

Making Evidence-Based Practice a Reality

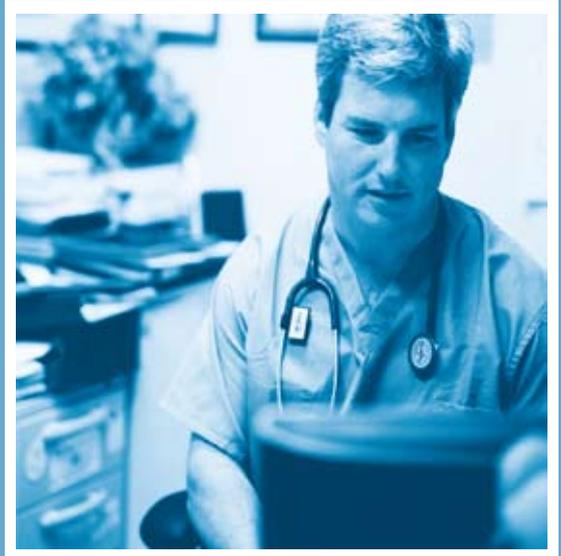
Daily POEMs 為臨床醫師獲取醫學新訊的最佳輔助工具：

- 每工作日經由e-mail主動寄發簡要醫學新知，給您最新的研究資訊
- 每月評論超過100種期刊，且大約每40篇文獻中嚴選一篇編製尋Daily POEM
- 篩選切合醫療人員臨床實務的議題，且嚴格審視內容的正確性
- 可隨時藉由 EEP 搜尋Daily POEMs內容資訊，確保最新資訊零時差

Essential Evidence Plus (EEP) 最完善的資料庫設計

Daily POEMs 搭配 EEP 可提供最詳盡、最新穎及最便利的新訊：

- 及時擷取醫學領域的最新醫療演進
- 提供最理想的資訊解答診療作業中的疑慮
- 改善病患醫療品質，減低醫療資源耗費，符合專業照護所需，提昇臨床實務效力



► What is a Daily POEM? Daily POEMs 建構要素

POEM 是 Patient-Oriented Evidence that Matters™ 字首的縮寫。Daily POEMs 嚴格篩選切合臨床實務且正確性高的醫學資訊，是以 POEM 為基礎建立而成的實證醫學資料庫。POEMs 的產生必須滿足以下條件：

- 自臨床工作者的角度發出適切提問
- 具有改善現行疾病臨床實務的潛力
- 焦點著重於醫療人員與病患共同關心的議題
- 以牛津大學實證醫學中心的標準為評論依據

► What's in a Daily POEM? Daily POEMs 內容概要

Sample InfoPOE

Vitamin E not helpful, perhaps harmful

- Clinical Question:**
In patients with or without heart disease, does vitamin E supplementation decrease mortality?
- Bottom Line:**
Vitamin E supplementation does not decrease all-cause mortality in patients with or without pre-existing heart disease. At higher doses it can actually be harmful, although the deleterious effect is small (number needed to treat to harm = 250). (LOE = 1b)
- Reference:**
Miller ER 3rd, Pastor-Barriuso R, Dalal D, Riemersma RA, Appel LJ, Guallar E. Meta-analysis: high-dosage vitamin E supplementation may increase all-cause mortality. *Ann Intern Med* 2005; 142:37-46.
- Study Design:**
Meta-analysis (randomized controlled trials)
- Funding:**
Government
- Setting:**
Outpatient (any)
- Synopsis:**
The antioxidant property of vitamin E has led many to use it to prevent cardiovascular or cancer-related mortality. However, several studies and several previous meta-analyses have shown either no benefit or a slight increase in mortality with its use. The authors of this study performed a literature search in the usual way, searching MEDLINE, the Cochrane Clinical Trials Database and reference lists and files. They included 19 randomized studies of almost 136,000 patients comparing vitamin E with a control or placebo group for at least 1 year and with at least 10 deaths in the trial. Study subjects varied and included elderly patients, healthy adults, and patients with cardiovascular disease. Study results were analyzed by intention to treat. The method of data extraction was not explained and studies were not graded or selected on the basis of quality. In the studies the baseline death rate was approximately 10%. Overall, there was no difference in all-cause mortality between the control group and placebo group. However, when comparing low-dose versus high-dose vitamin E (less than 400 IU/day vs 400 IU/day or more), differences were found. In the studies of lower doses there was no benefit or detriment to vitamin E supplementation (relative risk = 0.98; 95% CI 0.96-1.01). When high dose supplementation was studied separately the risk was slightly but significantly higher in the supplemented group, with a number needed to treat to harm of 250 (143 - 998). The effect of vitamin E supplementation was not different when the results were evaluated by patient's sex or average age, or by the length of follow-up.

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① Clinical Question

提出臨床診療中出現的醫療問題。

② LOE -

每一個 POEM 都會附加由牛津大學實證醫學中心的評判標準 (LOE: Level of Evidence)，幫助讀者快速判別資訊的實證效度。

③ Bottom Line -

概述研究結果並將其與相同主題文獻予以整合歸類，以期幫助使用者有效應用研究結果。

④ Reference -

陳列參考文獻出處並提供免費的PubMed連結，方便使用者延伸查詢相關主題的全文資訊。

⑤ Study Design -

主要用以了解研究主題的整體程序 (例如：綜合分析、隨機臨床試驗、實證執行指引.....等)。

⑥ Funding -

獲悉此項研究主題的財政支援

⑦ Setting -

用以辨別研究的實際環境與條件 (例如：門診病人、住院病人、急診部.....等)

⑧ Synopsis -

主要提供關於試驗設計與研究結果的簡要概述，並附註評估研究正確性的準則，且僅提供高效率及最適切的詳述資訊。

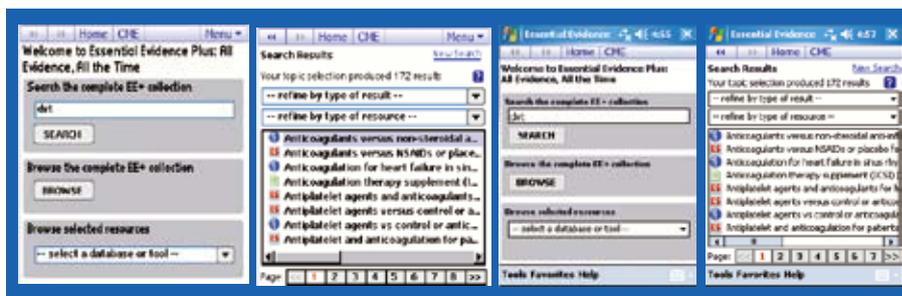
**Fast
Powerful
Flexible**

► Finding the Best Evidence Within Seconds : EEP

EEP可幫助醫療人員在幾秒鐘之內查找出證據最強的所需資訊
操作容易的搜尋系統，適用於Pocket PC, Palm OS,及Web

整合式的搜尋引擎設計，可幫助使用者利用關鍵字同時搜尋以下的子資料庫：

- ✓EBM Guidelines
- ✓Decision Support Calculators
- ✓Cochrane Database of Systematic Reviews
- ✓Diagnostic Test Calculators
- ✓History and Physical Test Calculators
- ✓Daily POEMs
- ✓Practice Guidelines

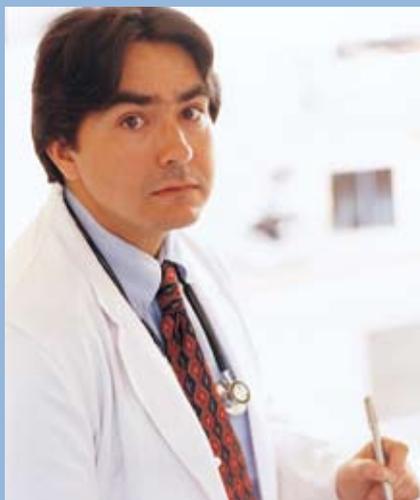


► 為什麼非EEP不可？

- 強效的搜尋引擎可幫助您在煩雜的文獻細目中快速尋找出適切且準確的資訊
- 精選並統整相關實證醫學資訊，且發行前至少經過25位的醫學專家進行審驗
- 收錄超過220種臨床規則與計算表，亦綜括近百種臨床指引與近千種試驗資料
- 推動實證醫學的確實執行



Putting evidence to work



► Daily POEMs : Foraging Tool 主動提示工具

輔助醫療人員持續擷取切合工作內容的最新醫學進展

► EEP : Hunting Tool 搜尋工具

幫助醫療人員既快速又有效地找尋資訊以解決病患問題

► Daily POEMs + EEP 精進的資訊管理工具

- 提供完善的臨床察覺系統
- 收錄嚴謹篩選及證據分級的實證醫學資訊
- 著重於Point-of-care重點照護層面

讓證據實際應用於日常臨床實作
促進更有效率的實證醫學執行

**病患的問題不能拖延，資源的獲取不能等待，新知的學習不能被動！
想跟進最新醫療動態、有效搜尋資訊：從 EEP 開始！**

若需試用或任何資訊請洽：



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