?

• Created from multiple sources, CENTRAL is a single searchable source for high-quality evidence, saving you time in finding the research you need.

• Ideal for anyone completing a literature review for a research article, or systematic review.

• Can help identify research gaps
CENTRAL

Includes randomized and quasi-randomized controlled trials. Other study designs registered in Clinical Trial Registries (e.g. cohort studies) are not included.

CENTRAL is comprised of records retrieved from

- PubMed/MEDLINE
- Embase
- Clinical Trial Registries
  - ClinicalTrials.gov
  - ITRP
- CINAHL (Cumulative Index of Nursing and Allied Health) (new as of May 2020)
- Cochrane Review Groups' Specialized Registers which includes records identified by handsearching various biomedical sources.

• How is CENTRAL created?
Cochrane Clinical Answers (CCAs)

• Ideal for healthcare professionals short on time.

• Cochrane Clinical Answers use the evidence in Cochrane Reviews to provide a bite-sized answer to a specific clinical question.

• They are actionable and support point-of-care decision making.

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**Question:**

What are the benefits and harms of vitamin D for people with asthma?

Elie Mulhem
27 February 2023
https://doi.org/10.1002/cca.4234

**Clinical Answer:**

High- to moderate-certainty evidence shows that in adults and children with mild to moderate asthma, oral vitamin D does not reduce exacerbations requiring steroids or the number of people with asthma exacerbations requiring emergency department visits, hospitalizations, or both compared with placebo. Furthermore, there was little to no difference between groups in per cent of predicted forced expiratory volume in one second (FEV1) (high-certainty evidence) or in scores on the Asthma Control Test (ACT) or the Childhood Asthma Control Test (C-ACT) (moderate-certainty evidence). Vitamin D did not increase the numbers of withdrawals from the study or serious adverse reactions from any cause. No trials reported a fatal asthma event (low-certainty evidence).
Cochrane Clinical Answers (CCAs)

• Clinical summaries on a question-and-answer format from Cochrane Reviews

• Provide the evidence at hand on key outcomes

• Make the information a clinician will be most interested in more accessible

• Aim is to use information from Cochrane Reviews to inform healthcare decisions

  • Distils the 50+ pages of a Cochrane review into 1-3 pages with interactive, hierarchical display allowing multiple levels of entry
  • Brings together key data dispersed in Cochrane Library Review:
    • Population
    • Intervention
    • Comparison
    • Outcome summary
    • Quality of the evidence (Summary of findings/Risk of bias)
2 Databases by McMaster Health Forum’s repositories

- **Health Systems Evidence** is a continuously updated repository of syntheses of research evidence about governance, financial and delivery arrangements within health systems, and about implementation strategies that can support change in health systems.

- **Social Systems Evidence** is the world’s most comprehensive, continuously updated repository of syntheses of research evidence about the programs, services and products available in a broad range of government sectors and program areas (e.g., economic development, education, environmental conservation, housing,…) as well as the governance and the implementation strategies that ensure that these get to those who need them.
Special Collections

- Special Collections are curated content collections of systematic reviews on a specific healthcare topic.
- They make it easy for users to find evidence on a subject of interest. For example, Stopping Tobacco Use or Physical Activity for Healthy Aging.
- These appear in the search results and are linked as related content to the reviews included in the collection.
What’s in the Cochrane Library

- Cochrane Database of Systematic Reviews
- Central Register of Controlled Trials (CENTRAL)
- Cochrane Clinical Answers
- Editorials
- Special Collections
- Health Systems Evidence (HSE) and Social Systems Evidence (SSE) created by McMaster’s University

All content accessible through a single search
Benefits of the Cochrane Library
How can the Cochrane Library help?

- Conflicting evidence from single studies
- Evolving Conclusions as new discoveries are made
- The credibility of sources is uncertain
- Overwhelming Volume of Research

- Cochrane Reviews address the balance of evidence
- Cochrane Reviews are updated to incorporate new evidence
- Cochrane’s methods transparently rate and publish the quality of evidence, including the risk of bias
- Cochrane Reviews consolidate all credible evidence on a topic into one reliable summary
Who uses the Cochrane Library?

**Policy Makers**
- Use the latest evidence to support decision making and inform new guidelines and best practice
- Improve clinical outcomes
- Make treatment decisions based on the latest evidence
- Educate the next generation of healthcare professionals

**Healthcare Professionals**
- Validate research hypotheses and determine the novelty of ideas
- Identify knowledge gaps that their research could address

**Medical Researchers and Librarians**
- Debunk myths and make informed healthcare decisions
- Research and understand healthcare and treatment options

**General Public**
- Debunk myths and make informed healthcare decisions
- Research and understand healthcare and treatment options
Advantages for healthcare professionals

- **A trusted resource** used by medical professionals and policy makers around the world
- **Integrated PICO search** allows you to find evidence filtered by Population, Intervention, Comparison and Outcome.
- **Save time** with reliable summaries of credible evidence
- **Regularly updated** so you can base treatment decisions on the most up-to-date evidence
- **Cochrane Clinical Answers** are actionable and help inform point-of-care decision-making
- **Plain language summaries** make it easy for your patients to understand the evidence supporting their treatment decisions
- **24/7 access** online, on your phone, device or through your library
- **Online training hub** including resources and live sessions throughout the year.
Cochrane Library: Key Features
Results grouped by tabs

**297** Cochrane Reviews matching **asthma** in Title Abstract Keyword

Cochrane Database of Systematic Reviews
Issue 12 of 12, December 2021

☐ Select all (297)  Export selected citation(s)  Show all previews

Order by:  Relevancy  

Results per page: 25  

1  ☐  **Yoga for asthma**
   Zu-Yao Yang, Hui-Bin Zhong, Chen Mao, Jin-Qiu Yuan, Yafang Huang, Xin-Yin Wu, Yuan-Mei Gao, Jin-Ling Tang
   Intervention  Review  27 April 2016  Free access
   Show PICO(s)  Show preview

2  ☐  **Omalizumab for asthma in adults and children**
   Rebecca Normansell, Samantha Walker, Stephen J Milan, E. Haydn Walters, Parameswaran Nair
   Intervention  Review  13 January 2014  New search Conclusions changed  Free access
   Show PICO(s)  Show preview

3  ☐  **Family therapy for asthma in children**
   Janelle Yorke, Caroline Shulham
   Intervention  Review  20 April 2005
   Show PICO(s)  Show preview
Use filters to find relevant results

<table>
<thead>
<tr>
<th>257 Cochrane Reviews matching asthma in Title Abstract Keyword</th>
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<tbody>
<tr>
<td>Cochrane Database of Systematic Reviews</td>
</tr>
<tr>
<td>Issue 12 of 12, December 2011</td>
</tr>
<tr>
<td>Order by: Brace Up/down</td>
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<tr>
<td>Results per page: 25</td>
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</table>

1. Yoga for asthma
   - Zhu Yang, Mid-Bo Zhang, Chen Hao, Jin-Qu Yuan, Xiang Huang, Xin-Yi Wu, Yuan-Mei Guo, Jin-Ling Tang
   - Intervention: Review 27 April 2016 Free access
   - Show PICOs + Show preview

2. Omalizumab for asthma in adults and children
   - Rebecca Runciman, Samantha Walker, Stephen J Miller, E. Haydn Walters, Parameswari Nair
   - Intervention: Review 13 January 2014 New search: Conclusions changed Free access
   - Show PICOs + Show preview

3. Family therapy for asthma in children
   - Janelle Yelke, Caroline Shuldham
   - Intervention: Review 22 April 2002
   - Show PICOs + Show preview

4. Shared decision-making for people with asthma
   - Kayleigh H Hall, Prasanna Halil, Viratam A Anuradha, Rebecca Runciman
   - Intervention: Review 3 October 2017 Free access
   - Show PICOs + Show preview

5. Breathing exercises for adults with asthma
   - Thay A Santos, Gabriella SS Oseas, Diana A Frogera, Guilherme AF Frengonzi, Karla NFP Mendonça
   - Intervention: Review 20 March 2020 New search: Conclusions changed Free access
   - Show PICOs + Hide preview
   - Abstract - Background:
     Breathing exercises have been widely used worldwide as a non-pharmacological therapy to treat people with asthma.
     Breathing exercises aim to control the symptoms of asthma and can be performed as the Pavlovsky Method, the Buteyko breathing technique, yoga breathing, deep diaphragmatic breathing or a...
Filters specific for Cochrane Reviews

**Date**
- Publication date
- The last 3 months: 13
- The last 6 months: 21
- The last 9 months: 30
- The last year: 47
- The last 2 years: 110

**Status**
- New search: 2086
- Conclusions changed: 491

**Type**
- Intervention: 7422
- Diagnostic: 95
- Overview: 44
- Methodology: 36
- Qualitative: 4

Date article was published online or added to the Cochrane Library
Status: Filters by events that have affected the review
Type: Used to identify the type of question addressed by the review
Filters for Cochrane Reviews

Language: Identifies when translations for content are available

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<tr>
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Topic: Limit results based on Cochrane supplied topics

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Show 26 more →
### CENTRAL-specific filters

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<td>The last year                         1659</td>
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<td>The last 2 years                      5797</td>
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<td>CT.gov</td>
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<td>ITRP</td>
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<tr>
<td>CINAHL</td>
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- **Date added to CENTRAL database**
- **Publication year limit**
- **Limits to articles sourced from PubMed, Embase, CT or WHO ITRP**
PICO terms now display in search results pages from all standard Cochrane searches

- Use “View PICOs” to view PICO terms in search results
- Use PICO terms in results to quickly identify patient populations and interventions you are interested in

Show PICOs on your search results page. Faster to read than an abstract!

Yoga for asthma
Zu-Yao Yang, Hui-Bin Zhong, Chen Mao, Jin-Qiu Yuan, Yafang Huang, Xin-Yin Wu, Yuan-Mei Gao, Jin-Ling Tang

<table>
<thead>
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<th>Population (4)</th>
<th>Intervention (1)</th>
<th>Comparison (2)</th>
<th>Outcome (7)</th>
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<td>Usual Care</td>
<td>Asthma Finding</td>
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<tr>
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<td>Sham Intervention</td>
<td>Asthma Control</td>
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<td>Child</td>
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<td>FEV1</td>
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<td>Asthma</td>
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<td>Quality of Life</td>
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</tbody>
</table>

Wiley
PICO search

Search Cochrane Reviews by Population Intervention Comparison Outcome ....to find reviews that precisely match your research or clinical questions

1. Select the PICO search tab

2. Enter a search term and select from the dropdown

3. Choose your PICO context
PICO search

PICO search Results

- PICO based filters
- View PICO terms in results to quickly identify relevant articles

Use PICO filters to refine searches

Display PICO terms in results
Many New Links between content

- Cochrane Database of Systematic Reviews
  - References
  - Characteristics of studies
  - Article
  - Related Content

- CENTRAL
  - Article
  - How Cochrane Used this article

- Cochrane Clinical Answers

- Cochrane Podcasts
Objectives

To assess the effects of Ayurvedic treatments for diabetes mellitus.

Search methods

We searched The Cochrane Library (issue 10, 2011), MEDLINE (until 31 August 2011), EMBASE (until 31 August 2011), AMED (until 14 October 2011), the database of randomised trials from South Asia (until 14 October 2011), the database of the grey literature (OpenSigle, until 14 October 2011) and databases of ongoing trials (until 14 October 2011). In addition we performed hand searches of several journals and reference lists of potentially relevant trials.

Selection criteria

We included randomized trials of at least two months duration of Ayurvedic interventions for diabetes mellitus. Participants of both genders, all ages and any type of diabetes were included irrespective of duration of diabetes, antidiabetic treatment, comorbidity or diabetes related complications.

Data collection and analysis

Two authors independently extracted data. Risk of bias of trials was evaluated as indicated in the Cochrane Handbook for Systematic Reviews of intervention.

Main results
Systematic Review

Guidelines linked in two places

Related Content links to Reviews, Protocols, Podcasts, Editorials, Collections, Cochrane Clinical Answers, related Cochrane reviews
Controlled trial of antimycobacterial therapy in Crohn's disease. Clofazimine versus placebo

Abstract

In order to study the effect of clofazimine, a powerful antimycobacterial and anti-inflammatory agent, 49 patients with active Crohn's disease were randomized to either corticosteroids plus clofazimine 100 mg daily (N = 25) or to steroids and matching placebo (N = 24). A total of 28 patients (58%) went into disease remission (clofazimine 16, placebo 12; P = NS) with a fall in disease activity score from 10.5 +/- 4.4 to 3.3 +/- 3.5. Patients were treated for a further eight months with clofazimine or placebo and 18 of 28 maintained their remission and completed the study (clofazimine 12, placebo 6; P = NS). Side effects were minor and consisted of skin rash and increased pigmentation. Clofazimine as a solitary antimycobacterial agent appears ineffective in inducing remission in Crohn's disease but may have a role in either disease maintenance or combination chemotherapy.
Anti-tuberculous therapy for maintenance of remission in Crohn's disease

Cochrane Systematic Review - Intervention  Version published: 22 July 2016  see what's new

New search  Conclusions changed  App score 4  View article information

Petrease H Patton | Claire E Parker | John K MacDonald | Nilesh Chande
View authors' declarations of interest

Abstract available in  English  |  Español

Background

There have been a number of studies with conflicting results which have examined the effect of anti-tuberculous therapy in Crohn's disease. A meta-analysis was performed to evaluate the use of anti-tuberculous therapy for the maintenance of remission in Crohn's disease.

Objectives

To evaluate the effects of anti-tuberculous therapy for the maintenance of remission in patients with Crohn's disease.
Multifactorial and multiple component interventions for preventing falls in older people living in the community
Sally Hopewell, Okebusola Adejide, Jethan J Copsey, Graham J Boniface, Catherine Sherrington, Lindy Clemson, Jacqueline C T Cluze, Sarah R Lemb
Authors' declarations of interest
Version published: 23 July 2018
Version history
https://doi.org/10.1002/14651858.CD001221.pub2

Collapsible sections allows users to
• Quickly navigate large reviews
• Easily identify content with translations
• Improves experience on mobile devices
Email Alerts

**Browse by Topic**

Browse the Cochrane Reviews, Protocols and Clinical Answers.

<table>
<thead>
<tr>
<th>a</th>
<th>Allergy &amp; intolerance</th>
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<td>Blood disorders</td>
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<td>Cancer</td>
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<td>Complementary &amp; alternative medicine</td>
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<td>Consumer &amp; communication strategies</td>
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<td>Dentistry &amp; oral health</td>
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<td>Venous &amp; arterial thrombosis</td>
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Use Cochrane assigned topics to create alerts to monitor when new Cochrane Systematic Reviews on that topic are published.
### Email Alerts

**Set weekly email alerts**

Sign up for weekly email alerts for selected topics

---

You have not signed up for any weekly email alerts yet. You can select topics below, then save your changes.

**a**
- Allergy & intolerance (0/11)
- Blood disorders (0/6)
- Cancer (0/26)
- Child health (0/31)
- Complementary & alternative medicine (0/28)
- Consumer & communication strategies (0/8)
- Dentistry & oral health (0/26)
- Developmental, psychosocial & learning problems (0/4)

**b**
- Gastroenterology & hepatology (0/28)
- Genetic disorders (0/10)
- Gynaecology (0/14)
- Health & safety at work (0/5)
- Health professional education (0/2)
- Heart & circulation (0/32)
- Infectious disease (0/21)
- Insurance medicine (0/6)

**c**
- Neonatal care (0/34)
- Neurology (0/23)
- Orthopaedics & trauma (0/25)
- Pain & anaesthesia (0/10)
- Pregnancy & childbirth (0/31)
- Public health (0/13)
- Rheumatology (0/16)

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Select as many fields as needed by checking the boxes.
Email Alerts

Sign up for weekly email alerts for selected topics

You have not signed up for any weekly email alerts yet. You can select topics below, then save your changes.

- Allergy & intolerance (11/11)
- Blood disorders (8/8)
- Cancer (26/26)
- Child health (0/31)
- Complementary & alternative medicine (0/28)
- Consumer & communication strategies (0/8)
- Dentistry & oral health (0/26)
- Developmental, psychosocial & learning problems (0/4)
- Diagnosis (0/1)
- Gastroenterology & hepatology (0/28)
- Genetic disorders (3/10)
- Alpha-1 antitrypsin deficiency
- Chromosome abnormalities
- Congenital heart disease
- Cystic fibrosis
- Haemophilia & other coagulopathy
- Hereditary ataxia
- Inborn errors of metabolism
- Other genetic disorders
- Sickle cell disease
- Thalassaemia
- Gynaecology (0/14)
- Health & safety at work (5/5)

Ability to select topics and subtopics by clicking the arrow.
Interventions for preventing falls in older people living in the community

Lesley D Gillespie, M Clare Robertson, William J Gillespie, Catherine Sherrington, Simon Gates, Lindy Clemson, Sarah E Lamb

Version published: 12 September 2012  Version history
https://doi.org/10.1002/14651858.CD007146.pub3

Abstract

Available in  English | Español | فارسی | Français | 日本語 | 한국어 | Русский | ภาษาไทย | 简体中文 | 繁體中文

Background

Approximately 30% of people over 65 years of age living in the community fall each year. This is an update of a Cochrane review first published in 2009.

Set up an alert to notify you when a specific systematic review is updated
Using the Cochrane Library: Live Demo
Getting help
Training hub

Search guides, live webinars, training videos, and more are available on our Customer Success Hub.

Register to more webinars here.
Thank you!

Questions? mhyount@wiley.com