

# Seven steps to information and evidence in CareSearch

The CareSearch website has an Evidence Centre with evidence-based information relevant to the care of people with need for palliative care. When looking for clinically relevant information, there are seven steps you can follow to find the most appropriate type and level of evidence where it exists. We will use the example of 'fatigue'.

## Step 1:

### Is it mentioned in relevant clinical guidelines?

Guidelines help health professionals to make evidence-based decisions in a timely way. Click on [Evidence centre](#) in the main menu to open the submenu.

Click on [Evidence collections](#) then click on [Palliative care guidelines](#). Here you will find Australian and International clinical guidelines.

## Step 2:

### Is there pre-appraised evidence?

Pre-appraised evidence helps busy clinicians with a summary of the evidence.

The screenshot shows the 'Fatigue' page on the CareSearch website. The page title is 'Fatigue'. Below the title, there is a breadcrumb trail: 'Home / Evidence / Practice Ready Evidence / Clinical Evidence Summaries / Fatigue'. The page is divided into several sections: 'Key messages' with a list of bullet points, 'Evidence summary' with a sub-section 'Definition and prevalence', and a 'Related Evidence' box containing links to 'Guidelines', 'PubMed Search', and 'Review Collection'. On the right side, there is a 'Practice Ready Evidence' sidebar with a list of categories including 'Palliative Care Guidelines', 'Clinical Evidence Summaries', 'Advance Care Planning', 'Advanced Dementia', 'Appetite Problems', 'Anxiety', 'Bereavement and Grief', 'Care of the Dying Person', 'Complementary Therapies', 'Constipation', 'Delirium', 'Depression', and 'Fatigue'.

Click on [Evidence centre](#) then click [Clinical Evidence Summaries](#). Search for fatigue in the right hand menu.

These pages are summaries of the evidence i.e. what is known from systematic reviews relating to a specific clinical topic such as Fatigue or Care of the Dying Person. This, and all other Clinical summaries and syntheses, are based on systematic reviews (and where needed empirical studies) harvested from Ovid Medline, CINAHL, PsycINFO and Embase. You will also find on this page a link to cite this page if needed.

## Step 3:

### Search for quality evidence reviews

In step 2 above, in the Clinical summary page for 'fatigue', under 'Related evidence' there were links to PubMed Search and Review Collection.

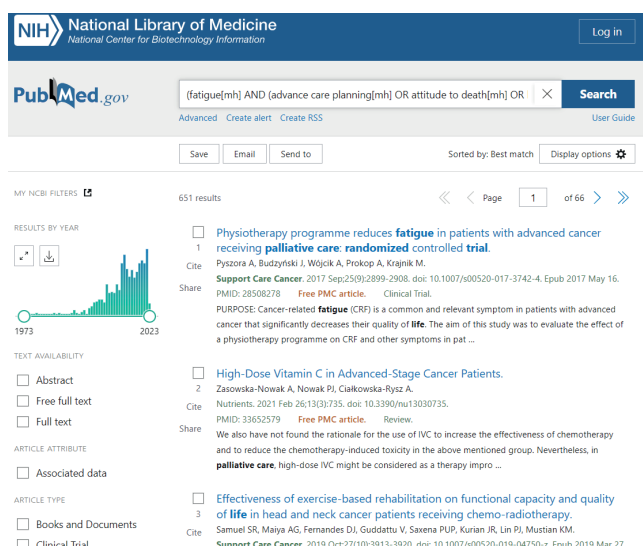
The [Systematic Review Collection](#) is curated by CareSearch and covers a range of clinical topics relevant to palliative care.

Reviews describing a systematic search strategy and methods for data synthesis are included. Reviews address the range of clinical topics and the collection is updated each month.

## Step 4: Search Palliative Care PubMed Searches

The [PubMed Search](#) link is a one-click access point for a pre-written PubMed Search using the [palliative care filter](#) to retrieve articles related to the topic. For our example this takes us to the corresponding PubMed search page for the topic of fatigue in the palliative care context. PubMed Topic Search uses the Palliative Care Search Filter and selected MeSH terms and text words to automatically retrieve relevant citations from the PubMed database.

PubMed is a publicly available database. If there is not a pre-written search, you can use [CareSearch Quick Search](#) or follow our instructions to create your own.



The screenshot shows the PubMed search interface. The search bar contains the query: (fatigue[mh] AND (advance care planning[mh] OR attitude to death[mh] OR ...). The results page shows 651 results. The first three results are listed:

1. Physiotherapy programme reduces **fatigue** in patients with advanced cancer receiving **palliative care**. **randomized controlled trial**.  
Cite: Pyszora A, Budzynski J, Wójcik A, Prokop A, Krajnik M.  
Support Care Cancer. 2017 Sep;25(9):2899-2908. doi: 10.1007/s00520-017-3742-4. Epub 2017 May 16. PMID: 28508278. Free PMC article. Clinical Trial.  
PURPOSE: Cancer-related **fatigue** (CRF) is a common and relevant symptom in patients with advanced cancer that significantly decreases their quality of **life**. The aim of this study was to evaluate the effect of a physiotherapy programme on CRF and other symptoms in pat ...
2. High-Dose Vitamin C in Advanced-Stage Cancer Patients.  
Cite: Zasowska-Nowak A, Nowak PJ, Ciałkowska-Rysz A.  
Nutrients. 2021 Feb 26;13(3):735. doi: 10.3390/nu13030735. PMID: 33652579. Free PMC article. Review.  
We also have not found the rationale for the use of IVC to increase the effectiveness of chemotherapy and to reduce the chemotherapy-induced toxicity in the above mentioned group. Nevertheless, in **palliative care**, high-dose IVC might be considered as a therapy impro ...
3. Effectiveness of exercise-based rehabilitation on functional capacity and quality of **life** in head and neck cancer patients receiving chemo-radiotherapy.  
Cite: Samuel SR, Maiya AG, Fernandes DJ, Guddattu V, Saxena PUP, Kurian JR, Lin PJ, Mustian KM.  
Support Care Cancer. 2019 Oct;27(10):3913-3920. doi: 10.1007/s00520-019-04750-z. Epub 2019 Mar 27.

## Step 5: Check the specific clinical hubs and sections

There is practical guidance and resources for different [health professionals and settings of care](#). This includes sections for GPs, Nurses, Allied Health, and care for Aboriginal and Torres Strait Islander peoples.

## Step 6: Search the Grey Literature

If there is not information in the published literature you can look for grey literature, including literature that is hard to find because it is not published or not indexed. Click on [Searching for evidence](#) in the menu and [Grey literature searches](#) in the submenu, then click on [Grey Literature Database](#).

To search the database for relevant items, enter 'fatigue' or another search term in the search box. The database has five types of Australian grey literature – Conference Abstracts, general Grey literature (e.g., government reports), National Palliative Care projects, Quality Improvement, and in progress Research Studies.

## Step 7: Finding out more about evidence and translation

Sometimes when you find evidence suggesting the need for change, translating this into practice can be a challenge. If you need more evidence, go to the [Evidence centre](#). As well as finding evidence, here you can learn about moving evidence into practice. Using evidence and knowledge to bridge the research-practice gap and bring about broader change to care and service delivery requires a team effort. Click on [Translation training](#). To help you understand what is required, and to assist with getting started in knowledge translation here we examine the core activities and principles. For more on Quality Improvement return to the main menu and click on [Evidence training](#).

Visit [CareSearch evidence centre](#)

