

# Title

§ The title may be descriptive (e.g. The effect of X treatment on Z outcome) or may be declarative (e.g. X is more effective than Y for treating muscle spasms)

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**Author Name and Credentials:**

**Affiliation:**

**Address:**

**Phone:**

**Fax:**

**E-mail:**

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**CLINICAL SCENARIO:**

**FOCUSED CLINICAL QUESTION:**

**SUMMARY of Search, 'Best' Evidence' appraised, and Key Findings:**

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**CLINICAL BOTTOM LINE:**

**Strength of Recommendation:**

**SEARCH STRATEGY:**

**Terms used to guide Search Strategy:**

- Patient/Client Group:
- Intervention (or Assessment):
- Comparison:
- Outcome(s):

**Sources of Evidence Searched (databases)**

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**INCLUSION and EXCLUSION CRITERIA (include search limits)**

Inclusion criteria:

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Exclusion criteria:

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## RESULTS OF SEARCH

...(add number) relevant studies were located and categorized as shown in Table 1 (based on Levels of Evidence, Centre for Evidence Based Medicine, 1998)

**Table 1:** Summary of Study Designs of Articles retrieved *(add/delete rows as needed)*

Level of Evidence	Study Design/ Methodology of Articles Retrieved	Number Located	Author (Year)

*Note. If you search for and locate evidence-based clinical guidelines, note this at the end of your table, and include in your reference list. The level of evidence should be recorded as Not Applicable (NA) for qualitative studies, and a footnote added to identify levels for non- intervention studies (i.e. prognostic or diagnostic).*

## BEST EVIDENCE

The following studies were identified as the ‘best’ evidence and selected for inclusion in the CAT. Reasons for selecting these studies were:

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## SUMMARY OF BEST EVIDENCE

**Table2: Characteristics of included studies<sup>1</sup>** (Add additional columns as needed) \*Please try to include all studies in one table. If you include systematic review in your summary, please create a second table with the following headings(For systematic review: use headings Search Strategy’, ‘Selection criteria’. Methods’ Main Findings, & Conclusion

	Study 1 (author & year)	Study 2 (author & year)	Study 3 (author & year)
<b>Study Design</b>			
<b>Participants</b>			
<b>Intervention Investigated</b>			
<b>Outcome Measure(s)</b>			

<b>Main Findings</b>			
<b>Level of Evidence</b>			
<b>Validity Score (if applicable)</b>			
<b>Conclusion</b>			

<sup>1</sup> **Description of each characteristic:**

**Study Design:** Eg. Systematic review, meta-analysis, randomized controlled trial, cohort, case-control, qualitative, etc.

**Participants:** Include number, diagnosis, eligibility criteria, sampling criteria, group allocation, key demographics (age, gender), if groups were comparable at start of study, number of subjects lost at follow-up, percent available for follow-up.

**Intervention Investigated:** Provide details of procedures, blinding, who provided the intervention, specifics about the intervention (frequency, duration, location, etc).

**Outcome Measure(s):** Provide details of each primary and secondary intervention (maximum scores, range, where taken, administered by whom)

**Main Findings:** Mean scores and differences, treatment effects, confidence intervals, p-values, etc.

**Level of Evidence:** Provide the study's level of evidence as per the Oxford Centre for Evidence-Based Medicine taxonomy. Refer to the JSR website <http://www.humankinetics.com/JSR/journalSubmissions.cfm> for more detailed instructions on grading levels of evidence.

**Validity Score:** Provide PEDro score, QUADAS score or other to demonstrate the methodological rigor of the study. For other study designs besides RCTs or diagnostic studies use indicate N/A.

**Conclusion:** Provide the main conclusion from the study.

**IMPLICATIONS FOR PRACTICE, EDUCATION and FUTURE RESEARCH**

*Synthesize the information presented in the summary of best evidence. Discuss the benefits and limitations of using the intervention in clinical practice, the need for educating fellow healthcare providers and patients about the main conclusions, and provide suggestions for future research (i.e. to strengthen the LOE in future studies). Additional citations may be included here to support the material presented.*

**This CAT should be reviewed in 2 years to determine whether additional best-research evidence has been published that could aid in answering the focused clinical question.**

**REFERENCES**

*References should follow the JSR Author Guidelines. Please limit to 10 citations.*

§ **AIM TO SUMMARISE YOUR CAT IN 10 typed pages**