

# 實證護理最佳資源 JBI Resource on Ovid

2021/4/13 高雄長庚醫院 護理部

飛資得醫學



Wolters Kluwer



# What is Joanna Briggs Institute

- **Joanna Briggs Institute (JBI)**
  - 附屬於澳洲阿德雷德大學
  - 國際公認實證實務資訊權威機構之一
  - 其開發的實證基礎實務模式，被醫療照護產業視為基準指標。
  - 與全球 70 多個實證照護中心合作，提供經由研究分析、評價、專家評論編輯而成，同時兼顧研究的質與量之實證實務資訊。
- **JBI 的資源特色**
  - JBI 清楚的提供醫護人員可以立即運用在臨床的作法
  - 非提供冗長的治療方式比較與研究過程。
  - 在國際間醫療單位的使用經驗上，能確實地大大提高工作上的效率與病患安全。



# Part I -JBI EBP Database

The JBI EBP Database is full text evidence based material  
from the Joanna Briggs Institute

JBI EBP 資料庫是來自Joanna Briggs Institute 的臨床實證全文資料庫

[使用影片說明](#)



# JBI EBP Database 實證護理資料庫

- 收錄五種全文出版品類型

- Evidence Summaries
- Recommended Practices
- Best Practice Information Sheets
- Systematic Reviews
- Systematic Reviews Protocols

- 內容分佈在18個主題中

- 每種類型的出版物都有其不同的使用需求。
- 但大多數是可立即用於指導治療和臨床指引的文獻。

▼ Search History (2) [View Saved](#)

<input type="checkbox"/>	# ▲	Searches	Results	Type	Actions	Annotations
<input type="checkbox"/>	1	electrical burns {Including Limited Related Terms}	9	Basic	<a href="#">Display Results</a> <a href="#">More ▼</a>	
<input type="checkbox"/>	2	limit 1 to (evidence summaries or recommended practices)	8	Advanced	<a href="#">Display Results</a> <a href="#">More ▼</a>	

[Save](#) [Remove](#) Combine with: [AND](#) [OR](#)

[Save All](#) [Edit](#) [Create RSS](#) [View Saved](#)

---

**Basic Search** | [Find Citation](#) | [Search Tools](#) | [Search Fields](#) | [Advanced Search](#) | [Multi-Field Search](#)

1 Resource selected | [Hide](#) | [Change](#)

Joanna Briggs Institute EBP Database - Current to March 11, 2020

[Search](#)

▼ Limits (close) ☐ Include Multimedia ☒ Include Related Terms

Publication Year  -

Publication Types

- 
- Best Practice Information Sheets
- Evidence Summaries
- Recommended Practices
- Systematic Review Protocols
- Systematic Reviews

Subject Area Nodes

- 
- Aged Care
- Burns Care
- Cancer Care
- Cardiovascular Care
- Chronic Disease

[Additional Limits](#) [Edit Limits](#)




Aged Care 老年保健	Emergency & Trauma 急診與創傷	Pediatrics小兒科
Burns Care 燒傷護理	General Medicine一般用藥	Rehabilitation 復健
Cancer Care 癌症護理	Health Management & Assessment健康管理與評估	Renal Care腎臟護理
Cardiovascular Care心血管護理	Infection Control •感染控制	Surgical Services手術服務
Chronic Disease 慢性病	Mental Health精神健康	Tropical and Infectious Disease 熱帶和傳染病
Diagnostic Imaging 影像診斷	Midwifery Care助產護理	Wound Healing and Management 傷口癒合與管理

## JBI EBP Database 收錄主題



# 資料庫檢索介面 - JBI EBP Database



My AccountMy PayPerViewAsk a LibrarianSupport & TrainingHelpFeedbackLogoff

SearchJournalsBooksMultimediaMy WorkspaceLinksOvidMDEBP Tools

▼ Search History (6)

View Saved

# ▲	Searches	Results	Type	Actions	Annotations
<input type="checkbox"/> 1	using acupuncture for back pain {Including Limited Related Terms}	329	Basic	<a href="#">Display Results</a> <a href="#">More ▼</a>	
<input type="checkbox"/> 2	limit 1 to ((evidence summaries or recommended practices) and midwifery care)	22	Advanced	<a href="#">Display Results</a> <a href="#">More ▼</a>	
<input type="checkbox"/> 3	acupuncture.mp. [mp=text, heading word, subject area node, title]	196	Advanced	<a href="#">Display Results</a> <a href="#">More ▼</a>	
<input type="checkbox"/> 4	back pain.mp. [mp=text, heading word, subject area node, title]	166	Advanced	<a href="#">Display Results</a> <a href="#">More ▼</a>	
<input type="checkbox"/> 5	3 and 4	32	Advanced	<a href="#">Display Results</a> <a href="#">More ▼</a>	
<input type="checkbox"/> 6	limit 5 to (evidence summaries or recommended practices)	27	Advanced	<a href="#">Display Results</a> <a href="#">More ▼</a>	

SaveRemove

Combine with: ANDOR

Save AllEditCreate RSSView Saved

Basic Search | Find Citation | Search Tools | Search Fields | **Advanced Search** | Multi-Field Search

1 Resource selected | [Hide](#) | [Change](#)

Joanna Briggs Institute EBP Database - Current to October 31, 2018

Enter keyword or phrase (\* or \$ for truncation)

☐ Keyword☐ Author☐ Title☐ Journal

Search

Publication Year

-

-

Publication Types

Best Practice Information Sheets  
Evidence Summaries  
Recommended Practices  
Systematic Review Protocols  
Systematic Reviews

Subject Area Nodes

Aged Care  
Burns Care  
Cancer Care  
Cardiovascular Care  
Chronic Disease

Additional Limits

Edit Limits



# 資料庫檢索結果 - JBI Database Results

Options

▼ Search Information

You searched:  
limit 1 to (evidence summaries or recommended practices)

Search terms used:  
acupuncture  
acupunctures  
acupuncture procedure  
acupuncture therapy discipline  
back pain  
pains back  
pain dorsal  
pain back  
dorsal pain  
dorsal back pain

Search Returned:  
221 text results

Sort By:  
SCORE

Customize Display

▼ Filter By

Add to Search History

Selected Only (0)

▼ Relevancy

Print Email Export + My Projects Keep Selected

All Range Clear 10 Per Page 1 Go Next >

1. ★★★★★  
**Low Back Pain: Acupuncture and Dry-Needling.**  
Nguyen, Phuong [MPH, MHSM].  
[Evidence Summaries]  
AN: JBI718  
Year of Publication  
2019  
+ My Projects + Annotate

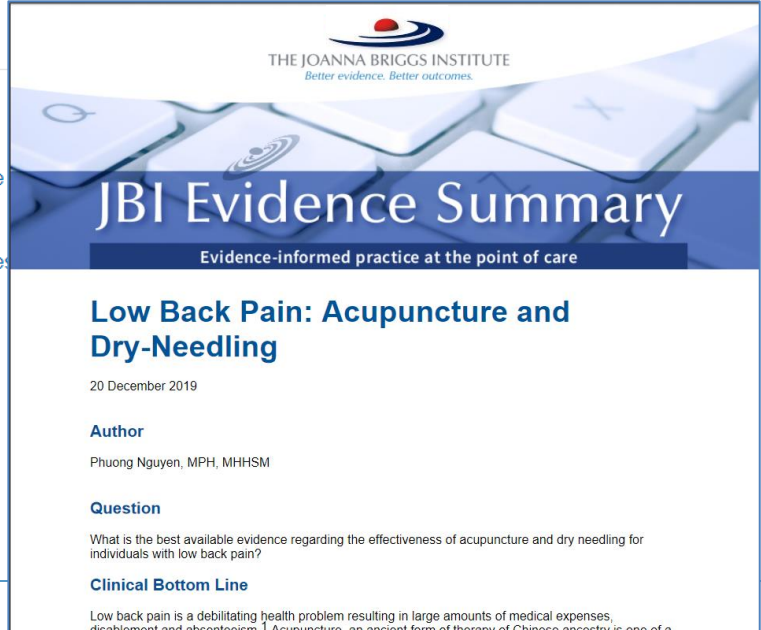
Complete Reference  
Find Citing Articles  
JBI Database PDF  
JBI Topic Request

2. ★★★★★  
**Chronic Low Back Pain: Prolotherapy.**  
Mattis, Patrick [DNP, MSN, MSCS, CPHIMS, CNE].  
[Evidence Summaries]  
AN: JBI13013  
Year of Publication  
2019  
+ My Projects + Annotate

Complete Reference  
Find Citing Articles  
Internet Resources  
JBI Database PDF  
JBI Topic Request

Relevance: ★★★★★  
Accession Number: JBI718  
Author: Nguyen, Phuong [MPH, MHSM]  
Title: Low Back Pain: Acupuncture and Dry-Needling.  
Publication Type: Evidence Summaries  
Keywords: dry needling, LBP  
MeSH Subject Headings: Acupuncture, Low Back Pain  
Subject Area Node: Physio, Occupational Therapy, Rehabilitation  
References:  
1. Trigkilidas D. Acupuncture therapy for chronic lower back pain: a systematic review. Ann R Coll Surg Engl. 2010 Oct;92(7):595-8.  
2. Standaert CJ, Friedly J, Erwin MW, Lee MJ, Rechline G, Henrikson NB, Norvell DC. Comparative effectiveness of exercise, acupuncture, and spinal manipulation for low back pain. Spine 2011;36(21 Suppl):S120-30.  
3. Hutchinson AJ, Ball S, Andrews JC, Jones GG. The effectiveness of acupuncture in treating chronic non-specific low back pain: a systematic review of the literature. J Orthop Surg Res 2012; 7:36.

THE JOANNA BRIGGS INSTITUTE  
Better evidence. Better outcomes.



Low Back Pain: Acupuncture and Dry-Needling

20 December 2019

Author  
Phuong Nguyen, MPH, MHSM

Question  
What is the best available evidence regarding the effectiveness of acupuncture and dry needling for individuals with low back pain?


Clinical Bottom Line  
Low back pain is a debilitating health problem resulting in large amounts of medical expenses, disability and absenteeism. Acupuncture, an ancient form of therapy of Chinese ancestry, is one of a



# 文獻類型 - Evidence Summaries

- 針對常見臨床照護介入措施及方式，提供國際上實證的簡短摘要
- 結構化的檢索文獻方式，用來查詢實證照護資料庫

JBI Grades of Recommendation	
A 'strong' recommendation for a certain health management strategy where:	
Grade A	1. it is clear that desirable effects outweigh undesirable effects of the strategy;
	2. where there is evidence of adequate quality supporting its use;
	3. there is a benefit or no impact on resource use, and
	4. values, preferences and the patient experience have been taken into account.
A 'weak' recommendation for a certain health management strategy where:	
Grade B	1. desirable effects appear to outweigh undesirable effects of the strategy, although this is not as clear;
	2. where there is evidence supporting its use, although this may not be of high quality;
	3. there is a benefit, no impact or minimal impact on resource use, and
	4. values, preferences and the patient experience may or may not have been taken into account.



THE JOANNA BRIGGS INSTITUTE  
Better evidence. Better outcomes.

## JBI Evidence Summary

Evidence-informed practice at the point of care

### Low Back and Pelvic Pain (Pregnancy-Related): Prevention and Treatment

26 December 2017

**Author**  
Priyanka Pamaiahgari, BDS

**Question**  
What is the best available evidence regarding prevention and treatment for pelvic and lower back pain in pregnancy?

**Clinical Bottom Line**  
More than two-thirds of pregnant women experience lower back pain (LBP) and almost one-fifth experience pelvic pain. As the pregnancy advances, pain increases and can interfere with work, daily activities and disturb sleep. This pain is possibly related to altered posture and increased levels of relaxin hormone.<sup>1,2</sup> Prescribing medications during pregnancy is controversial, therefore many women use complementary and alternative medicine (CAM) interventions.<sup>2</sup>

\* A Cochrane systematic review was conducted to update the evidence assessing the effects of any intervention used to prevent and treat LBP, pelvic pain or both during pregnancy. The review found low-quality evidence that exercise (any exercise on land or in water) may reduce pregnancy-related low back pain and moderate- to low-quality evidence suggesting that any exercise improves functional

### Best Practice Recommendations

- Exercises that are tailored to the stage of pregnancy are recommended to reduce evening pelvic pain or lumbopelvic pain. (Grade B)
- Water-based exercise should be considered for inclusion in a care plan to assist in reducing lower back pain, based on patients' needs and the context. (Grade B)
- Craniosacral therapy, osteomanipulative therapy or a multi-modal intervention (manual therapy, exercise and education) may be considered in reducing pregnancy-related pelvic and lower back pain. Clinical judgement and individual patient preference should inform the decision to use these interventions. (Grade B)



# 文獻類型 - Recommended Practices

- 提供介入指引及程序，針對選定的臨床主題作進一步的說明及建議
  - Recommended Practice 推薦做法
  - Equipment List 設備清單
  - Occupational Health & Safety Provisions 相關安全規定
  - Evidence Summary 臨床證據摘要

## Occupational Health and Safety Considerations



Patient education required



Hand washing required at all times



ATTENTION!  
Use standard precautions



Clinically competent professionals only



Back care: Follow manual handling procedures



ATTENTION!  
Electricity: Use appropriate precautions

  
THE JOANNA BRIGGS INSTITUTE  
*Better evidence. Better outcomes.*

**JBIR Recommended Practice**  
Evidence-informed practice at the point of care

**Non-specific Low Back Pain: Superficial Heat**

30 May 2018

**Equipment**

- Patient's medical record
- Sensation testing equipment
- Heat Wrap/Hot Pack

**Recommended Practice**

PRECAUTIONS:

- Neurological disorders
- Kidney problems
- Diabetes mellitus
- Bleeding diseases
- Inflammatory disease
- Abnormal heat sensitivity
- Peripheral vascular disorders
- Active tuberculosis
- Skin lesions (e.g. rash, bruising, laceration)
- Areas where heat rub was applied
- May refer to manufacturer's guidelines for precautions

CONTRAINDICATIONS:

- Circulatory insufficiency
- Risk of dissemination (malignancy, systemic disease)
- Possible exacerbation of existing conditions
- Loss of skin sensation (hot or cold)

## JBIR Evidence Summary

### Non-specific Low Back Pain: Superficial Heat or Cold

28 May 2018

#### Author

Lucylynn Lizarondo, PhD, MPhysio, MPsych, BPhysio

#### Question

What is the best available evidence regarding the effectiveness of superficial heat or cold for managing low back pain?




# 文獻類型 - Best Practice Information Sheets

- 根據大量的systematic reviews 文獻的結果，彙整出一個建議方案
- 從大量數據中收集的關鍵問題和建議的訪問
- 2020 新文獻類型

The New JBI Levels of Evidence and Grades of Recommendation are now being used for all JBI documents as of the 1st of March 2014.

Levels of Evidence - Effectiveness	
Level 1 - Experimental Designs	Level 1.a - Systematic review of Randomized Controlled Trials (RCTs)
	Level 1.b - Systematic review of RCTs and other study designs
	Level 1.c - RCT
	Level 1.d - Pseudo-RCTs
Level 2 - Quasi-experimental Designs	Level 2.a - Systematic review of quasi-experimental studies
	Level 2.b - Systematic review of quasi-experimental and other lower study designs
	Level 2.c - Quasi-experimental prospectively controlled study
	Level 2.d - Pre-test - post-test or historic/retrospective control group study
Level 3 - Observational - Analytic Designs	Level 3.a - Systematic review of comparable cohort studies
	Level 3.b - Systematic review of comparable cohort and other lower study designs
	Level 3.c - Cohort study with control group
	Level 3.d - Case - controlled study
Level 4 - Observational - Descriptive Studies	Level 3.e - Observational study without a control group
	Level 4.a - Systematic review of descriptive studies
	Level 4.b - Cross-sectional study
	Level 4.c - Case series
Level 5 - Expert Opinion and Bench Research	Level 4.d - Case study
	Level 5.a - Systematic review of expert opinion
	Level 5.b - Expert consensus
	Level 5.c - Bench research/ single expert opinion



The JOANNA BRIGGS INSTITUTE

Aged care

# Best Practice

Evidence-based information sheets for health professionals

## Family involvement in decision making for people with dementia in residential aged care

**Recommendations\***

- Residential aged care staff could ascertain the preferred degree of involvement of family caregivers in decision making about the resident. **(Grade B)**
- Residential aged care staff can ensure that they develop and maintain effective dialogue with the resident's family about the resident's health status. **(Grade B)**
- Residential aged care staff can provide support for family caregivers when making decisions about the resident. **(Grade B)**
- Residential aged care staff can provide opportunities for reciprocal sharing of information with the resident's family about the resident's illness, treatment options and quality of life as well as their life story, values and wishes. **(Grade B)**

\*For a definition of JBI's 'Grades of Recommendation' please see the last page of this sheet

**Information Source**

The interface between residential care staff and family is frequently highlighted in the literature and staff-family communication and

This Best Practice Information Sheet has been derived from a systematic review published in 2013 in the JBI Data Systematic Reviews and Implementation Reports.<sup>1</sup> The systematic review report is available from the Joanna Briggs Institute ([www.joannabriggs.org](http://www.joannabriggs.org)).

**JBI Grades of Recommendation\***

<b>Grade A</b>	A 'strong' recommendation for a certain health management strategy where (1) it is clear that desirable effects outweigh undesirable effects of the strategy; (2) where there is evidence of adequate quality supporting its use; (3) there is a benefit or no impact on resource use, and (4) values, preferences and the patient experience have been taken into account.
<b>Grade B</b>	A 'weak' recommendation for a certain health management strategy where (1) desirable effects appear to outweigh undesirable effects of the strategy, although this is not as clear; (2) where there is evidence supporting its use, although this may not be of high quality; (3) there is a benefit, no impact or minimal impact on resource use, and (4) values, preferences and the patient experience may or may not have been taken into account.



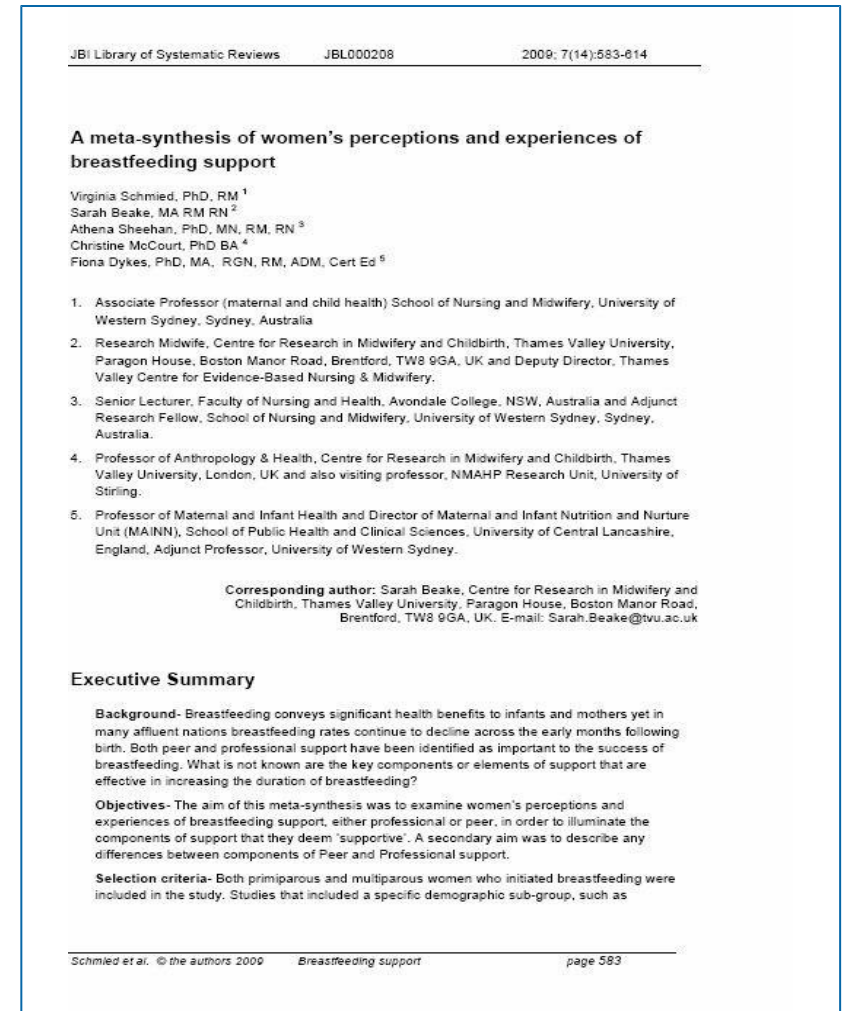
# 文獻類型 - Best Practice Information Sheets

## Systematic Reviews

- 文獻的分析
  - 提出一個問題
  - 建立收錄原則
  - 建立廣泛搜索實證的策略
  - 評估每篇文章的質量
  - 擷取文章中的重點
  - 綜述各篇文章中的要點

## Systematic Review Protocols

- 文獻背景資訊和進行系統化綜述的計劃





# JBI 實證護理資料庫客製化連結



醫療照護專業人士及機構殷切期盼根據最新實證研究結果、醫療照護專業及患者偏好，為患者提供最高品質的照護。

Joanna Briggs Institute (JBI) 是全球領先的實證式實務 (EBP) 機構之一，所提供的最新資源正能幫助他們達成上述目標，而現在透過 Ovid 上線了！

JBI 的實證基礎實務模式被醫療照護產業視為基準指標，鼓勵醫療照護專業人士採取有效的實證式實務方案，盡可能提供最高品質的患者照護。

## 實證所需資訊:

JBI 的內容資料庫涵蓋獨一無二的豐富資訊，可協助醫療照護專業人士的實證式實務工作。

- **實證摘錄** – 針對常見醫療照護干預和作業的現有國際文獻進行摘述的文獻評論
- **實證式建議實務** – 以豐富實證資訊為基礎的程序資料庫，針對各種臨床主題說明和/或建議實務

## 檢索 JBI EBP Database:

scabies 檢索

JBI EBP Resources on Ovid

刊物種類: All 主題節點: All

## 專家檢索:

檢索這些題目請按此連結:

醫療錯誤 – 最佳處置資料單張

背痛復健 – 建議措施

團體治療 – 精神健康節點

- <http://access.ovid.com/demo/jbi/lp/zh-t.htm>



# PART 2- JBI SUMARI

A template based solution for creating systematic reviews  
提供建立 Systematic review 的範本

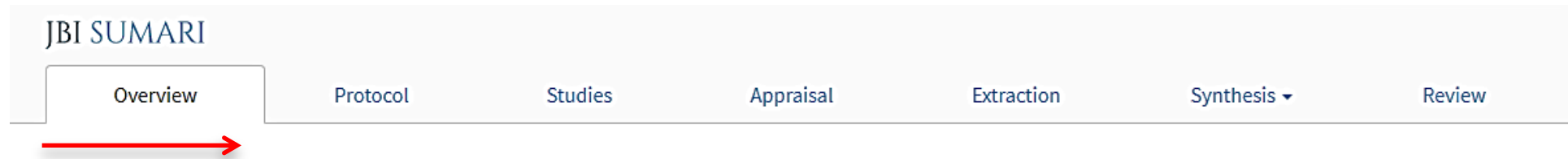
[使用影片說明](#)



# What is SUMARI ?

The **S**ystem for the **U**nified **M**anagement, **A**ssessment and **R**evision of **I**nformation

- 新的JBI SUMARI 目的在促進整個審查過程, 包含：從開始建置、團隊管理、研究選擇、內容評估、數據匯整、數據整合和編寫系統審查報



The process of creating a systematic review involves the phases listed across the top of the screen  
依據上述的階段開始進行 systematic review 的建置步驟

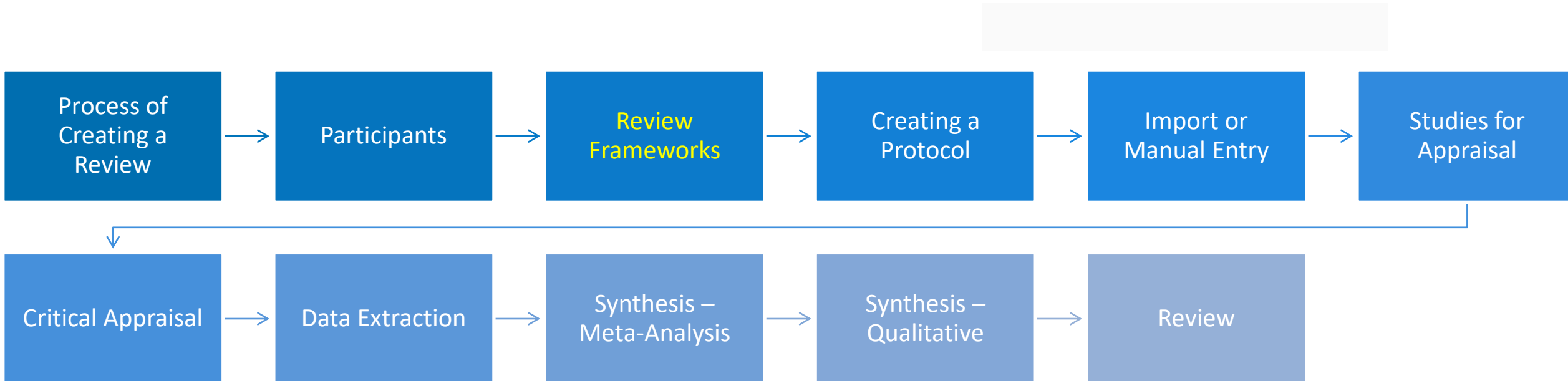
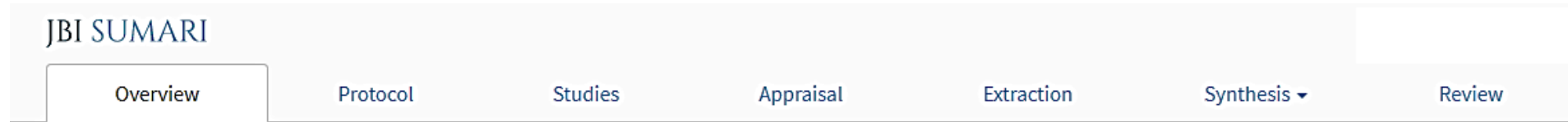
What has changed?

- JBI SUMARI 支援完整的閱審流程，有效的管理團隊並產出相關Review文獻資料。
- 線上平台應用，不需要安排其他工具，新的SUMARI同時支援多種Review類型



# SUMARI 建置流程

- The System for the Unified Management, Assessment and Review of Information





# What is SUMARI ?

- The new SUMARI now supports more review types. What are the review types?

- Effectiveness Review
- Qualitative Review
- Cost/Economic Review
- Prevalence/incidence Review
- Diagnostic test accuracy
- Etiology/risk Review
- Text/opinion Review
- Mixed methods \*
- Umbrella/overviews
- Scoping reviews
- Custom Review \*



The Review Frameworks may be qualitative or quantitative, the steps that we see later, and the types of analysis and results are selected during the review

審查框架可能是質化的或量化的,我們稍後看到的步驟,以及在審查期間選擇的分析和結果類型

\* you can choose to include multiple approaches within the one review.



## Studies

+ Enter Study

Import XML

Export DOCX

Filter studies...

<b>Barkley, R. A.; Hastings, J. E.; Jackson Jr, T. L.</b> The effects of rapid smoking and hypnosis in the treatment of smoking behavior	1977	Edit	Revert	Delete
<b>Carmody, T. P.; Duncan, C.; Simon, J. A.; Solkowitz, S.; Huggins, J.; Lee, S.; Delucchi, K.</b> Hypnosis for smoking cessation: A randomized trial	2008	Edit	Revert	Delete
<b>Elkins, G.; Marcus, J.; Bates, J.; Hasan Rajab, M.; Cook, T.</b> Intensive hypnotherapy for smoking cessation: A prospective study 1	2006	Edit	Revert	Delete
<b>Hyman, G. J.; Stanley, R. O.; Burrows, G. D.; Horne, D. J.</b> Treatment effectiveness of hypnosis and behaviour therapy in smoking cessation: A methodological refinement	1986	Edit	Revert	Delete
<b>Kaufert, J. M.; Rabkin, S. W.; Syrotuik, J.</b> Health beliefs as predictors of success of alternate modalities of smoking cessation: Results of a controlled trial	1986	Edit	Revert	Delete
<b>Neufeld, V.; Lynn, S. J.</b> A single-session group self-hypnosis smoking cessation treatment: a brief communication	1988	Edit	Revert	Delete
<b>Pederson, L. L.; Scrimgeour, W. G.; Lefcoe, N. M.</b> Comparison of hypnosis plus counseling, counseling alone, and hypnosis alone in a community service smoking withdrawal program	1975	Edit	Revert	Delete
<b>Pederson, L. L.; Scrimgeour, W. G.; Lefcoe, N. M.</b> Variables of hypnosis which are related to success in a smoking withdrawal program	1979	Edit	Revert	Delete

### Excluded 1

<b>Pederson, L. L.; Scrimgeour, W. G.; Lefcoe, N. M.</b> Incorporation of rapid smoking in a community service smoking withdrawal program	1980	Edit	Revert	Delete
--	------	------	--------	--------



# PART 3 - JBI PACES

PACES 線上的持續質量改進工具，旨在幫助衛生保健人員及衛生保健機構將最佳證據應用到臨床實踐中，以獲得最有利於患者的效果。

該系統是通過臨床質量審查（clinic audit）實現證據應用的工具，其基本原理是根據臨床問題，組建質量審查團隊，快速收集現有的最新最佳證據，制定護理質量審查指標，將實踐現狀與審查指標進行比較，明確實踐現狀與證據之間的差距。

[使用影片說明](#)



# JBI PACES 收錄內容

在JBI的PACES系統中，已經收錄了320項臨床質量審查題目，涵蓋了：

- 老年、腫瘤、心血管、慢性病、重症、助產、兒科、腎臟疾病、康復等18個領域的健康問題
- 為衛生保健人員開展臨床質量改進提供了證據和工具支持。

註：原文網址：<https://kknews.cc/zh-tw/health/al95xx6.html>



# PART 3 - JBI PACES應用實例

一家老年照護機構的護理人員發現，該機構老年人在衛生間內跌倒的發生率較高，為減少護理院老人衛生間內跌倒的發生率，該機構護理管理者應用PACES系統，快速檢索該領域的最新最佳證據，並將該機構的現狀與最新證據進行比較。

- 該領域的證據指出，降低衛生間內跌倒的措施包括衛生間內鋪設防滑墊/防滑地磚、定期清理水漬、馬桶旁安裝垂直與水平的扶手、張貼醒目的防跌倒標記等。
- 但該機構的衛生間內僅在馬桶前放置了防滑地毯，沒有衛生間定期清理的記錄，馬桶旁也僅安裝了水平位置的扶手，這些都提示該機構的現狀與最新最佳證據之間存在明顯差距。
- 護理人員依據PACES系統制定了預防老年人衛生間內跌倒的質量審查指標，開展為期半年的持續質量改進項目，將最佳證據引入該護理機構，改進了衛生間環境，降低了老年人衛生間內跌倒的環境風險。

▪





## Joanna Briggs Institute EBP Database

- ▣ 確保最高質量的護理照護與患者治療效果
- ▣ 提高臨床照護能力和患者滿意度
- ▣ 減少健康照護醫療的地區性差異
- ▣ 降低醫療照護人員周轉率
- ▣ 降低醫療成本
- ▣ 提高投資回報率





更多JBI EBP 使用情境分享：

-小飛飛醫好物 JBI開箱文



Ovid-JBI 台灣獨家代理 - 飛資得醫學資訊