

Information skills: Keeping up with the latest research evidence Tips from your eLibrary

Keeping your knowledge and skills up to date through continuing professional development is a core requirement for maintaining your HCPC registration. But how do you become a fully evidence-based practitioner?

As a CSP member, you have exclusive access to the resources and services provided by the CSP's eLibrary, Knowledge and Archive Services (eLKAS).

Here are our tips on how you can keep up with the latest research evidence, without drowning in information.

1. [Set search alerts](#)
2. [Access curated evidence](#)
3. [Subscribe to PEDro's updates](#)
4. [Journal alerts](#)
5. [Cochrane, NICE and NIHR Evidence alerts](#)
6. [Use the CSP's WorldCat Discovery service](#)

1. Set search alerts

Search alerts save valuable research time and can be set up to provide automatic email notification whenever new search results become available.

To access our databases, please visit <https://www.csp.org.uk/professional-clinical/clinical-evidence/online-library-services/bibliographic-databases>

As a CSP member you have access to CINAHL Plus with Full Text, MEDLINE and AMED databases on the EBSCO interface.

Click '**Access subscribed databases**':

Bibliographic databases

Our subscribed online databases include: AMED, CINAHL Plus with Full Text, MEDLINE, SPORTDiscus, and Trip Pro. You can also access our eBooks platforms (EBSCOhost and ProQuest). Content of these databases can be searched via our [WorldCat Discovery](#).



CSP eLKAS provide access to several databases:

- > AMED
- > CINAHL Plus with Full Text
- > MEDLINE
- > SPORTDiscus
- > Trip Pro
- > eBook collections

Using the databases separately allows you make use of the database specific functionality. Many databases feature a subject specific term (thesaurus) that relates to content on those databases. E.g. *MeSH* (Medical Subject Headings) is the National Library of Medicine controlled vocabulary thesaurus used for indexing articles for PubMed and MEDLINE.

Access subscribed databases

On the 'Choose Databases' page you can select your preferred database e.g. CINAHL Plus with Full Text:

In the selected database you can run a literature search, our example is:

(physiotherap* OR "physical therap*" OR rehab*).ab

AND

(fall* OR frail* OR parkinson* OR stroke OR dementia OR alzheimer*).ti

To find out more about how to get started with literature searching and creating a search strategy, please see [this guide](#).

Once you've run your search, click 'Save Searches / Alerts':

If you have not done so already, at this point you will be prompted to sign into your MyEBSCO folder.

If you do not have a MyEBSCO personal folder, you can set one up by clicking on '**Create an account**'. It is free and signing up is quick and easy.

Sign in with MyEBSCO


Don't have an account? [Create an account](#)

MyEBSCO username or email address

Password or PIN

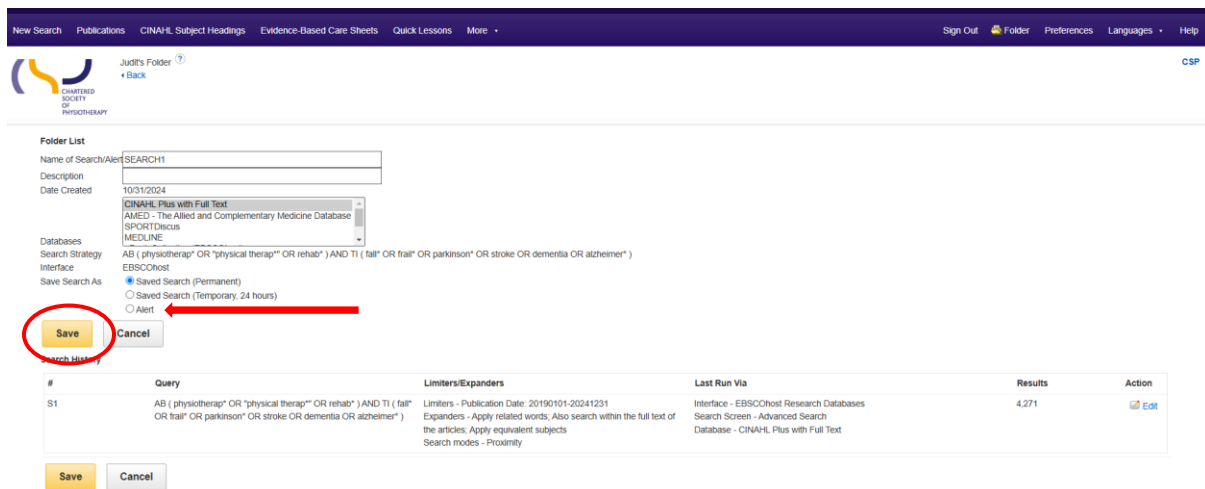
[Forgot your password?](#)

Sign in

 Sign in with Google

Once you have signed in, first you will need to save your search:

1. Enter a **Name** (and **Description**) for the search
2. Click '**Save**'



New Search Publications CINAHL Subject Headings Evidence-Based Care Sheets Quick Lessons More

Sign Out Folder Preferences Languages Help

Judith's Folder

Folder List

Name of Search/Alert: SEARCH1

Description: 10/31/2024

Databases: CINAHL Plus with Full Text, AMED - The Allied and Complementary Medicine Database, SPORTDiscus, MEDLINE

Search Strategy: AB (physiotherap* OR "physical therap*" OR rehab*) AND TI (fall* OR frail* OR parkinson* OR stroke OR dementia OR alzheimer*)

Interface: EBSCOhost

Save Search As: Saved Search (Permanent), Saved Search (Temporary, 24 hours), Alert

Save Cancel

#	Query	Limiters/Expanders	Last Run Via	Results	Action
S1	AB (physiotherap* OR "physical therap*" OR rehab*) AND TI (fall* OR frail* OR parkinson* OR stroke OR dementia OR alzheimer*)	Limiters - Publication Date: 20190101-20241231 Expanders - Apply related words; Also search within the full text of the articles; Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL Plus with Full Text	4,271	Edit

Save Cancel

Then you can set your **Alert** parameters:

1. Enter a **Name** and **Description** for the Alert.
2. To run the Alert against a different database, select the **Databases** from the drop-down list. (Hold down the control key and left-click your mouse to select multiple databases.)

In the **Save Search As** area of the screen:

1. To save the search as an Alert that can be automatically run, click the **Alert** radio button. The Save Search Alert Screen appears.

2. To select how often the search will be run, from the **Frequency** drop-down list, select one:

- Once a day (the default)
- Once a week
- Bi-weekly
- Once a month

New Search Publications CINAHL Subject Headings Evidence-Based Care Sheets Quick Lessons More

Judit's Folder ?
Back

CHARTERED SOCIETY OF PHYSIOTHERAPY

Folder List

Name of Search/Alert SEARCH1

Description

Date Created 10/31/2024

Databases CINAHL Plus with Full Text
AMED - The Allied and Complementary Medicine Database
SPORTDiscus
MEDLINE

Search Strategy AB (physiotherap* OR "physical therap*" OR rehab*) AND TI (fall* OR frail* OR parkinson* OR stroke OR dementia OR alzheimer*)

Interface EBSCOhost

Save Search As Saved Search (Permanent)
 Saved Search (Temporary, 24 hours)
 Alert

Frequency

Articles published within the last

Run Alert for

Alert Options Brief Detailed Bibliographic Manager

E-mail Properties Limit EBSCOhost access to only the articles sent
 Email all alerts and notices
 Email only creation notice
 No e-mail (RSS only)

E-mail Address (please separate e-mail addresses with a semicolon)
library@csp.org.uk

Hide addresses from recipients

Subject current awareness alert

Title EBSCOhost Alert Notification

E-mail [From] address EPAAlerts@ebSCO.com

E-mail Results format Plain Text HTML

Include in e-mail Query Frequency

Save Cancel

3. To limit which articles are searched, from the **Articles published within the last** drop-down list, select one:

- One month
- Two months
- Six months
- One year
- No limit (the default)

4. In the **Run Alert for** field, select one:

- One month
- Two months
- Six months
- One year (the default)

In the **Alert Options** area of the screen:

1. Select the **Alert results format**: Brief, Detailed, or Bibliographic Manager.
2. To **limit EBSCOhost access to only the articles in alert** (rather than the entire site), mark the checkbox to the left of this field. **Note**: When this box is marked, the folder feature will not be available to users accessing articles from the alert.

In the **E-mail Properties** area of the screen:

1. Indicate how you would like to be notified. Select one:
 - Email all alerts and notices (the default)
 - Email only creation notice
 - No email (RSS only) - if you select this option, the remaining Email Properties will be hidden (because they are not necessary for RSS).
2. Enter your **Email Address**. If you are entering multiple email addresses, place a semicolon between each email address.
3. **Hide addresses from recipients** - if you select this option, the email addresses you enter will be placed into the BCC (Blind Copy) field of the email, rather than the "To" field.
4. In the **Subject** field, enter a brief explanation that will appear in the subject line of the Alert email.
5. **Title** - you can optionally enter a title for the email. The default value for the Title field is: *EBSCOhost Alert Notification*
6. **Email [From] address** - Defaults to: EPAlerts@EPNET.COM. You can enter a different "From" email address if desired.
7. Select the **Email format** to use: Plain Text or HTML
8. To have your search string included with your results, mark the **Include query string in results** checkbox. To include the alert frequency, mark the **frequency** checkbox.

When you have finished making changes, click the **'Save'** button. You'll receive email updates when new research matches your search terms.

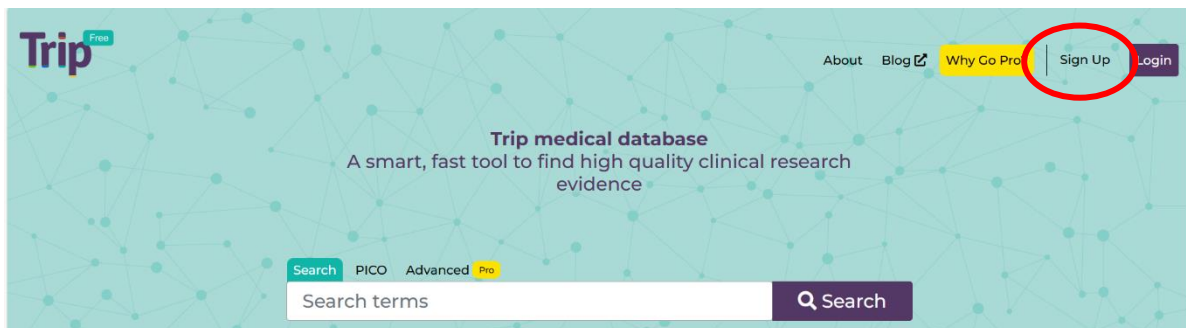
[This short video](#) demonstrates the **features of the MyEBSCO folder** to create an account, save searches, create search alerts, or export search results.

[This 45-minute video](#) demonstrates how to keep current with the evidence, using **search and publications alerts in CINAHL and MEDLINE** on the EBSCO interface.

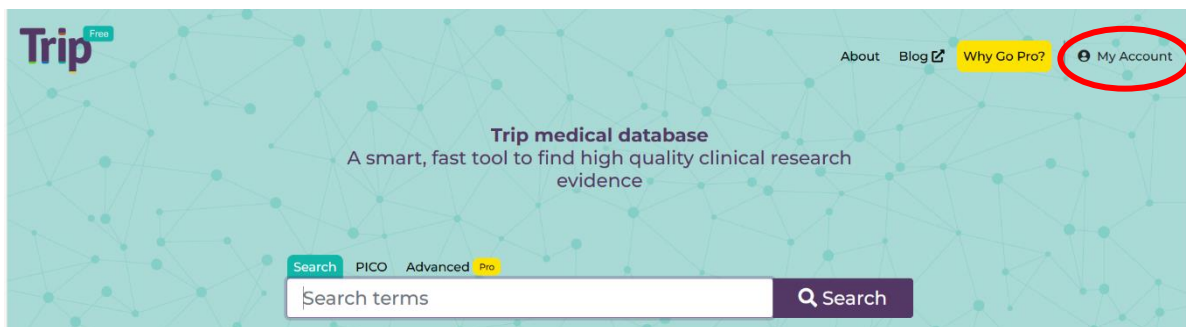
2. Access curated evidence: Trip and ACCESSSSS

- Use the Trip database to send you recent high-level evidence in your specialty:

Visit <https://www.tripdatabase.com/> and click **‘Sign Up’**:

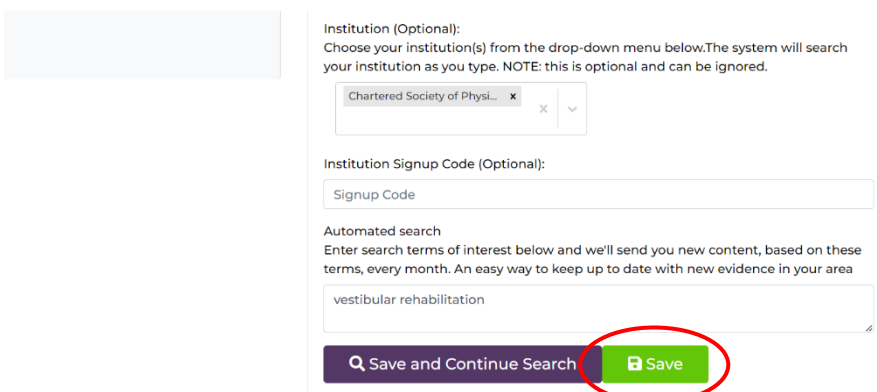


Once you have created a free account, please click **‘My Account’**:



On your Profile, please type **‘Chartered Society of Physiotherapy’** as your Institution.

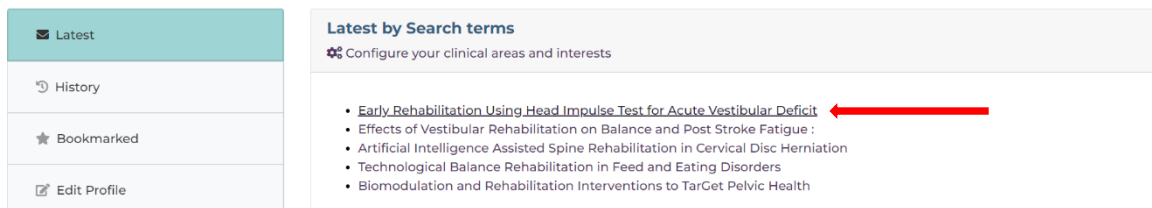
Under **‘Automated search’**, enter any search terms of interest. The click **‘Save’**.

A screenshot of the Trip database profile page. The 'Institution (Optional)' section has a dropdown menu with 'Chartered Society of Physi...' selected. Below it is the 'Institution Signup Code (Optional)' field. The 'Automated search' section has a text input field with 'vestibular rehabilitation' entered. At the bottom, there are two buttons: 'Save and Continue Search' and 'Save'. The 'Save' button is circled in red.

You will then receive emails from jon.brassey@tripdatabase.com about any new content added to Trip, based on your search terms, every month:

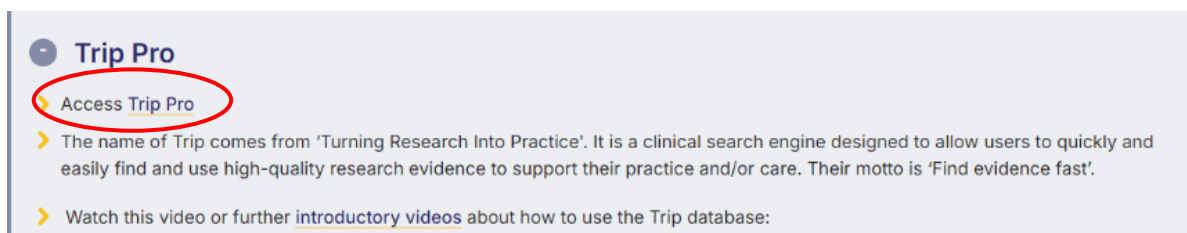
Stay Ahead with the Latest Evidence: To view the latest evidence Trip has collated for you (based on your profile) [click here](#).

When you click on the hyperlink in the email you receive, you will be redirected to the Trip database, and in **'My account'** under **'Latest by Search terms'** you will see the newly published evidence based on your search terms. Click to see the full text of the evidence:



As a CSP member, you have access to the Trip Pro database.

Visit <https://www.csp.org.uk/professional-clinical/clinical-evidence/online-library-services/bibliographic-databases> and click **'Access Trip Pro'**:



Trip Pro is the most advanced version of the Trip database; it has extra content and functionality, including:

- 100,000+ extra systematic reviews,
- Links to millions of full-text articles,
- Export facility to reference management software.

The filters on left-hand side are intended to make it easier to find the most suitable content for your needs. You can go straight to the highest level of evidence, e.g. by clicking on the systematic review filter you restrict the results to systematic reviews only.

- **Use ACCESSSSS to send you recent high-level evidence in your speciality:**

ACCESSSSS is a service provided by McMaster PLUS™ to help provide current best evidence for clinical decisions. It conducts searches simultaneously in several evidence-based information services, including online evidence-based texts, evidence-based guidelines and pre-appraised journal publications.

Searching ACCESSSS yields content that is hierarchically organised.

To access this service, visit <https://www.csp.org.uk/professional-clinical/clinical-evidence/elibrary-services/bibliographic-databases/free> and click '**Access ACCESSSS database**':

Free bibliographic databases and other resources

These resources are freely available online.



Access free online databases:

- ACCESSSS
 - **Access ACCESSSS database**
 - To search this database, register for a free account.
 - ACCESSSS is a service provided by McMaster PLUS™ to help provide current best evidence for clinical decisions. It conducts searches simultaneously in several evidence-based information services (online evidence-based texts, evidence-based guidelines and pre-appraised journal publications).
 - ACCESSSS also provides email alerts to newly published evidence in the user's chosen area(s) of interest.
 - Searching ACCESSSS yields content that is hierarchically organised.

You will need to register for a free account:

ACCESSSS
SMART SEARCH
BEST EVIDENCE FOR HEALTH CARE

Search

About External Links Help Login

Search

ACCESSSS provides a cumulative, searchable database of recent journal article citations, with links to their abstracts, and ratings of their relevance and importance by raters in the MORE system.

To search this database, you must log in or **Register**

In the '**Personalised Alert Settings**' section of your registration form, you can provide further detail of your chosen area(s) of interest – you can choose one or more disciplines of interest –, and the frequency of these email alerts. You can modify these settings at any time after registering.

Personalized Alert Settings

Relevance cut-off score * ⓘ
4

Disciplines *
Pediatrics (General)

Newsworthiness cut-off score * ⓘ
4

Populations *
Pediatrics

Email alert frequency *
Every four days

Exclude COVID Alerts * ⓘ
 Yes
 No

In the '**Selected Library**' section, please select '**None**' before clicking '**Register**'.

Selected Library

Affiliated with a library that provides full text journals and texts? Select library from the list. If not, select None. ⓘ

None

Miscellaneous

How did you hear about the service?
Please select

I agree to receive occasional messages for related products and services *

Yes
 No

I have read the [Terms & Conditions](#) and the [Privacy Policy](#), and I accept them *

Register

The email alerts will be sent from accesssss@mcmasterhkr.com - click on the title of the studies to read the abstract.

Alert: colleagues in your clinical discipline have identified the following articles as being of interest:

Rehabilitation Transition Program to Improve Community Participation Among Stroke Survivors: A Randomized Clinical Trial.
JAMA Netw Open ★★★★★★
Tagged for: Physical Medicine and Rehabilitation

Therapeutic Effects of Dry Needling on Lateral Epicondylitis: An Updated Systematic Review and Meta-analysis.
Arch Phys Med Rehabil ★★★★★★
Tagged for: Physical Medicine and Rehabilitation

For further information on how to access the full text of the evidence, or to use our free document supply service to request copies of publications not available in the CSP's subscriptions, [click here](#).

3. Subscribe to PEDro's updates

PEDro is the Physiotherapy Evidence Database produced by the Centre of Evidence-Based Physiotherapy at the School of Physiotherapy, University of Sydney, Australia. The database has been developed to give rapid access to bibliographic details and abstracts of randomised controlled trials, systematic reviews and evidence-based clinical practice guidelines in physiotherapy.

You can get the latest clinical practice guidelines, systematic reviews and randomised controlled trials summarised and sent straight to your inbox with PEDro's **'Evidence in your inbox'** service.

To subscribe to this service, visit <https://www.csp.org.uk/professional-clinical/clinical-evidence/elibrary-services/bibliographic-databases/free> and click **'Access PEDro'**:

Free bibliographic databases and other resources

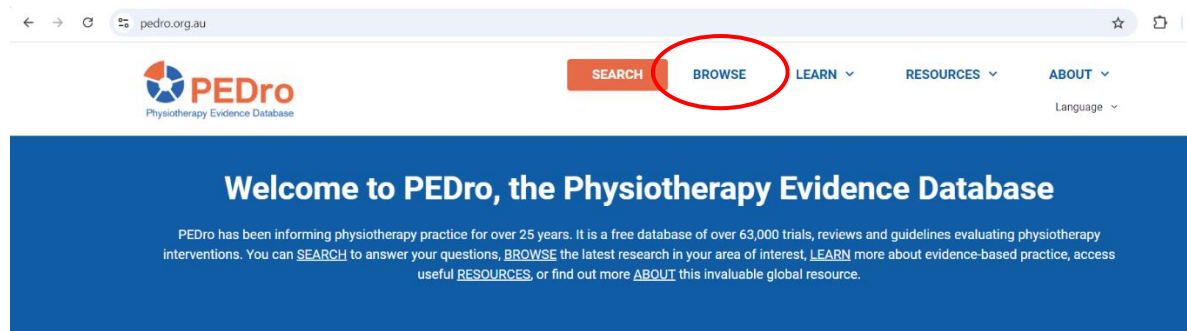
These resources are freely available online.



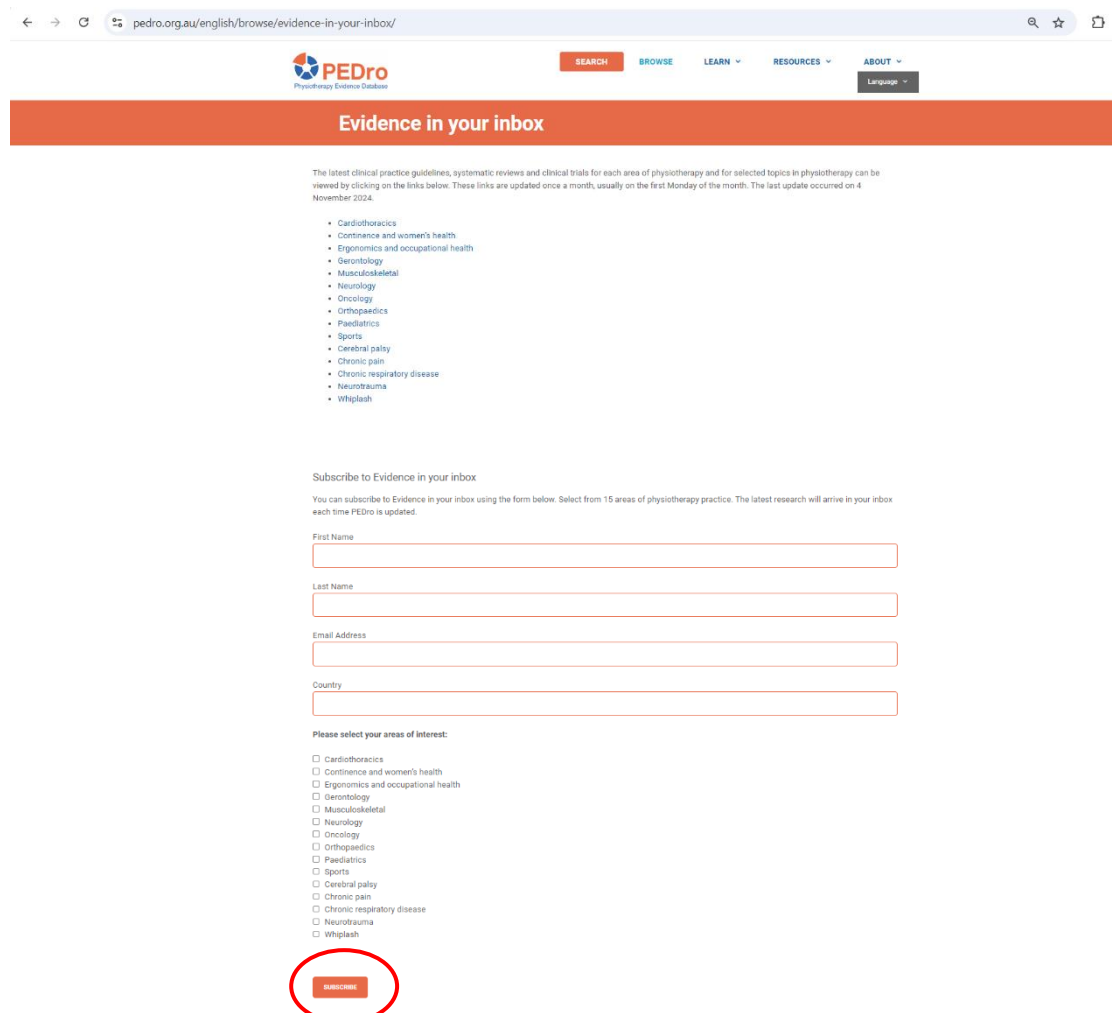
Access free online databases:

- Medscape UK (formerly Guidelines and Guidelines In Practice)
- Access PEDro**
Physiotherapy Evidence Database produced by the Centre of Evidence-Based Physiotherapy at the School of Physiotherapy, University of Sydney, Australia.

On the PEDro website, click '**BROWSE**':



Then you can subscribe to the '**Evidence in your inbox**' service, available for 15 different areas of physiotherapy. The latest research will arrive in your inbox each time PEDro is updated:



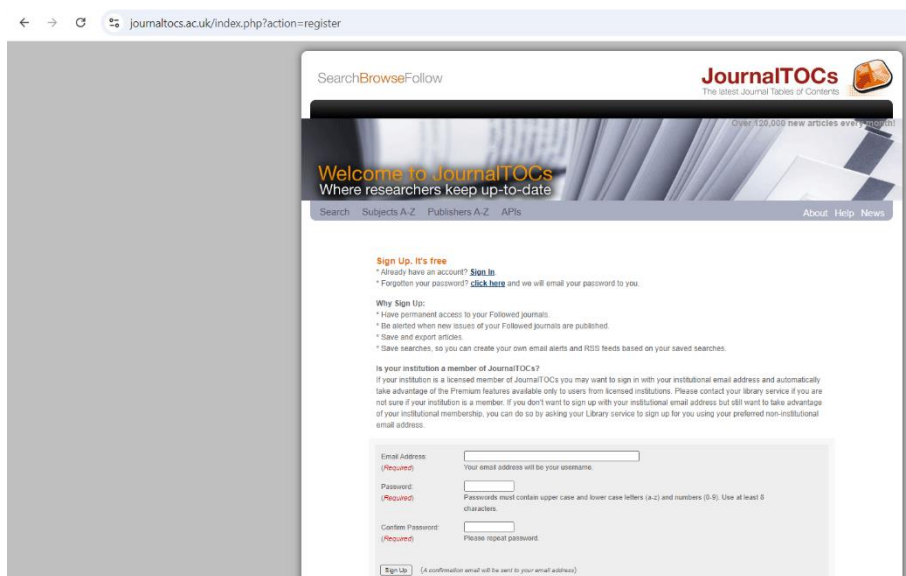
'Evidence in your inbox' is also available for the database of **Diagnostic Test Accuracy (DiTA)**. Here you can subscribe to a single feed that includes all recently added systematic reviews and primary studies evaluating the accuracy of diagnostic tests used by physiotherapists.

4. Journal alerts

You might like to set up Table of Contents (TOC) alerts to know when new issues of your preferred journals are available.

JournalTOCs is the largest, free collection of scholarly journal TOCs: 26,189 journals including 10,761 selected Open Access journals and 11,483 hybrid journals, from 3359 publishers.

If you don't have a username with JournalTOCs, first sign up at <https://www.journaltoCs.ac.uk/index.php?action=register>

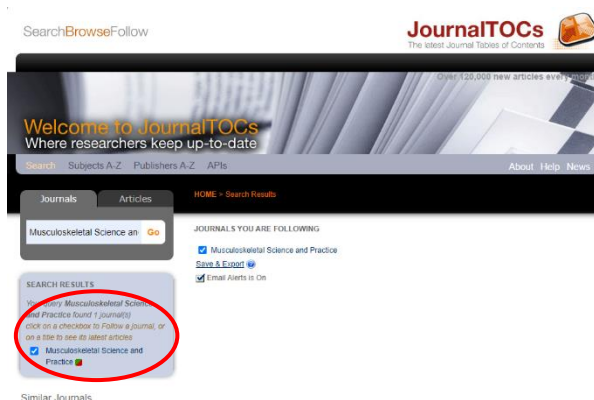


The screenshot shows the registration page for JournalTOCs. The page has a header with the logo and navigation links. The main content area contains a registration form with the following fields and instructions:

- Sign Up, It's free**
- *Already have an account? [Sign In](#)
- *Forgotten your password? [click here](#) and we will email your password to you.
- Why Sign Up:**
 - *Have permanent access to your Followed journals.
 - *Be alerted when new issues of your Followed journals are published.
 - *Save and export articles.
 - *Save searches, so you can create your own email alerts and RSS feeds based on your saved searches.
- Is your institution a member of JournalTOCs?**

If your institution is a licensed member of JournalTOCs you may want to sign in with your institutional email address and automatically take advantage of the Premium features available only to users from licensed institutions. Please contact your library service if you are not sure if your institution is a member. If you don't want to sign up with your institutional email address but still want to take advantage of your institutional membership, you can do so by asking your Library service to sign up for you using your preferred non-institutional email address.
- Email Address:**
Your email address will be your username.
- Password:**
Passwords must contain upper case and lower case letters (a-z) and numbers (0-9). Use at least 8 characters.
- Confirm Password:**
Please repeat password.
- (A confirmation email will be sent to your email address)

Once you have signed up, you will receive a welcome email (please check your Spam folder) and sign in from the hyperlink that you receive by email. When you are signed in, you can search by title or ISSN of your preferred journal. Click on the check box to follow a journal:



The screenshot shows the user interface after logging in. The search results for 'Musculoskeletal Science and Practice' are displayed. A red circle highlights the 'Follow' button and the 'Email Alerts is On' checkbox. The interface includes a search bar, navigation tabs for 'Journals' and 'Articles', and a list of journals being followed.

SEARCH RESULTS

1 Musculoskeletal Science and Practice found 1 journal(s)
click on a checkbox to Follow a journal, or on a link to see all alert entries

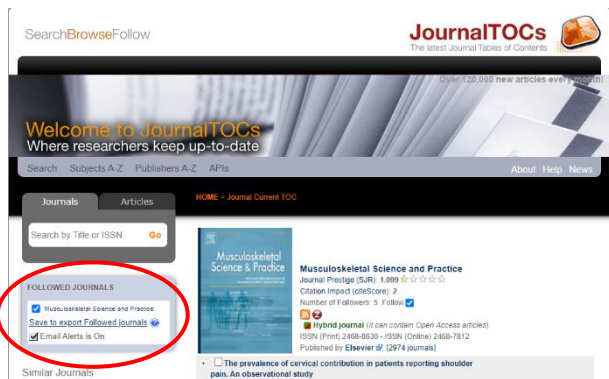
Musculoskeletal Science and Practice

Similar Journals

Once you clicked on the check box, the **email alert is on**.

For further information on how to access the full text of the evidence, or to use our free document supply service to request copies of publications not available in the CSP's subscriptions, [click here](#).

You can see all your followed journals on one page. If you no longer wish to follow a journal, unclick the check box.



- **Another way to set up TOC alerts for your preferred journals is via the EBSCO interface:**

Visit <https://www.csp.org.uk/professional-clinical/clinical-evidence/online-library-services/bibliographic-databases> and click **'Access subscribed databases'**.

Bibliographic databases

Our subscribed online databases include: AMED, CINAHL Plus with Full Text, MEDLINE, SPORTDiscus, and Trip Pro. You can also access our eBooks platforms (EBSCOhost and ProQuest). Content of these databases can be searched via our [WorldCat Discovery](#).



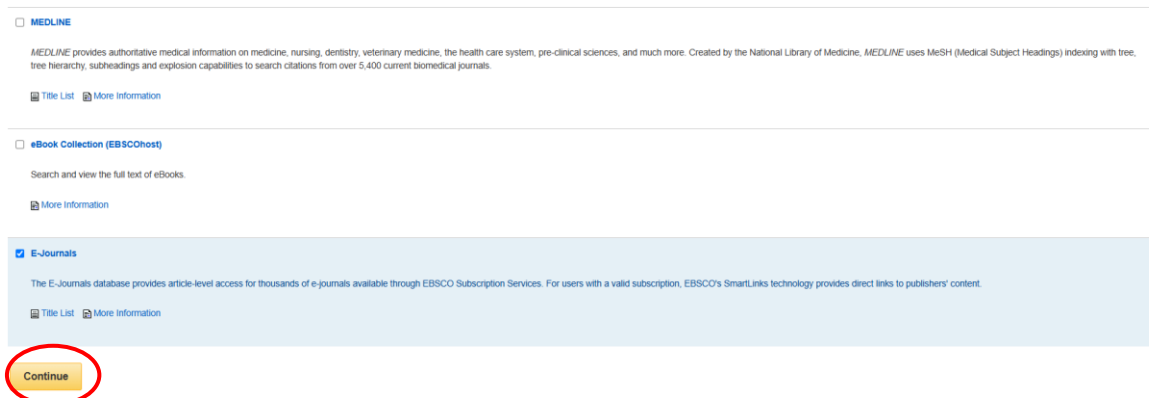
CSP eLKAS provide access to several databases:

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- > CINAHL Plus with Full Text
- > MEDLINE
- > SPORTDiscus
- > Trip Pro
- > eBook collections

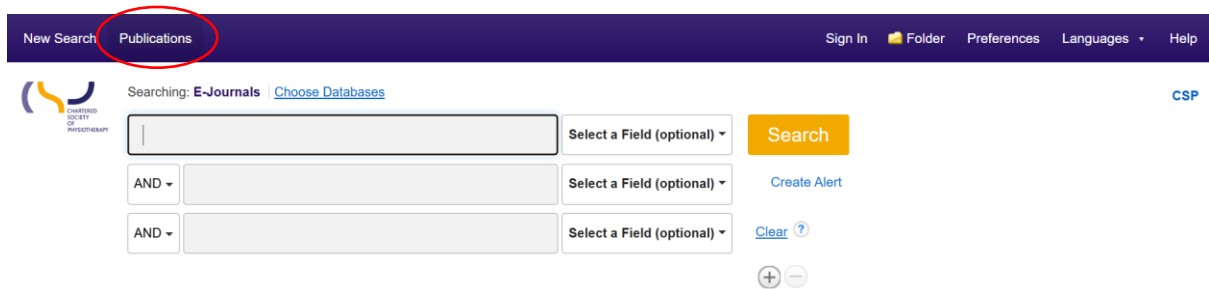
Using the databases separately allows you make use of the database specific functionality. Many databases feature a subject specific term (thesaurus) that relates to content on those databases. E.g. *MeSH* (Medical Subject Headings) is the National Library of Medicine controlled vocabulary thesaurus used for indexing articles for PubMed and MEDLINE.



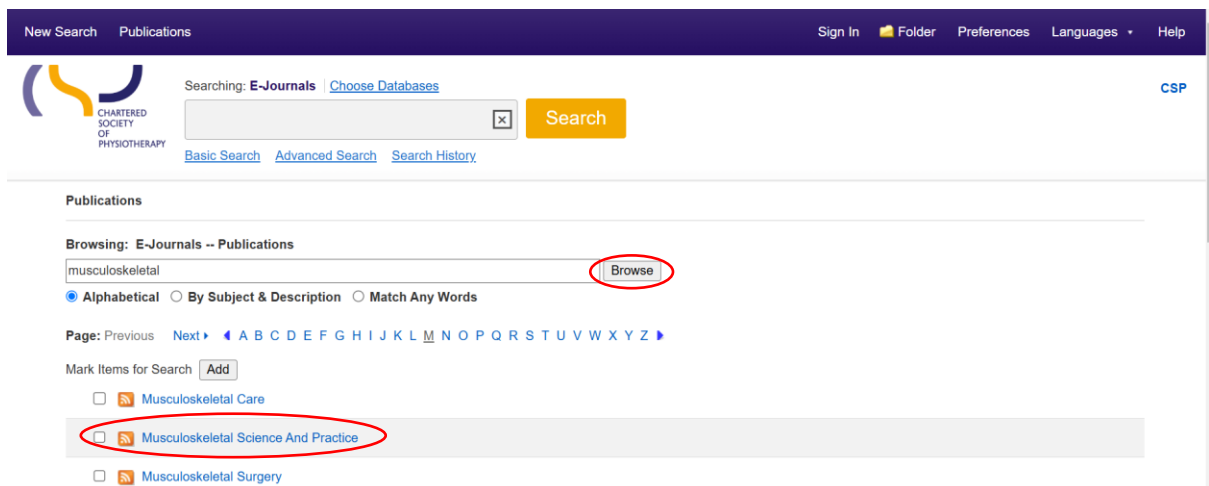
On the **'Choose Databases'** page, select **'E-Journals'** then click **'Continue'**:



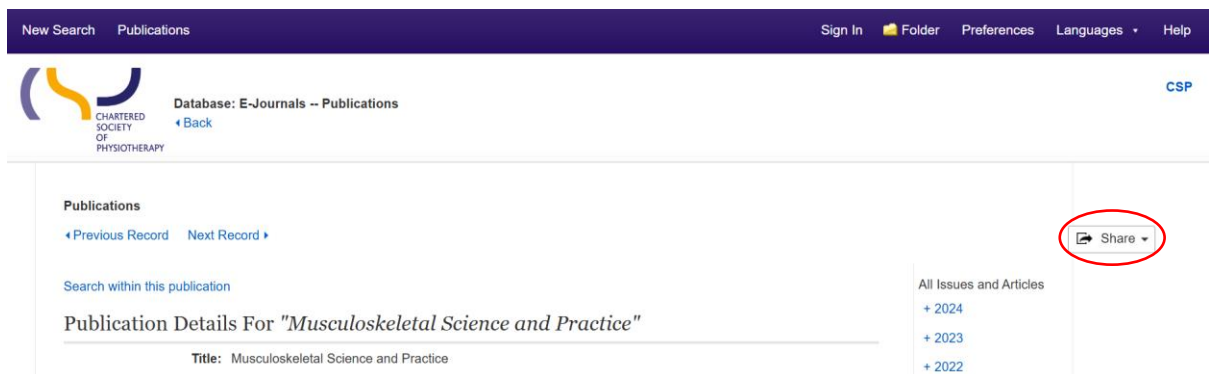
Then click on the **Publications** button along the top toolbar:



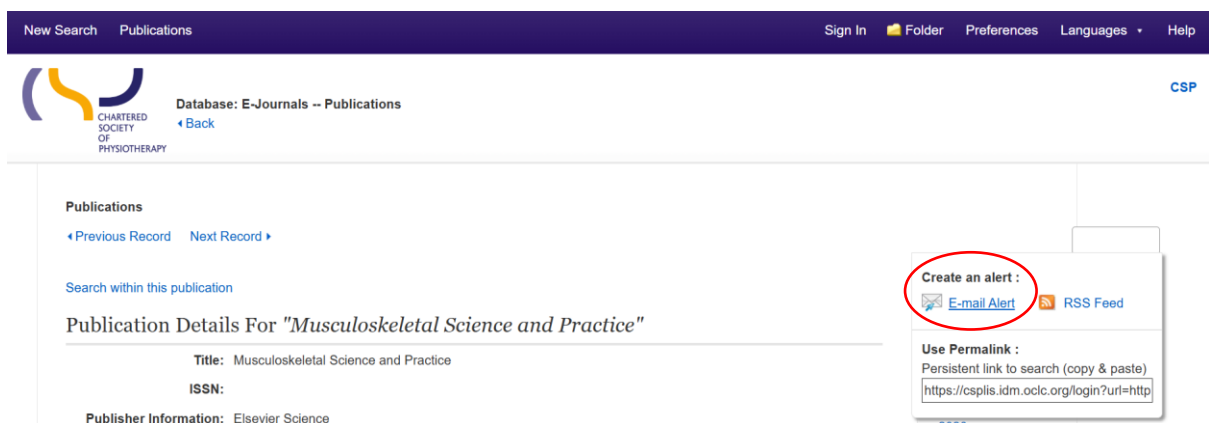
Start typing the publication name in the **'Browsing'** field and click **'Browse'**. Then click on the required title link to view the Publication Details page:



On the publication record, click on **'Share'** in the upper right corner:



In the resulting drop-down menu, click **'E-mail Alert'** to open the Journal Alert setup window:



If you have not done so already, at this point you will be prompted to sign into your MyEBSCO folder.

Create Alert [?](#)

Journal Alert: ""Musculoskeletal Science and Practice" on 2024-11-21 10:46 AM"

E-mail (You must sign in to send e-mail alerts. [Sign In](#))

If you do not have a MyEBSCO personal folder, you can set one up by clicking on 'Create an account'. It is free and signing up is quick and easy.

Sign in with MyEBSCO


Don't have an account? [Create an account](#)

MyEBSCO username or email address

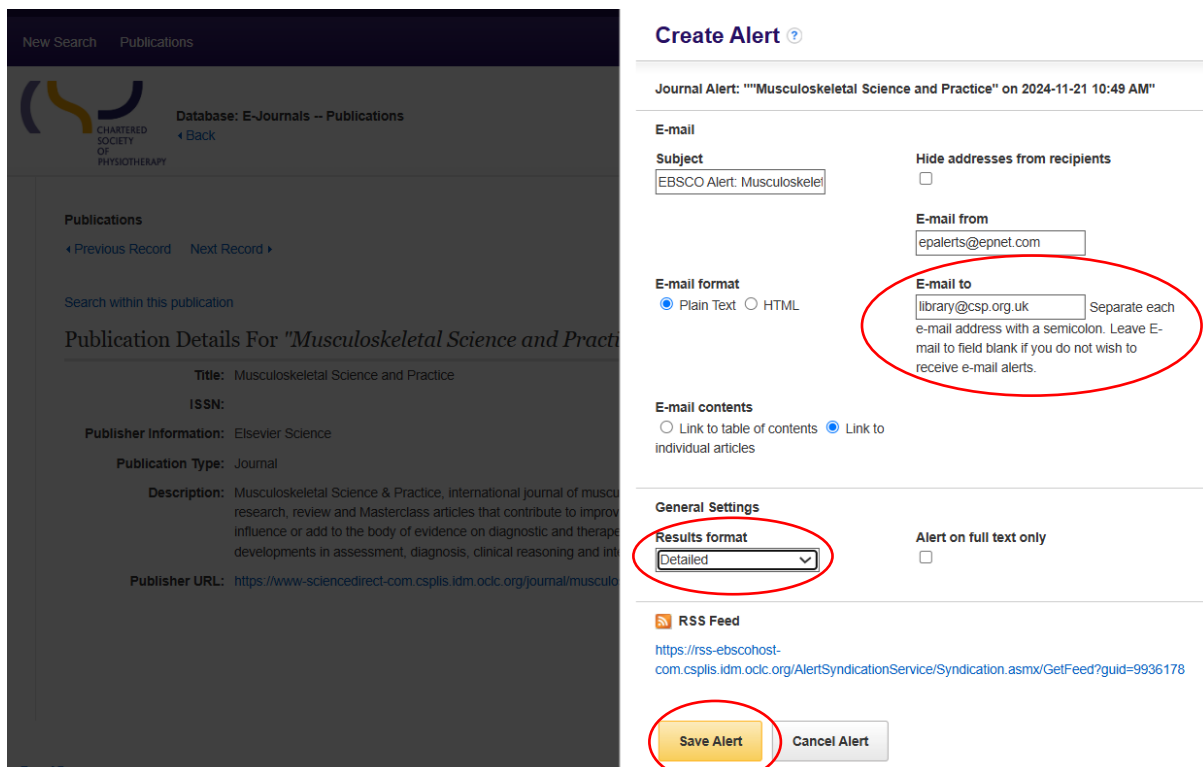
Password or PIN

[Forgot your password?](#)

[Sign in](#)

 [Sign in with Google](#)

Once you have signed in, you can set your alert parameters, add your email address, and click 'Save Alert':



Create Alert [?](#)

Journal Alert: ""Musculoskeletal Science and Practice" on 2024-11-21 10:49 AM"

E-mail

Subject
EBSCO Alert: Musculoskelel

Hide addresses from recipients

E-mail from
epalerts@epnet.com

E-mail format
 Plain Text HTML

E-mail to
library@csp.org.uk Separate each e-mail address with a semicolon. Leave E-mail to field blank if you do not wish to receive e-mail alerts.

E-mail contents
 Link to table of contents Link to individual articles

General Settings

Results format
Detailed

Alert on full text only

RSS Feed
<https://rss-ebscobost-com.csplis.idm.oclc.org/AlertSyndicationService/Syndication.aspx/GetFeed?guid=9936178>

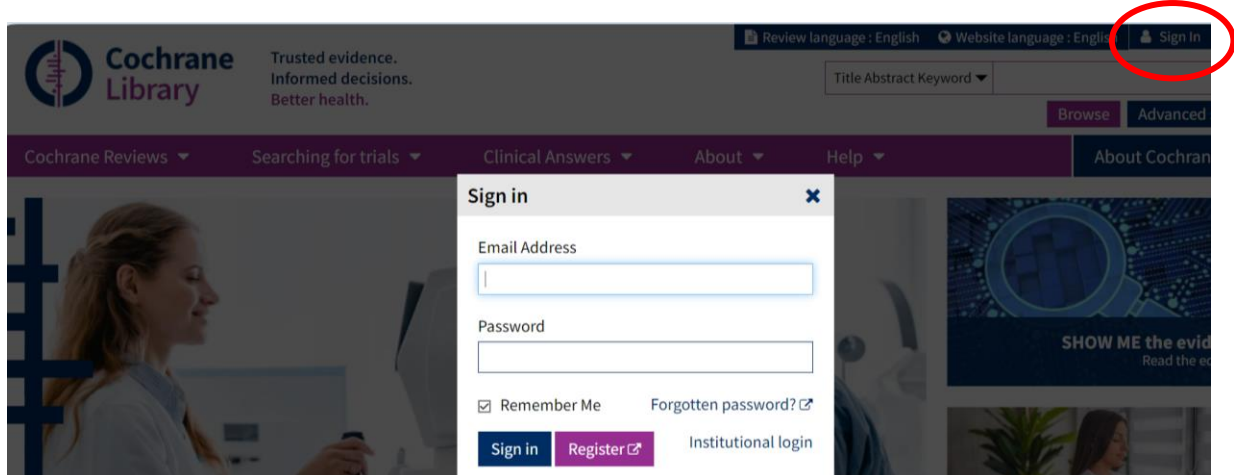
[Save Alert](#) [Cancel Alert](#)

You will be alerted when a new issue becomes available.

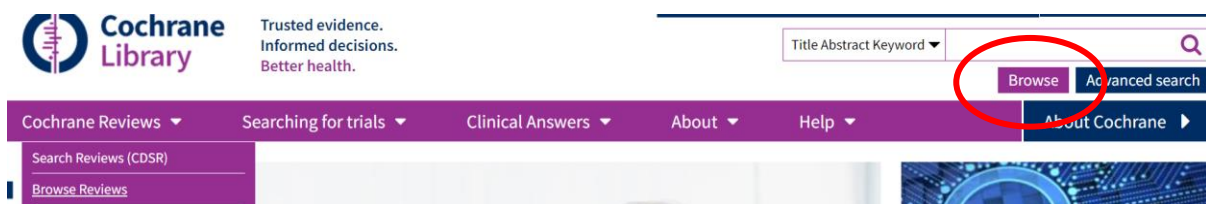
5. Cochrane, NICE and NIHR Evidence alerts

- You can set up alerts to be notified when a Cochrane Review is published on a particular topic:

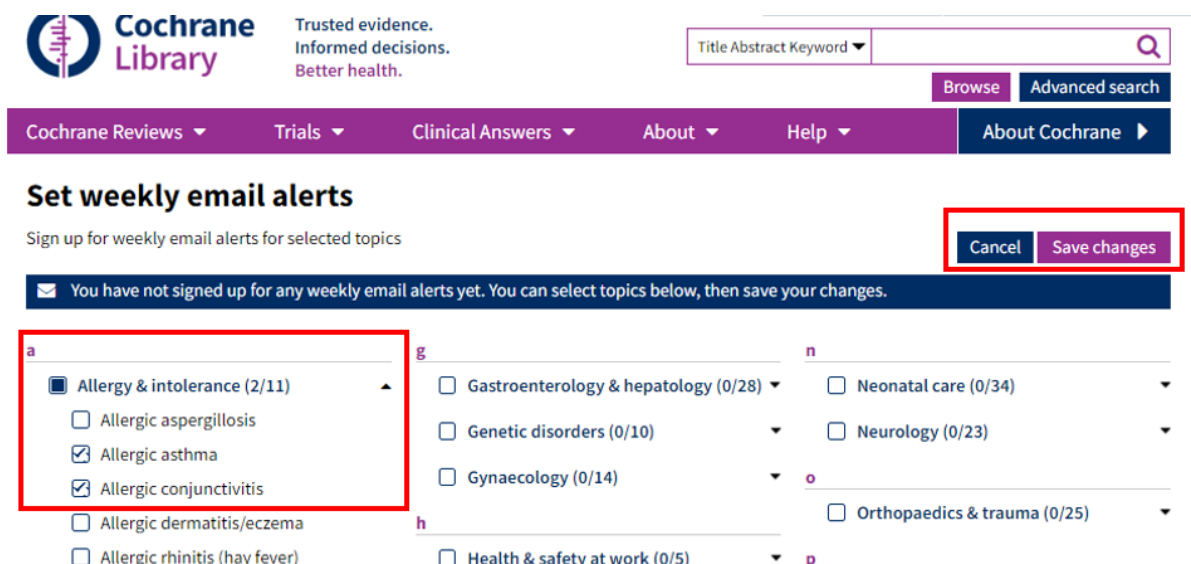
Go to <https://www.cochranelibrary.com>. Sign in to your account or register for a free account:



Select **Browse** (top right):



On the **Browse by Topic** screen, you can set weekly email alerts on your topic(s). Tick to select areas of interest, use the down arrow next to each topic name to expand subtopics, and **Save changes**:



You are now subscribed to weekly alerts.

You will receive the topic alerts from noreply-cochranelibrary@wiley.com:

Your Cochrane Database of Systematic Review Topics Alert

Orthopaedics & trauma

Orthopaedics & trauma (including all subtopics):
1 Cochrane Clinical Answer added

To change your topic choices or stop receiving topic alerts, navigate to [Browse by Topic](#), and choose "Set email alerts". You will need to log in to your Cochrane Library account.

Unfortunately, Cochrane reviews do not cover all of the existing questions. [Epistemonikos database](#) is innovative both in simultaneously searching multiple resources and in indexing and interlinking relevant evidence. Epistemonikos partnered with Cochrane and connects systematic reviews and their included studies, and thus allows clustering of systematic reviews based on the primary studies they have in common. This database includes several tools to compare systematic reviews, including the matrix of evidence, a dynamic table showing all of the systematic reviews, and the primary studies included in those reviews.

- **Sign up for evidence newsletters from NICE:**

The National Institute for Health and Care Excellence (NICE) provides national guidance and advice to improve health and social care. To sign up for NICE newsletters or alerts, go to <https://www.nice.org.uk/nice-newsletters-and-alerts>

NICE National Institute for Health and Care Excellence

Search NICE...

Guidance Standards and indicators Life sciences British National Formulary (BNF) British National Formulary for Children (BNFC) Clinical Knowledge Summaries (CKS) About

Home

NICE newsletters and alerts

NICE news for health and social care

Monthly

Bringing you our latest news, features and guidance.

Subscribe for information on:

- our latest guidance
- implementation advice and case studies
- consultations, meetings and events
- the latest news, podcasts and blog posts.

NICE news for life sciences

Quarterly

Our latest news and updates for those working within the life sciences sector.

Subscribe for information on:

- our work to improve patient access to innovative new technologies
- our support services
- upcoming webinars and events
- how you can engage with us.

Update for primary care

Monthly

Our latest news and guidance for GPs and primary care staff.

Subscribe for information on:

- our latest guidance
- clinical knowledge summaries
- implementation advice and case studies
- the latest news, podcasts and blog posts.

Here you can sign up for the latest NICE guidance alerts:

Subscribe to NICE news for health and social care

Keeping you up-to-date with important developments.

* indicates required

Email address *

library@csp.org.uk

example@example.com

Your name

First name

Last name

Sector *

Healthcare

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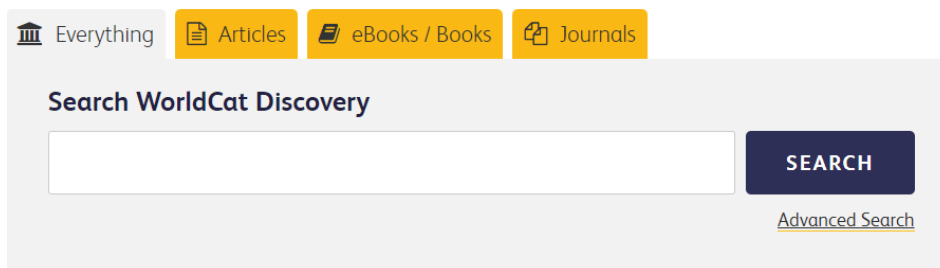
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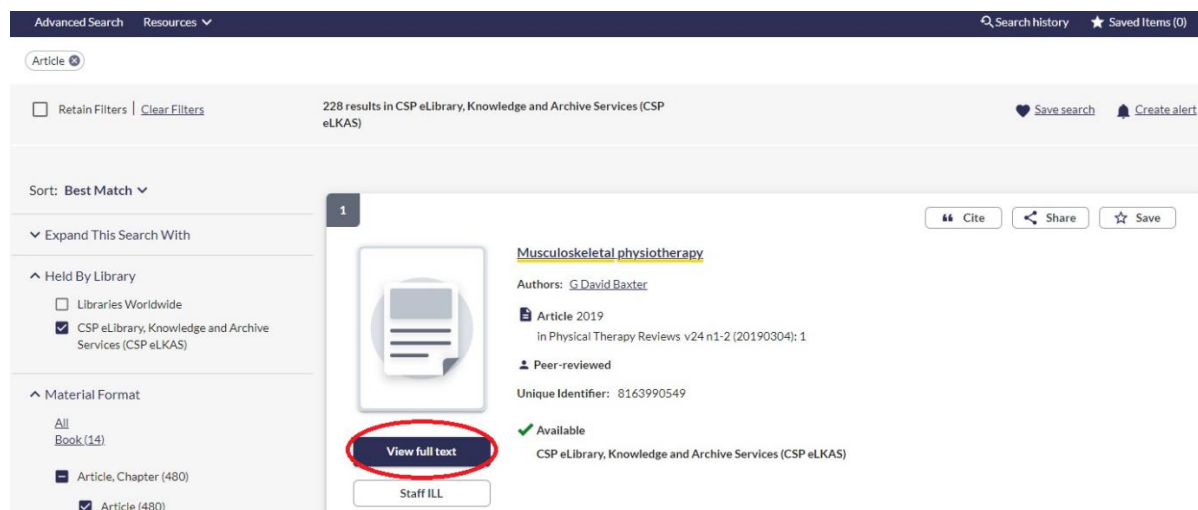


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Authors: G David Baxter

Article 2019
In Physical Therapy Reviews v24 n1-2 (20190304): 1

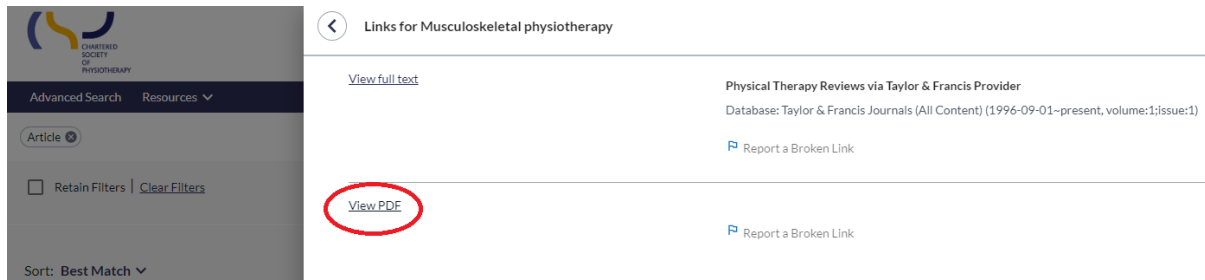
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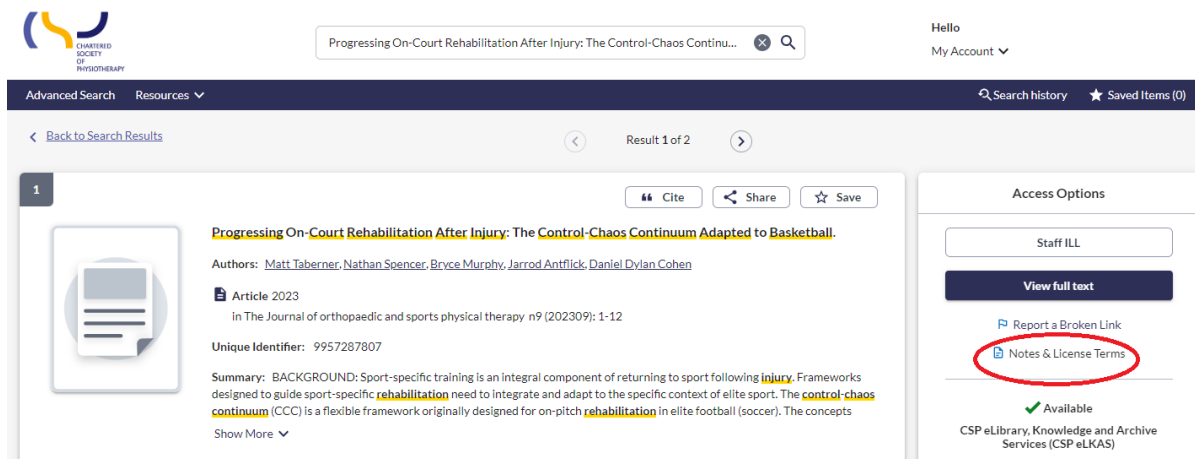
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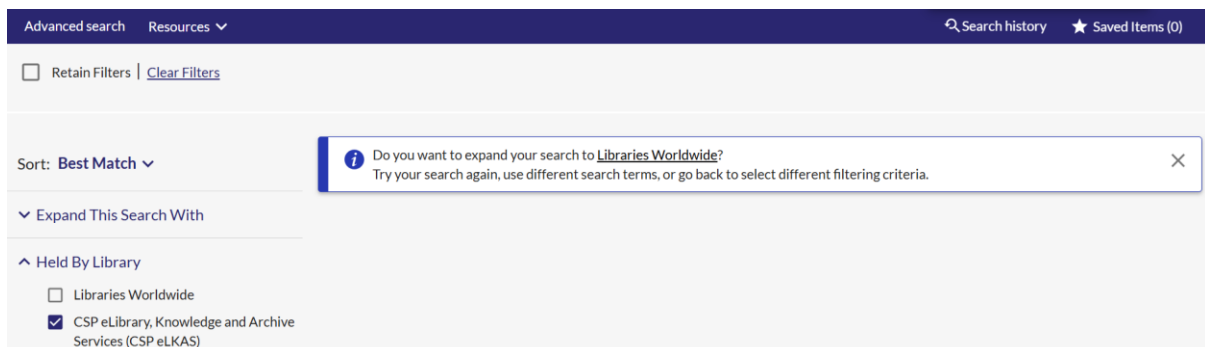
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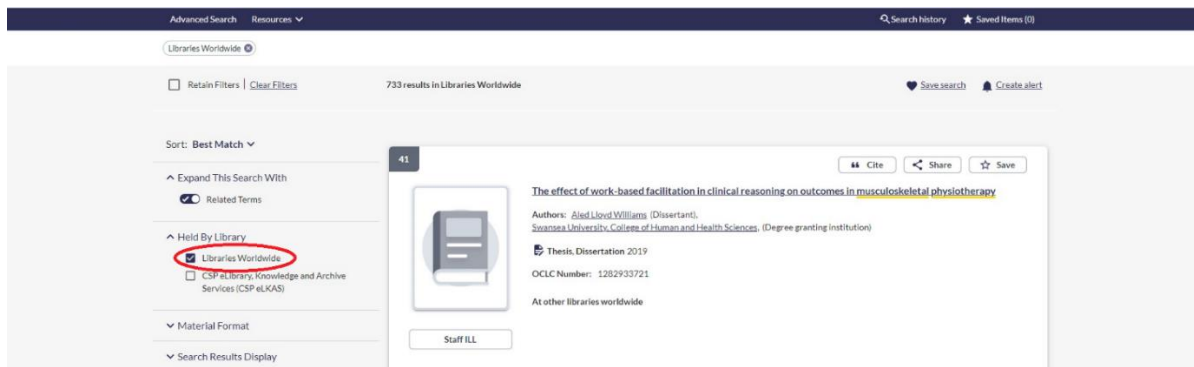


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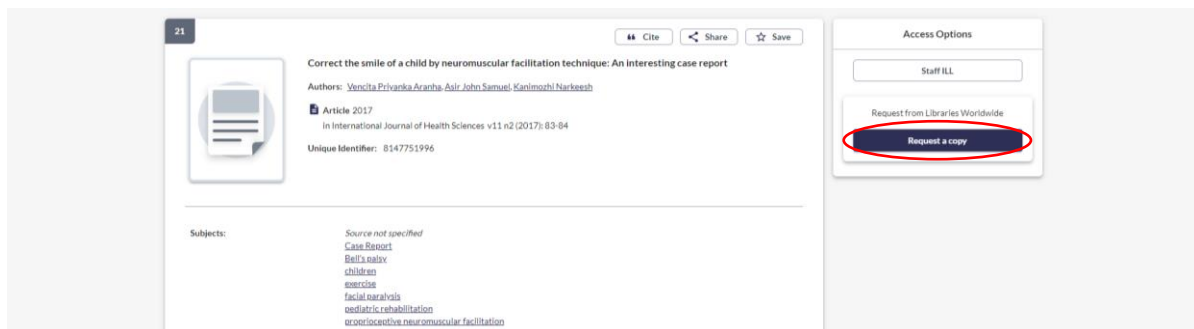
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