

Medicina bazată pe dovezi -scurta introducere-

Dr. Larisa Pinte

Medicină internă Colentina

Medicină bazată pe dovezi

文A 34 limbi ▼

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De la Wikipedia, enciclopedia liberă

Medicina bazată pe dovezi (*acr.* **MBD**, în [engleză](#) *Evidence-based medicine* – EBM), este o concepție despre medicină apărută prin anii 70' ai secolului trecut, care susține că medicina trebuie să se concentreze pe obiectivitate, pe dovezi științifice, pe meta-analiză, pe folosirea metodică, algoritmică, a totalității ramurilor medicinei (epidemiologie, genetică, [biostatistică](#), informatică medicală, medicină explorativă și [de laborator](#) promptă, precisă și de calitate, etc.) considerând raportul cost - eficiență, sub un control de calitate riguros și permanent, medicul consultat fiind *factorul frontal al unui larg grup de specialiști, cu care se găsește în interacție*. Spre deosebire de MBD, medicina „clasică”, deductivă ([engleză](#) *Opinion-Based Medicine* – OBM) este bazată pe bagajul de cunoștințe acumulat din studiile și experiența personală, pe tradiționala *ars medicae* (arta medicală), pe intuiția personală a clinicianului.

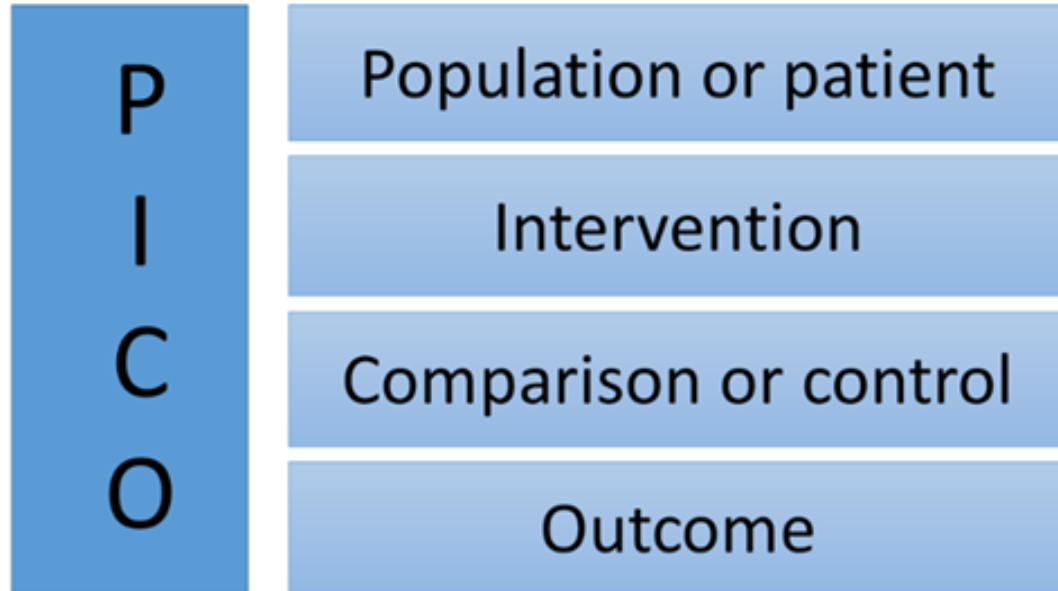
Istoric

[[modificare](#) | [modificare sursă](#)]

Prin 1975, Ministerul Sănătății Canadian a mobilizat o grupă de specialiști, (The Canadian Task Force) cu menirea să compună directive științifice și unitare de examinare sanitară periodică a populației. Pentru o apreciere obiectivă a produsului final, a nivelului de validitate și de evidență a activității preventive, doi dintre specialiști, Suzanne Fletcher și David Sackett au creat "nivele de evidență" (levels of evidence)

Unde si cum cautam informatia medicala?

Strategia de cautare:



Operatori logici:

- AND
- OR
- NOT

Ex 1: ACG

- **ClinicalKey** - 903 rezultate

"giant cell arteritis" AND "blindness"

- **Clarivate (WOS)** -20

((((ALL=(giant cell arteritis)) or ALL=(GCA)) or ALL=(temporal arteritis)) or ALL=(Horton disease)) AND (((((ALL=(blindness)) OR ALL=(amaurosis)) OR ALL=(visual loss)) OR ALL=(vision loss)) OR ALL=(loss of vision))

- **Scopus** – 1032

((TITLE-ABS ("giant cell arteritis") OR TITLE-ABS (gca) OR TITLE-ABS ("temporal arteritis") OR TITLE-ABS ("Horton disease" OR "Horton's disease")) AND (TITLE-ABS (blindness) OR TITLE-ABS (amaurosis) OR TITLE-ABS ("visual loss") OR TITLE-ABS ("vision loss") OR TITLE-ABS ("loss of visios")))

- **PubMed** - 1,914

("Giant Cell Arteritis"[Mesh]) OR ((((((giant cell arteritis[Title/Abstract]) OR (arteritis[Title/Abstract])) OR (GCA[Title/Abstract])) OR (temporal arteritis[Title/Abstract])) OR (vasculitis[Title/Abstract])) OR (Horton disease[Title/Abstract])) AND (("Blindness"[Mesh]) OR (((((blindness[Title/Abstract]) OR (visual loss[Title/Abstract])) OR (vision loss[Title/Abstract])) OR ("recovery of function" [Mesh]) OR ("vision disorders"[Mesh]) OR (loss of vision[Title/Abstract])) OR (Amaurosis[Title/Abstract])))

Ex 2: LES

- PubMed- 6 rezultate

```
("corticosteroid"[Title/Abstract] OR "corticosteroids"[Title/Abstract]) AND ("lupus erythematosus, systemic"[MeSH Terms] AND "systemic lupus erythematosus"[Title/Abstract]) AND ("Hydroxychloroquine"[MeSH Terms] AND "Hydroxychloroquine"[Title/Abstract]) AND ("deprescription"[Title/Abstract] OR "deprescribing"[Title/Abstract] OR "discontinuation"[Title/Abstract] OR "interruption"[Title/Abstract] OR "withdraw"[Title/Abstract] OR "cease"[Title/Abstract] OR "cessation"[Title/Abstract] OR "stop"[Title/Abstract])
```

- Scopus- 19

```
TITLE-ABS ( "systemic lupus erythematosus" ) AND TITLE-ABS ( "corticosteroid*" ) AND TITLE-ABS ( "Hydroxychloroquine" ) AND TITLE-ABS ( "deprescription" OR "deprescribing" OR "discontinuation" OR "interruption" OR "withdraw" OR "cease" OR "cessation" OR "stop*" )
```

- Clarivate -23

```
((ALL=( "systemic lupus erythematosus")) AND ALL=("corticosteroid*")) AND ALL=( "Hydroxychloroquine") AND ALL=("deprescription" OR "deprescribing" OR "discontinuation" OR "interruption" OR "withdraw" OR "cease" OR "cessation" OR "stop*")
```

Calitatea metodologica a studiilor

- Risk of bias -

Eroarea sistematica (bias)

= deviere sistematica a rezultatelor sau deductiilor

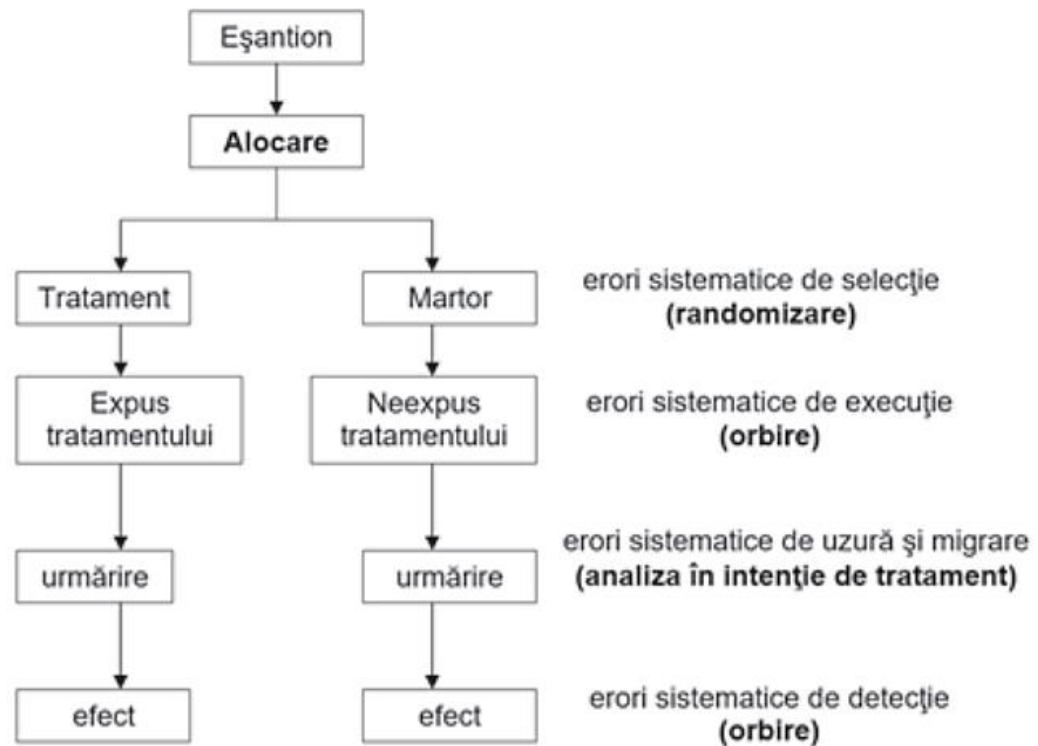


Figura VIII.1. Studiile randomizate – tipuri de erori sistematice și modalități metodologice de evitare a acestora.

Sintezele sistematice

Ghidul "devoratorului" de sinteze sistematice...

- Ce sunt sintezele sistematice ?
- Tipuri de sinteze sistematice ...
- De ce ... sinteze sistematice ?
- Unde si cum le cautam ?
- Pe care le alegem ?
- Cum interpretam rezultatele?
- Ce este Meta-analiza ?



Ce sunt sintezele sistematice?

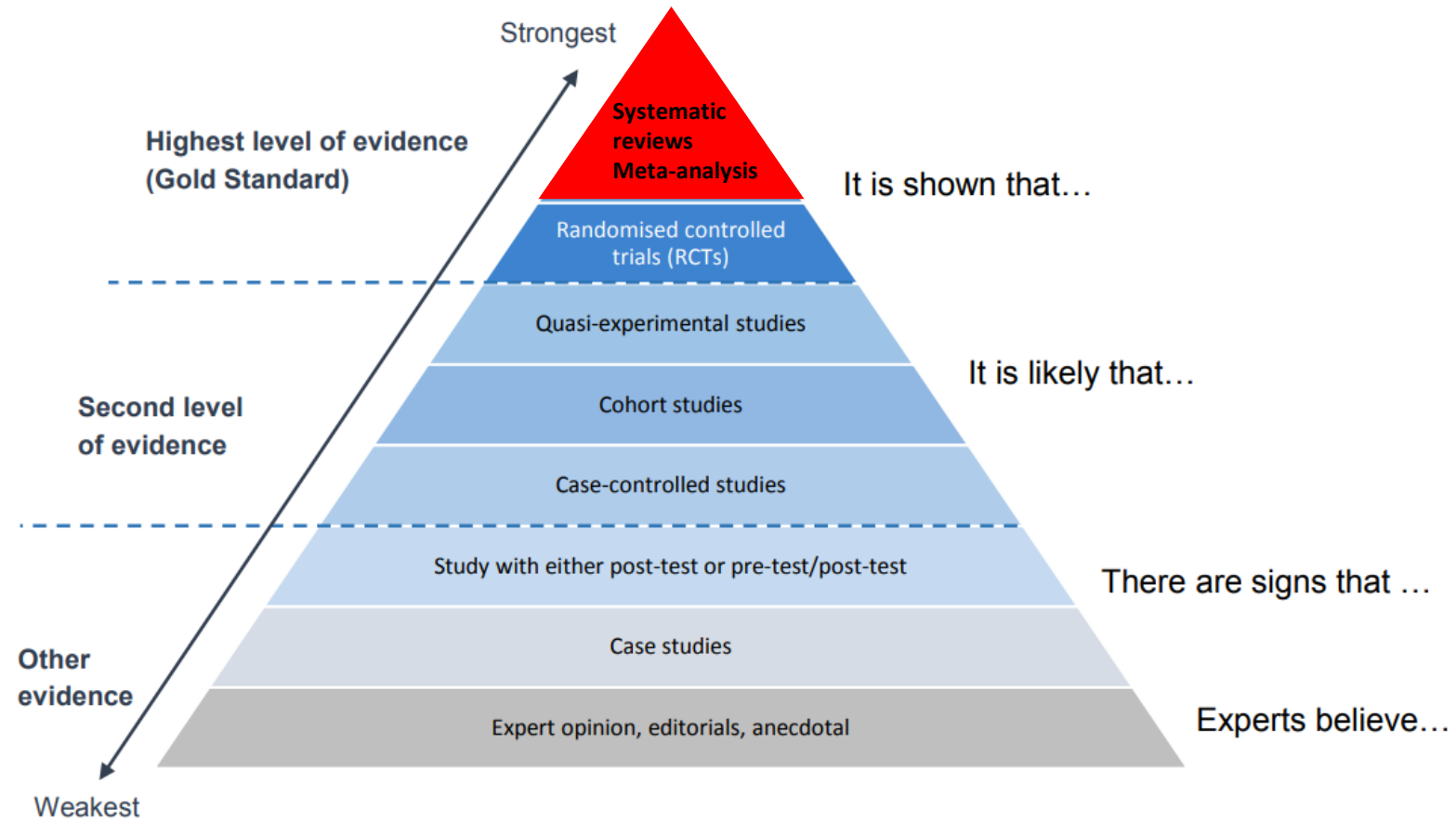
- colectează toate dovezile existente in literatură
- răspund la o anumită întrebare de cercetare
- criterii de eligibilitate prespecificate
- metode explicite, sistematice
- oferă rezultate ample și imparțiale
- concluzii și decizii terapeutice

(Antman 1992, Oxman 1993)

Tipuri de sinteze sistematice ...

- Interventii
- Terapeutice
- Metode diagnostice
- Prognostice
- Metodologie

De ce ... sinteze sistematice?

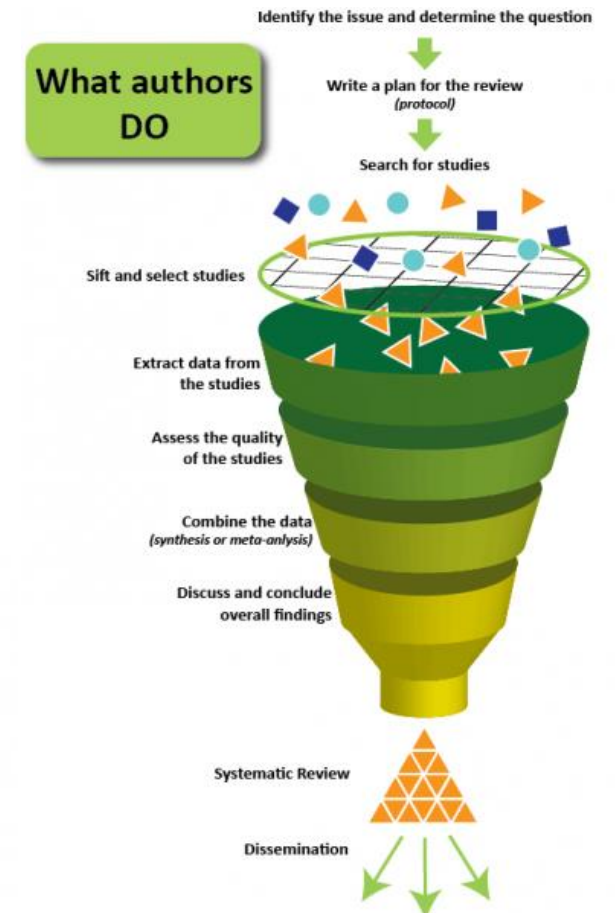


- cele mai fiabile tipuri de studiu
- în vârful ierarhiei dovezilor

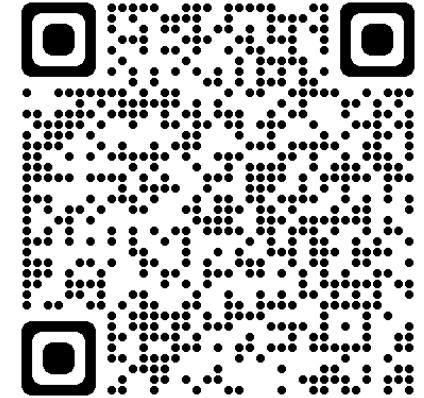
Systematic review NOT (literature review OR narrative review OR review)

	Systematic Review	Literature Review (or Narrative Review)
Question	Research question is focusing on a single question.	Research question is not necessarily focusing on a single question, but may describe an overview.
Protocol	A peer review protocol or plan is included.	No protocol is included.
Background	Both provide summaries of the available literature on a topic.	
Objectives	Clear objectives are identified.	Objectives may or may not be identified.
Inclusion and exclusion criteria	Criteria is stated before the review is conducted.	Criteria is not specified.
Search strategy	Comprehensive search is conducted in a systematic way.	Strategy is not explicitly stated.
Process of selecting articles	Usually clear and explicit.	Not described in a literature review.
Process of evaluating articles	Comprehensive evaluation of study quality.	Evaluation of study quality may or may not be included.
Results and data synthesis	Clear summaries of studies based on high quality evidence.	Summary based on studies where the quality of articles may not be specified. May also be influenced by the reviewer's theories, needs and beliefs.
Discussion	Written by an expert or group of experts with a detailed and well grounded knowledge of the issues.	
Method of undertaking review	Explicit and repeatable.	Not easily repeatable.

The Concept of a Systematic Review



Unde si cum le cautam ?



Surse de sinteze sistematice:

- **Cochrane Library** (domeniul medical)
- The Campbell Collaboration (eductatie, justitie, etc)
- EPPI-Centre (metodologia sintezelor sistematice)

PubMed

A screenshot of the PubMed search results page. The search query is "(lupus) AND (nephritis)". The page shows 162 results. On the left, there are filters for "RESULTS BY YEAR" (a bar chart), "TEXT AVAILABILITY" (Abstract, Free full text, Full text), "ARTICLE ATTRIBUTE" (Associated data), and "ARTICLE TYPE" (Books and Documents, Clinical Trial, Meta-Analysis, Randomized Controlled Trial, Review, Systematic Review). The "Systematic Review" option is highlighted with a pink box. The main results list includes:

- 1. A Systematic Review of Pediatric Dialysis in Asia: Unveiling Demographic Trends, Clinical Representation, and Outcomes. Britto T, Hoque ME, Fattah SA. Cite: Cureus. 2024 Jan 9;16(1):e51978. doi: 10.7759/cureus.51978. eCollection 2024 Jan. PMID: 38344624. Free PMC article. Review.
- 2. Evaluating Sex Differences in the Characteristics and Outcomes of Lupus Nephritis: A Systematic Review and Meta-Analysis. Mahmoody SB, Aziz M, Malepati D, Lee-Smith W, Clark J, Breatley A, Nachman PH. Cite: Glomerular Dis. 2024 Jan 4;4(1):19-32. doi: 10.1159/000535981. eCollection 2024 Jan-Dec. PMID: 38293588. Free PMC article. Review.
- 3. Therapeutic drug monitoring of mycophenolic acid and clinical outcomes of lupus nephritis: a systematic review and meta-analysis. Wuttiputhanon T, Naljarakseree N, Udomkarnjananon S, Kittanamongkolchai W, Asada L, Chariyavilaskul P, Townamchai N, Avihingsanon Y. Cite: Lupus Sci Med. 2024 Jan 17;11(1):e01093. doi: 10.1136/lupus-2023-001093. PMID: 38233072. Free PMC article. Review.

Cochrane Systematic Reviews

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The *Strategy for Change* aims to prepare Cochrane to remain sustainable following the unprecedented global events of 2020-2021.

It defines how we will approach organizational change in the next two years to meet the current moment and remain sustainable. The *Strategy for Change* was devised based in part on the strategic framework consultation completed in 2020. It is based around three Goals of interlocking areas of equal focus and priority.

GOAL 1: Producing trusted evidence

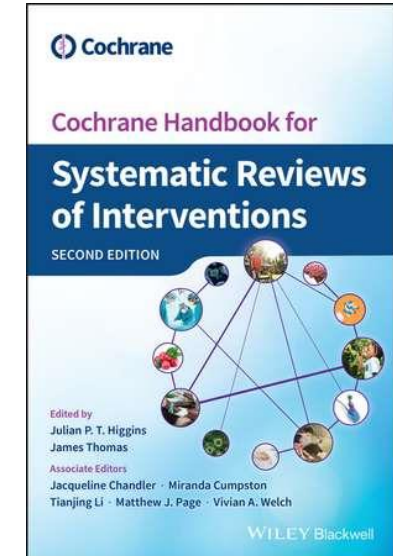
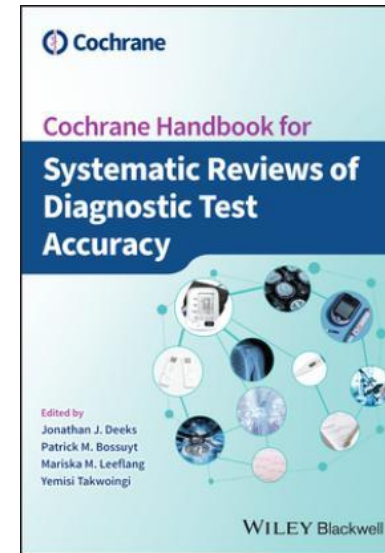
To produce trusted and timely synthesized evidence addressing the most important questions for health and care decision making.

GOAL 2: Advocating for evidence

To be a leading global advocate for evidence-informed health and care.

GOAL 3: Informing health and care decisions

To inform health and care decisions by making our evidence accessible, usable, and available to all.



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Trusted evidence.
Informed decisions.
Better health.

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Decision aids for healthcare decisions
Read the Review



Editorial: Decision aids
Read the Review



Trusted evidence.
Informed decisions.
Better health.

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Status

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1 Mobile health (m-health) smartphone interventions for adolescents and adults with overweight or obesity

Maria-Inti Metzendorf, L Susan Wieland, Bernd Richter

Intervention Review 20 February 2024

Show PICO's Show preview

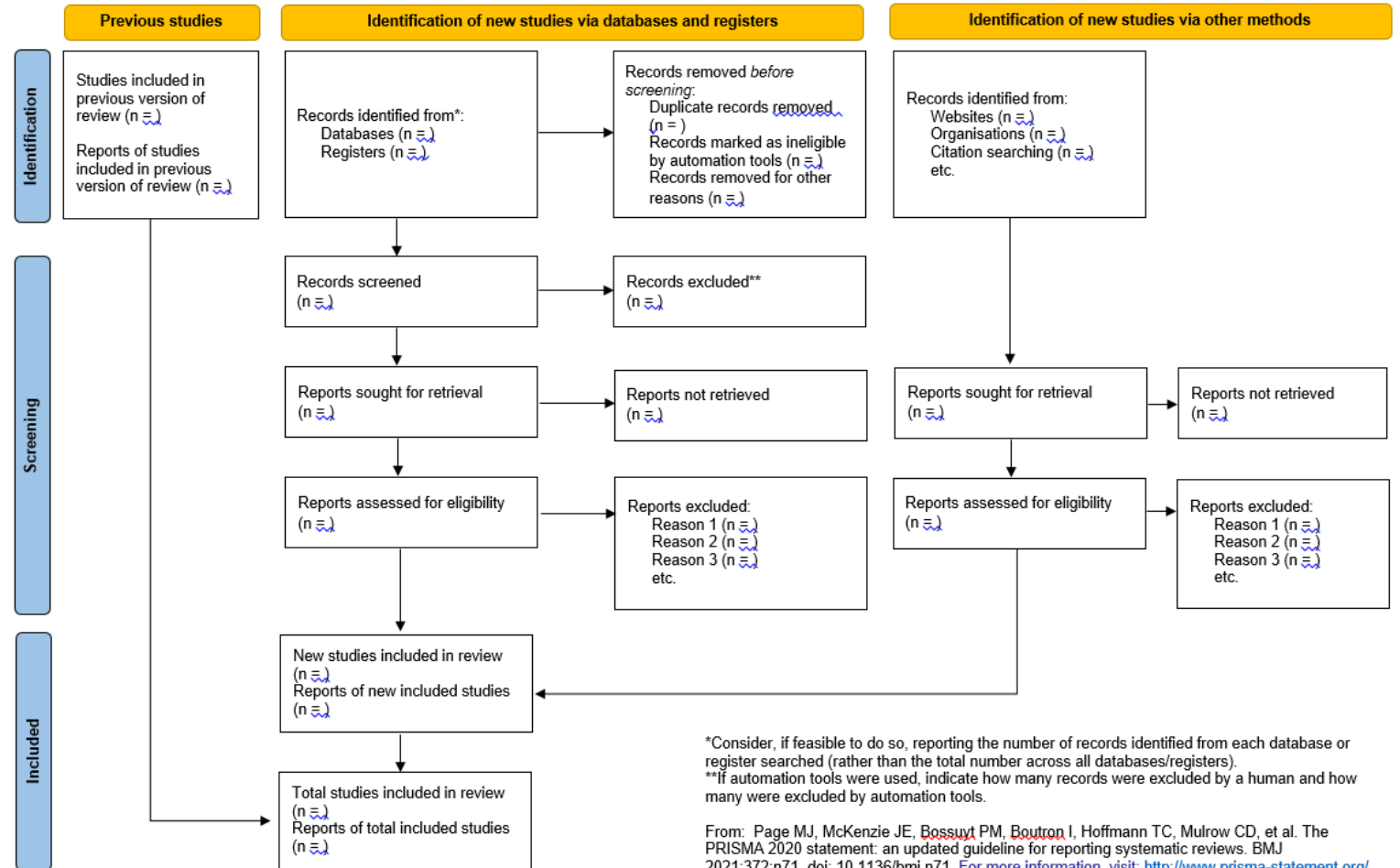
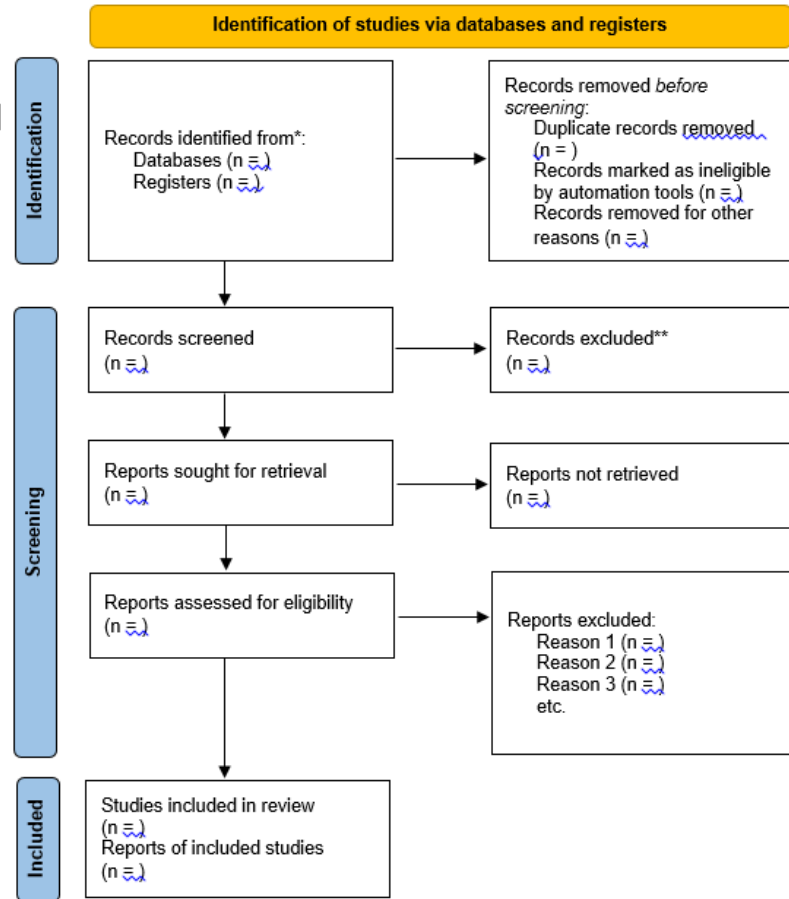
Pe care le alegem ...

Ce face o sinteza sistematica sa fie bună?

- Unde este publicata?
- Numarul de autori?
- Obiective clare
- Criterii de includere si excludere
- Strategia de cautare
 - minim 2 baze de date (PubMed/EMBASE/Scopus/WOS/ Cochrane Library)
 - filtrele folosite
- Protocol inregistrat (PROSPERO sau altele)
- Diagrama PRISMA (Preferred Reporting Items of Systematic reviews and Meta-Analyses)

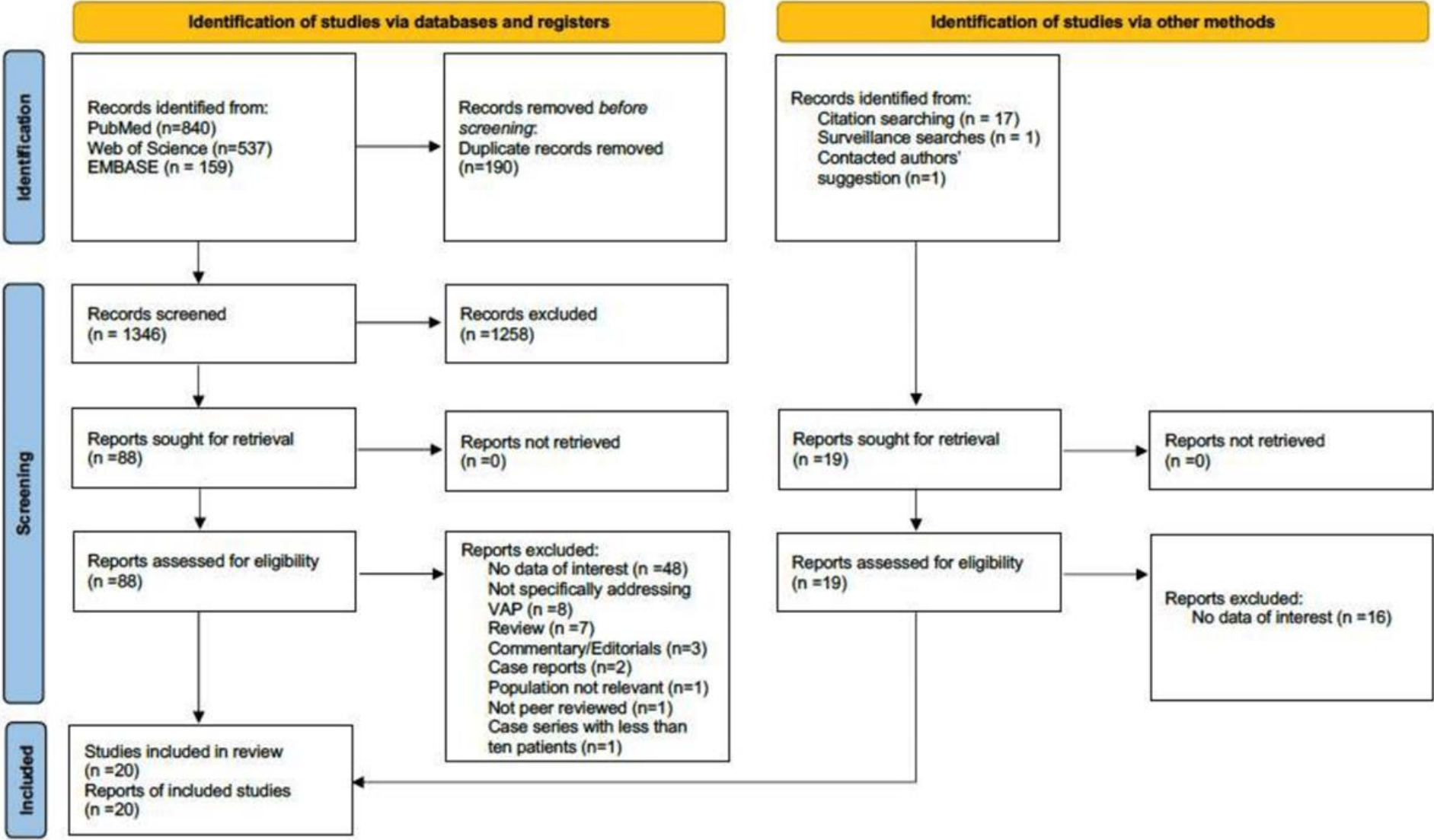
P	Population or patient
I	Intervention
C	Comparison or control
O	Outcome

PRISMA



From: Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. *BMJ* 2021;372:n71. doi: 10.1136/bmj.n71. For more information, visit: <http://www.prisma-statement.org/>

PRISMA



Calitate metodologică

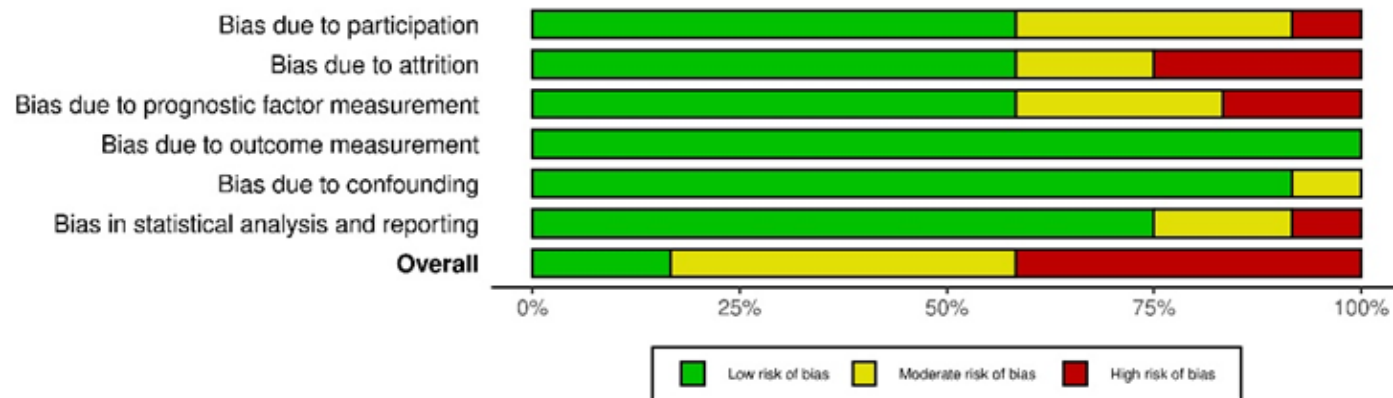
- Calitatea metodologică = calitatea studiilor incluse
- Risk of bias ... pentru fiecare studiu inclus

		Risk of bias domains						Overall
		D1	D2	D3	D4	D5	D6	
Study	Study 1	+	+	+	+	+	+	+
	Study 2	-	+	+	+	+	+	-
	Study 3	-	+	-	+	+	+	-
	Study 4	+	+	X	+	+	+	X
	Study 5	X	X	+	+	+	+	X
	Study 6	+	X	-	+	+	+	X
	Study 7	+	-	-	+	+	X	X
	Study 8	+	-	+	+	+	+	-
	Study 9	+	+	X	+	+	+	X
	Study 10	-	+	+	+	+	-	-
	Study 11	-	X	+	+	-	-	-
	Study 12	+	+	+	+	+	+	+

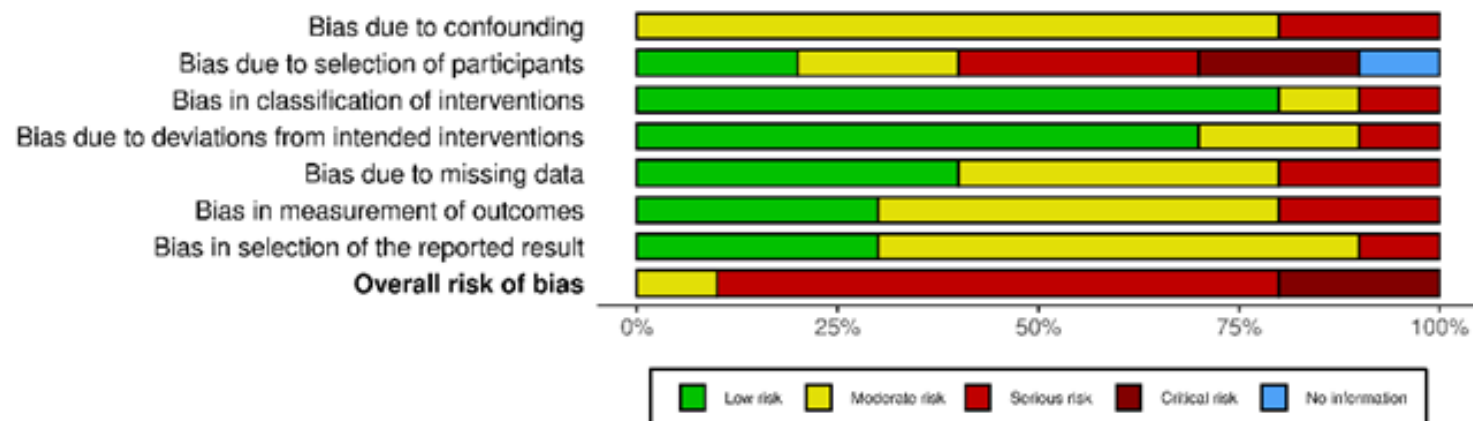
Domains:
D1: Bias due to participation.
D2: Bias due to attrition.
D3: Bias due to prognostic factor measurement.
D4: Bias due to outcome measurement.
D5: Bias due to confounding.
D6: Bias in statistical analysis and reporting.

Judgement:
● High
● Moderate
● Low

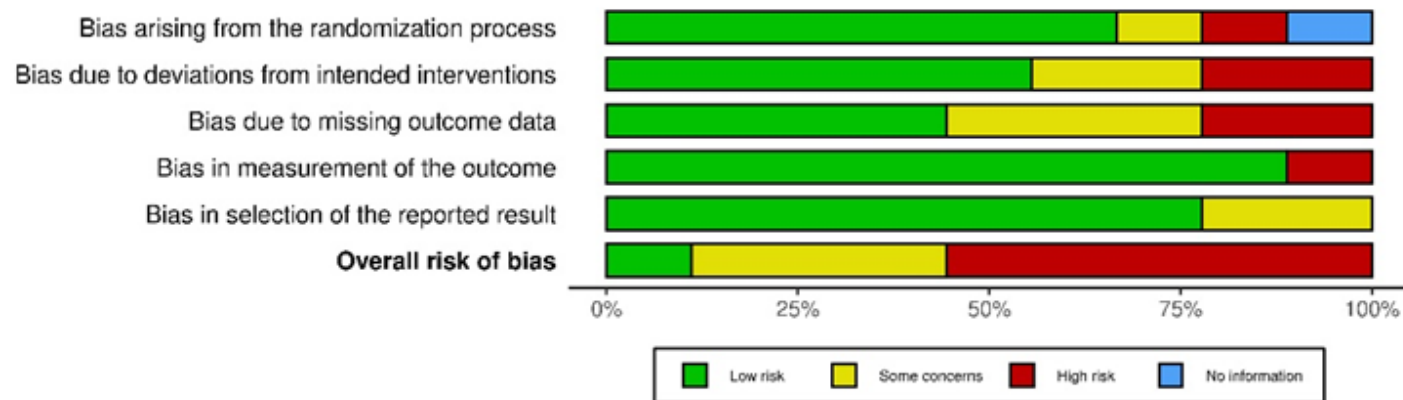
- prognostic



- cohorta



- RCT



Cum interpretam rezultatele?

- OR (odds ratio)
- HR (hazard ratio) + 95%CI (Intervale de incredere) + valoare p
- RR (risk ratio)

sa nu includa valoarea 1

< 0.05

Meta-analiza ...

Mai mult decat o sinteza sistematica

Folosirea metodelor statistice pentru a rezuma rezultatele unor studii independente (Glass 1976).

= sinteza sistematica + analiza statistica

≥ 2 studii

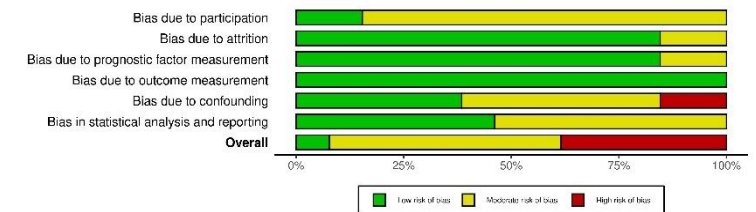
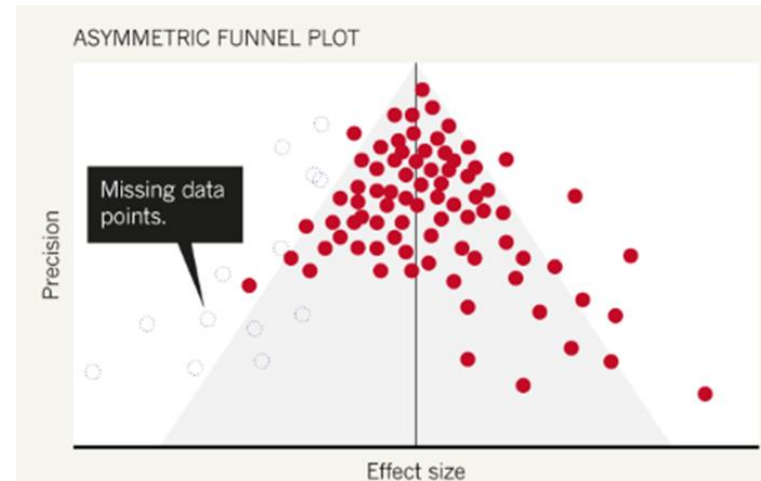
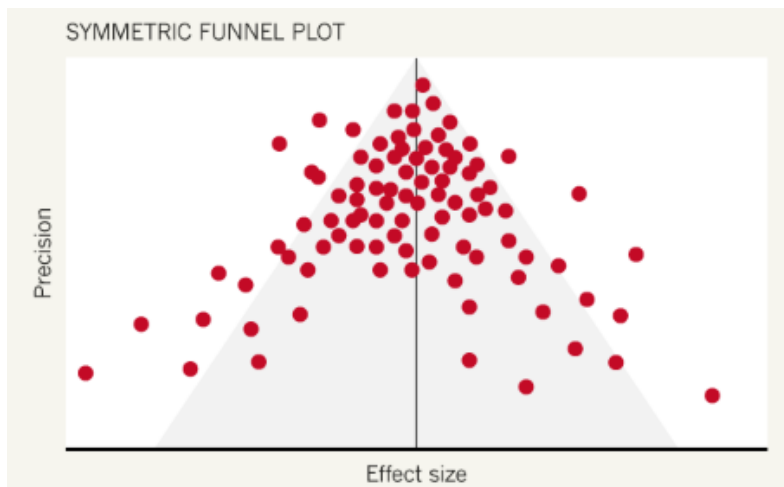
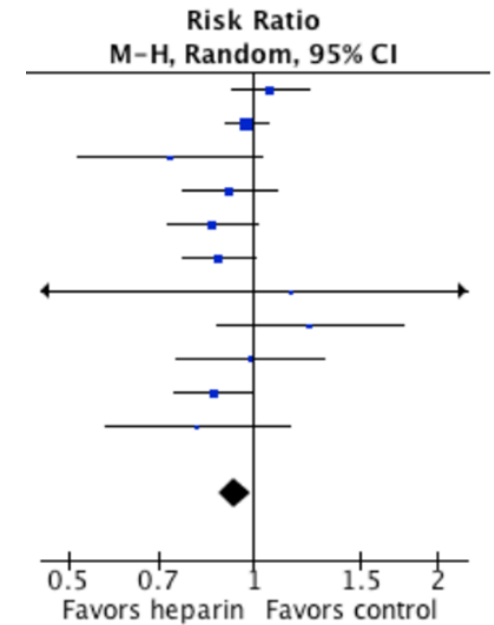
aceeasi ipoteza

rezultate raportate similar

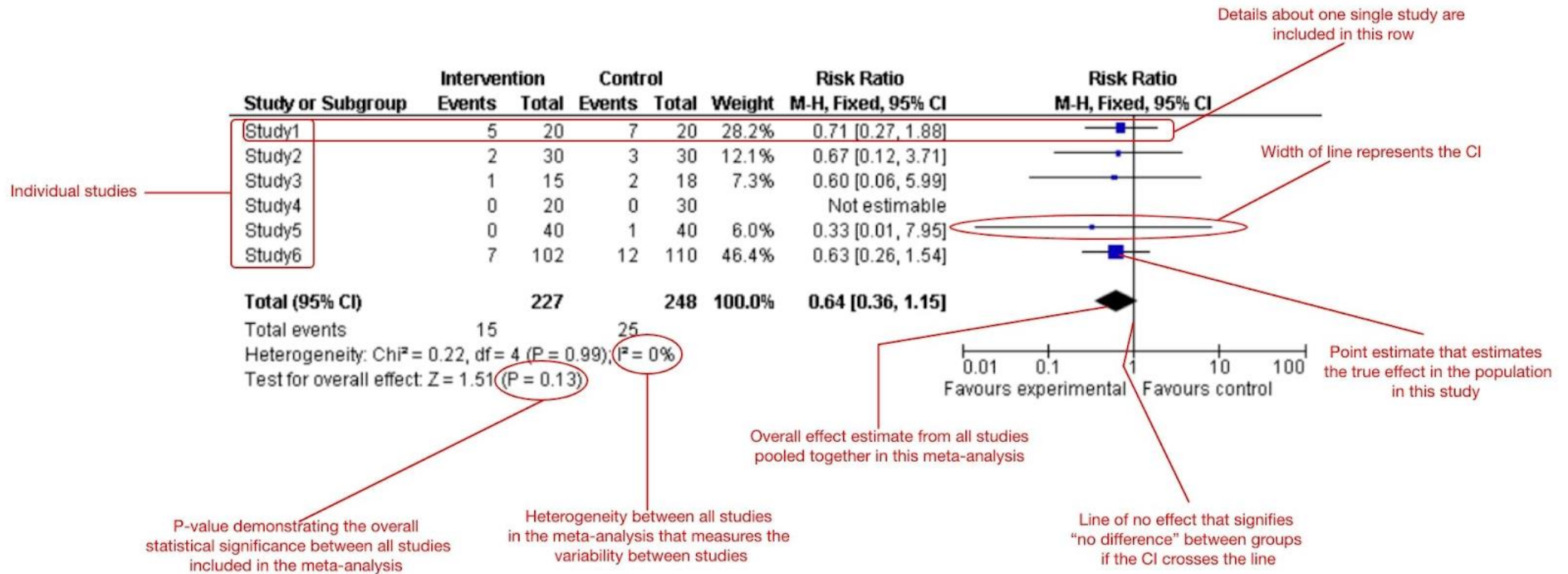
➔ Estimare mai precisa a efectului
+ diferentele dintre studii

Meta-analiza

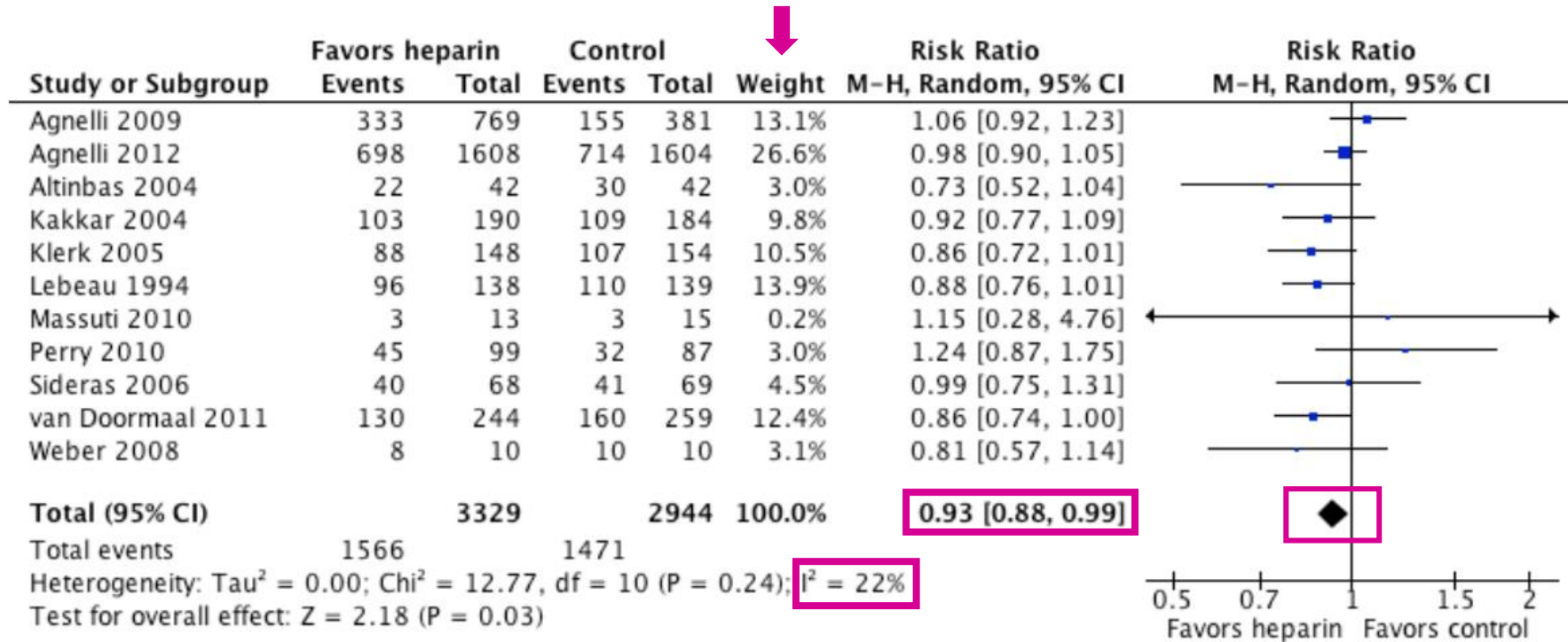
- Rezultatele - Forest plots
- Calitatea doveziilor - Risk of bias (ca un intreg)
- Publication bias - Funnel plots



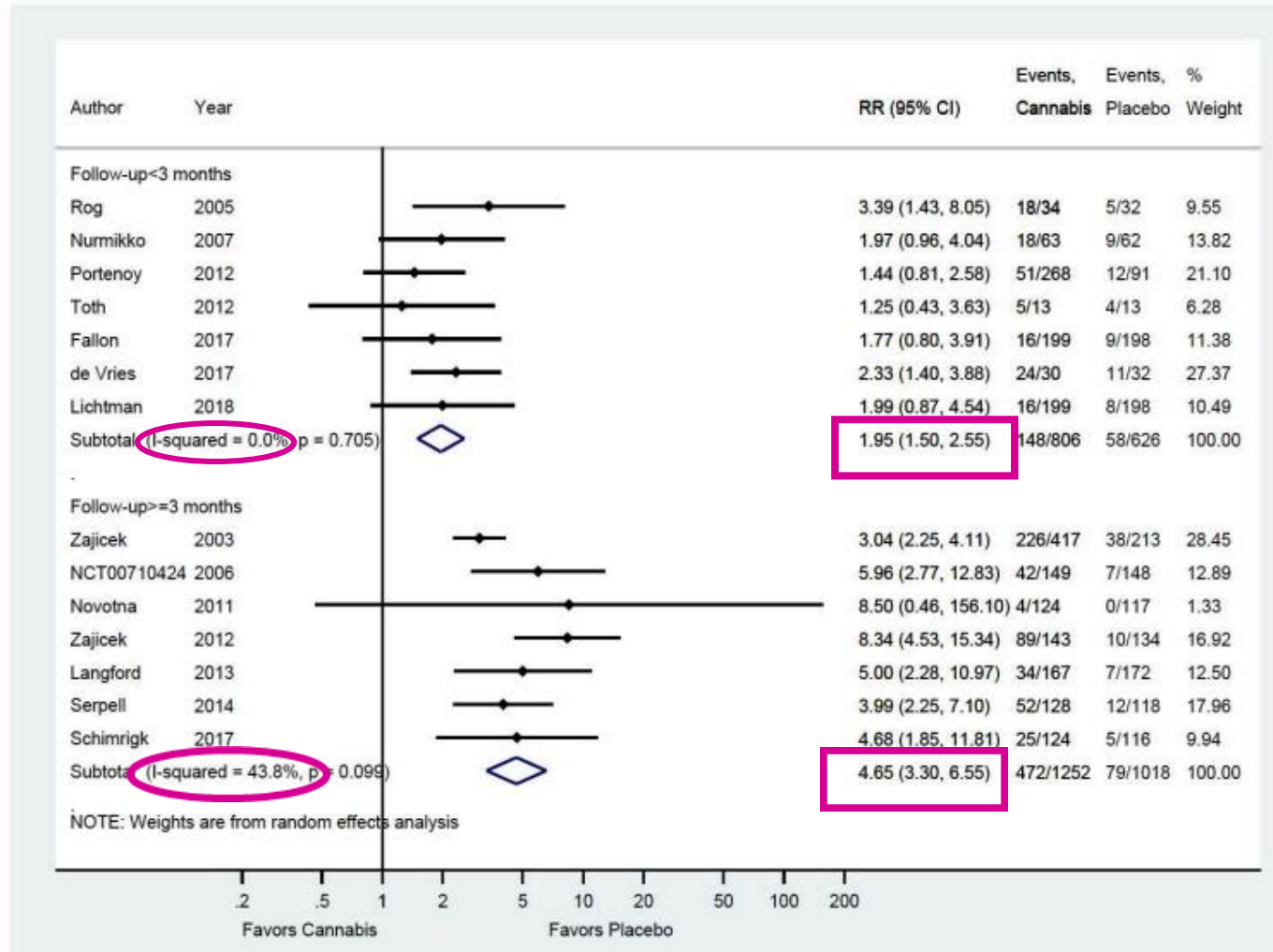
Cum interpretam un Forest plot?



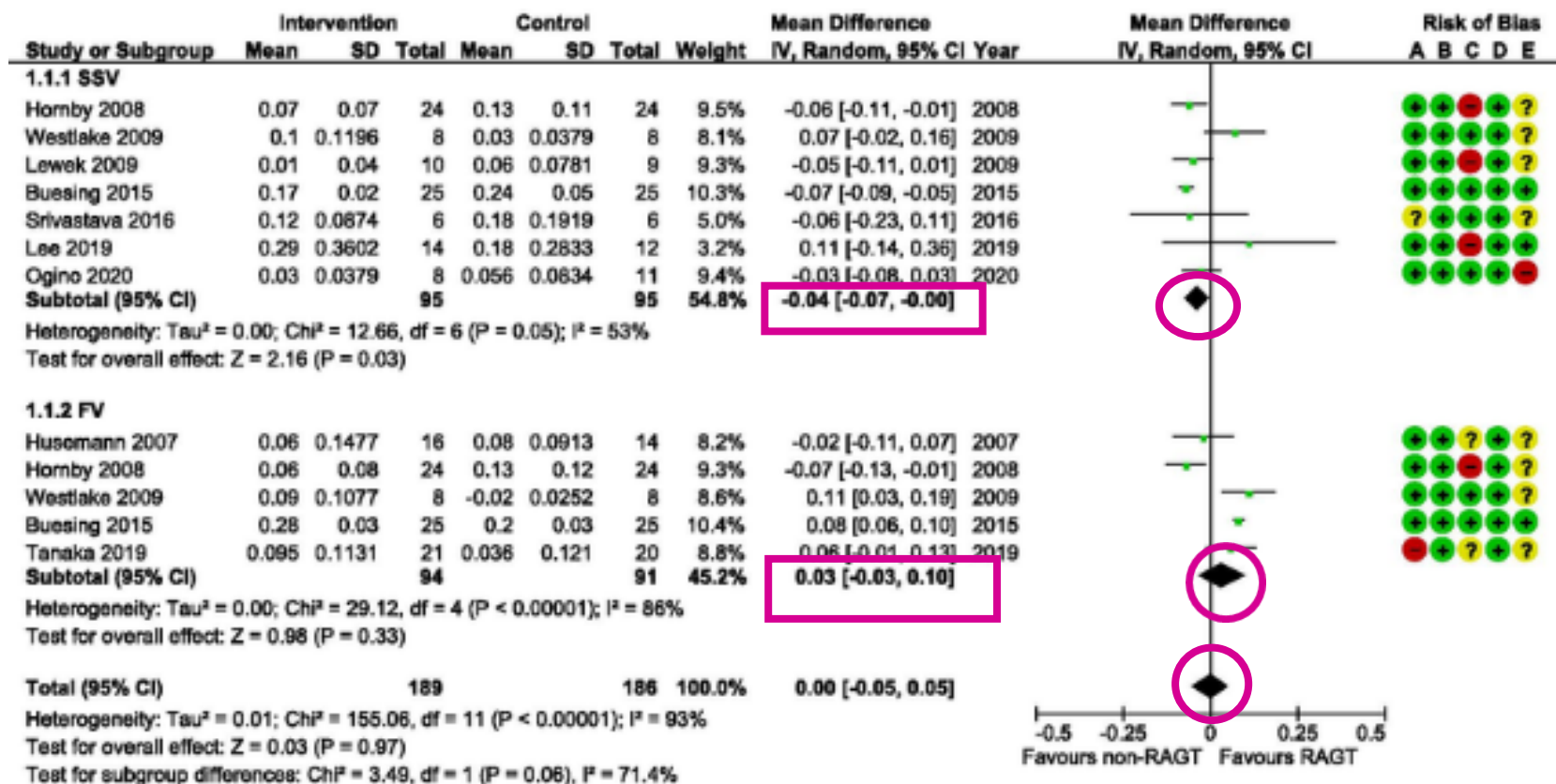
Forest plots (1)



eFigure 12 Subgroup analysis for dizziness and length of follow-up (<3 months vs. ≥ 3 months) among patients with chronic pain who received non-inhaled medical cannabis/cannabinoids vs. placebo *



Forest plots (2)



Risk of bias legend

- (A) Bias arising from the randomization process
- (B) Bias due to deviations from intended interventions
- (C) Bias due to missing outcome data
- (D) Bias in measurement of the outcome
- (E) Bias in selection of the reported results

Concluzii ...

	Wording 1	Wording 2	Wording 3
Strong recommendation for	We recommend...	Clinicians should...	We recommend...
Weak/Conditional recommendation for	We suggest	Clinicians might...	We conditionally recommend...
Weak/Conditional recommendation against	We suggest...not	Clinicians might not...	We conditionally recommend...not
Strong recommendation against	We recommend ...not	Clinicians should not...	We recommend ...not



