



BMJ Clinical Evidence


Website User Guide





clinicalevidence.bmj.com


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Walk-through of the home page


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Search more than 3,300 interventions relating to over 250 common conditions


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Access to relevant evidence-based interventions to each condition

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A toolkit of the latest, most clinically relevant medical knowledge related to EBM

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Guiding you through your personal features within your account

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Alerts to help you keep informed of new content, findings and news

Introduction

Helping you learn, teach and practise evidence-based medicine

BMJ Clinical Evidence brings you the best available evidence for treatment questions in a wide range of common conditions, and provides you with the necessary evidence-based medicine (EBM) skills and tools to make effective use of published research, and to improve clinical practice and patient outcomes.

Following the rigorous, gold-standard *BMJ Clinical Evidence* methodology, we systematically find, appraise and summarise the most relevant studies for key clinical questions, and display systematic review findings in a quick and easy-to-use format.

We continuously develop and improve *BMJ Clinical Evidence* to ensure that we provide the best possible knowledge resources for your EBM needs. Based on extensive customer feedback, we have added numerous extra tools designed specifically to enhance the learning, teaching and practice of EBM - including guidance on how to design literature searches, appraise the evidence, calculate and assess risk, and explain EBM to patients.



Getting started

Home page

- 1. Finding Evidence:** Browse or search the full *BMJ Clinical Evidence* database of conditions.
- 2. Discover more about EBM:** Additional EBM resources can be accessed via the toolkit icons.
- 3. Recently updated reviews:** Stay informed with the latest evidence; these links highlight recently updated systematic overviews.
- 4. Latest citations:** See the latest evidence discovered through our ongoing literature horizon scanning.
- 5. Find out more about *BMJ Clinical Evidence*:** Discover how we create our renowned systematic overviews.
- 6. Manage your account:** Set up and manage your My BMJ Clinical Evidence account, to control your personalisation features such as saved searches.
- 7. Recommend *BMJ Clinical Evidence*:** Click on these links and enter a friend's or colleague's contact details to recommend resources to them.

The screenshot shows the BMJ Clinical Evidence website interface. At the top, there is a navigation bar with the BMJ logo, the text 'Clinical Evidence', and links for 'Subscribe', 'Sign in', and 'Resources'. Below this is a search bar with a 'Search' button and a 'Show conditions' button. A search input field contains the text 'Search BMJ Clinical Evidence'. Below the search bar, there are three icons representing EBM resources: a graduation cap, a stethoscope, and a first aid kit. To the right of these icons is a 'Free sample' section with a link to a systematic review on Chronic obstructive pulmonary disease (COPD). Below the icons, there are two columns of 'Latest citations' and 'Latest updated reviews'. To the right of these columns is a 'A personal account lets you' section with a 'Bookmark pages' button. At the bottom, there is a footer with social media links (Twitter, YouTube, Google+, RSS, Email), a 'My Account' section with links for 'Create/manage account', 'Redeem access code', 'Resources', 'Learn EBM', 'Practice EBM', 'EBM toolkits', and 'Training and support', an 'Information' section with links for 'Contact us', 'Help', and 'FAQs', and an 'Access is provided by: BMJ' section with links for 'Explore BMJ', 'BMJ Best Practice', 'Best Health', 'The BMJ', 'BMJ', 'BMJ Learning', 'International Forum', and 'BMJ Quality'.

1. Search bar

2. EBM toolkit icons

3. Latest updated reviews

4. Latest citations

5. My Account

6. Training and support

7. Recommend to a friend/colleague



Browse and search

BMJ Clinical Evidence includes systematic overviews, guidelines and patient leaflets for over 250 common conditions. There are several ways to find the information you need. Below are some examples of how to search the content.

1. Browse by clinical area

If you are looking for evidence on a particular topic, you can use the drop-down browser by clicking on 'show conditions' at the top of every *BMJ Clinical Evidence* page.

Choosing a clinical area from the list (e.g. Diabetes) will display all topics relevant to that area.

2. Alphabetical listings

The 'conditions' browser also allows you to browse the full content of *BMJ Clinical Evidence* alphabetically. Click on the 'All Conditions' button to display alphabetical tabs above the article list.

3. Free-text search

You can use the 'Search Clinical Evidence' free-text search box at the top of every page to find a particular word or phrase from anywhere within *BMJ Clinical Evidence*. Search results include a selection of text from the relevant topic to help put each result into context.

4. Filtering search results

Results can also be filtered by type - Systematic Reviews, Citations, Guidelines or Patient Information - using the buttons above the search results, to help you find the exact information you are looking for.

The screenshot displays the BMJ Clinical Evidence website interface. At the top right, it says "Access provided by BMJ Group (Online access from BMA House)". The main header includes "BMJ Clinical Evidence" and navigation links for "Subscribe", "Sign in", and "Resources". Below the header, there are two main sections: "Search" and "Show conditions". The "Search" section has a search box and a "Search" button. The "Show conditions" section has a list of clinical areas: "All conditions", "Systematic reviews", "Citations", "Guidelines", and "Patient information". Below this list is an alphabetical index from A to Z. The "All conditions" list is expanded, showing a scrollable list of conditions including "Blood and lymph disorders", "Care of the elderly", "Child health", "Cardiovascular disorders", "Diabetes", "Digestive system disorders", "Endocrine and metabolic disorders", "Ear, nose, + throat disorders", "Eye disorders", and "HIV and AIDS". The alphabetical index is also expanded, showing a scrollable list of conditions including "Absence seizures in children", "Acne vulgaris", "Acute cholecystitis", "Acute kidney injury", "Acute otitis media in children", "Acute respiratory distress syndrome", "ADHD in children and adolescents", "Alcohol misuse", and "Altitude sickness". The "ADHD in children and adolescents" item is highlighted in the alphabetical index. There are four green circles with numbers 1, 2, 3, and 4 overlaid on the screenshot, indicating the locations of the "All conditions" button, the alphabetical index, the search box, and the "Show conditions" button respectively.



Navigating around a review

Once you have located the review that interests you, *BMJ Clinical Evidence* presents the information with a tabbed sub-menu.

All evidence has been selected by systematic and rigorous searching to answer key clinical questions while focusing on outcomes that matter most to patients and clinicians. The quality of the evidence is assessed using the GRADE methodology. Each treatment or intervention is then categorised according to its benefits and harms, and the core content is supplemented by links, references, and additional information.

Latest guidelines: View a list of the most recently updated major guidelines relevant to the current topic

Latest citations: View the latest articles for the current topic, identified in conjunction with McMaster Plus.

Navigating the left tab options:

Efficacy: Our conclusions about which interventions work and which ones don't - listed by clinical question.

Key points: A one- page summary of the review.

GRADE table: GRADE scores reflecting the quality of the evidence.

Background: Overview information about the condition.

References: View a full list of the literature included in the current systematic overview.

Credits: Information on contributors and declaration of any competing interest.

Citations: Links to relevant external articles relating to this condition that have been published subsequent to the literature search date for this topic.

Guidelines: View and download relevant guideline information.

Diabetic nephropathy: preventing progression

Diabetic nephropathy: prevent

Web publication date: 08 July 2010 (based on November 2009 search)

Michael Shlipak

- Efficacy (20)
- Key points
- GRADE table
- Background
- References
- Credits
- Citations (43)
- Guidelines (8)**
- Related BMJ content

Guidelines

The guideline guidelines from organisations as we continue

Asia

- Diabetes m Singapore

Europe

- Diabetes c Department
- Systematic Health Tec

North Am



Navigating around a review

Navigating the top tab options:

View notes: See the selection of previously created and saved notes on the particular topic.

Add notes: Click here to add notes to any article. Notes will appear at the top of the relevant page, and can be edited or deleted as necessary.

Add to portfolio: Add the page to your BMJ Portfolio (see portfolio.bmj.com for further information).

Bookmark: Add the current page to your *BMJ Clinical Evidence* bookmarks for easy reference - these can be reviewed and modified through the 'site settings' menu at the top of each screen.

Feedback: Submit feedback on the current page directly to the *BMJ Clinical Evidence* team.

Print: Click to print the current page.

PDF: Read, print or download a PDF version of the entire systematic overview.

The screenshot displays the BMJ Clinical Evidence interface. At the top, there are 'Search' and 'Show conditions' buttons. Below them is a search bar containing 'Search BMJ Clinical Evidence'. A breadcrumb trail shows 'Diabetes: preventing progression' and 'Guidelines'. The main heading is 'Diabetes: preventing progression'. A date '3 July 2010 (based on 2006)' is visible. A toolbar contains buttons for 'PDF', 'Print', 'Feedback', 'Bookmark', 'Add to Portfolio', 'Add new note', and 'View notes'. The 'Guidelines' section includes an introductory paragraph and a list of guidelines categorized by region: Asia, Europe, and North America.

Search Show conditions

Search BMJ Clinical Evidence

Diabetes: preventing progression Guidelines

Diabetes: preventing progression

3 July 2010 (based on 2006)

PDF Print Feedback Bookmark Add to Portfolio Add new note View notes

Guidelines

The guidelines on this page have been sourced from the National Guidelines Clearinghouse in the USA (a repository of guidelines from around the world), NICE in the UK, and other international government sources, professional medical organisations or medical specialty societies. Some specialties and international guidelines may only be fully represented as we continue to develop this aspect of our service.

Asia

- Diabetes mellitus. (01 June 2006)
Singapore Ministry of Health

Europe

- Diabetes commissioning toolkit (01 November 2006)
Department of Health
- Systematic review on urine albumin testing for early detection of diabetic complications (01 August 2005)
Health Technology Assessment NHS R&D HTA Programme

North America



Unique to *BMJ Clinical Evidence*

Overview of effectiveness

We regularly assess the available evidence for a range of common conditions, with a focus on key clinical questions where practitioners will most benefit from current high-quality evidence. Interventions related to each question are summarised in a table and categorised by efficacy for most patients, with icons for easy reference.

Navigate to: **HOME > REVIEW > EFFICACY > INTERVENTION**

diabetic nephropathy: preventing progression Efficacy

diabetic nephropathy: preventing progression

publication date: 01 July 2019 (based on 3009 results)

Interventions

What are the effects of treatments to prevent progression of nephropathy in people with type 1 diabetes and early nephropathy?

Beneficial

- ACE inhibitors in early nephropathy, type 1 diabetes (reduce progression to late nephropathy)
- Intensive glycaemic control in early nephropathy, type 1 diabetes (reduces progression to late nephropathy)

Unknown effectiveness

- Angiotensin II receptor blockers in early nephropathy, type 1 diabetes
- Protein restriction in early nephropathy, type 1 diabetes
- Tight control of blood pressure in early nephropathy, type 1 diabetes

What are the effects of treatments to prevent progression of nephropathy in people with type 1 diabetes and late nephropathy?

Beneficial

- Captopril in late nephropathy, type 1 diabetes

Unknown effectiveness

- Angiotensin II receptor blockers in late nephropathy, type 1 diabetes

Click the intervention names to access related pages with a bulleted summary, details of the associated benefits and harms data, additional information about included studies and a clinical commentary.



Discover more about EBM

In addition to carefully selected links to other evidence-based materials and publications, *BMJ Clinical Evidence* offers a variety of further resources to help you practise EBM.



1. Learn EBM

This section of the site provides a selection of articles that explain the building blocks of EBM - how to identify a clinical question, design and conduct a systematic review, design search filters for different study types, and carry out evidence synthesis and appraisal.

3. EBM Toolkit

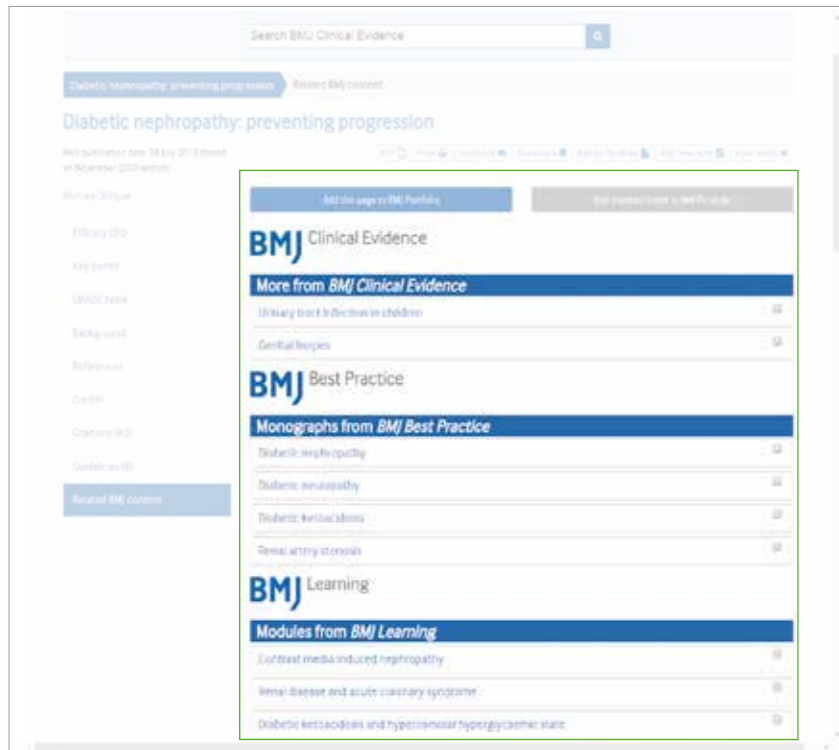
The EBM toolkit section has been designed as an invaluable reference resource for the day-to-day practise of EBM. In this section, you will find sets of critical appraisal checklists for assessing trials and systematic reviews, an interactive statistical calculator, EBM and health economics glossaries and a list of common statistical abbreviations.

2. Practise EBM

BMJ Clinical Evidence includes guidance for translating evidence into improved patient outcomes. This section of the site features a number of downloadable case studies that show how systematic overviews can be applied to patient scenarios, together with tools for assessing risk and ways to explain EBM to others.



Related BMJ content



Related BMJ content

You can now access all your BMJ resources from within *BMJ Clinical Evidence*. The new 'Related BMJ content' tab in each topic provides links to the latest relevant articles from the BMJ, BMJ Journals, BMJ Learning, BMJ Best Practice and associated patient information from Best Health.

The page is created dynamically, so new studies and topics are added as they become available. If you don't have the time to explore content immediately, you can also save selected items of interest and even the entire portal page to BMJ Portfolio.



My BMJ Clinical Evidence

We have created a dedicated section for you to review and manage all the bookmarks, searches and notes you have added, and the *BMJ Clinical Evidence* content you have saved to BMJ Portfolio.

To create a 'My BMJ Clinical Evidence', click on the 'create/manage account' at the bottom of the home page, then follow the steps to set up an account.

By signing up, you can register to receive monthly email alerts highlighting the most recently published and updated topics, along with helpful hints and tips.

If you would like to reach us please email support@bmj.com



News and alerts

BMJ Clinical Evidence helps you monitor what is happening in the world of EBM and beyond, with a variety of tools that alert you to new content, findings and news.

RSS updates

Subscribe to our RSS feeds and be notified of content updates as soon as they are published.

Evidence updates

In collaboration with McMaster Plus, we publish email updates. Sign up for this free service at plus.mcmaster.ca/evidenceupdates

