

Trusted Sources of Evidence



EvidenceNOW
Advancing Heart Health in Primary Care

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Making the right decisions about the best approach to caring for patients can be difficult and filled with uncertainty. Ideally, decisions consider patient preferences, clinician knowledge and expertise, and scientific evidence. To improve health care quality and patient outcomes, primary care clinicians need evidence they can trust. The National Academy of Medicine's (NAM) 2011 report [Clinical Practice Guidelines We Can Trust](#) describes eight criteria that allow users to identify high-quality, trustworthy clinical practice guidelines.

Clinical evidence is always evolving, making it essential for primary care and quality improvement professionals to know where to turn for the best new evidence. The following are among the sources of trusted evidence in primary care.

- [U.S. Preventive Services Task Force Recommendations for Primary Care](#) – The U.S. Preventive Services Task Force is an independent panel of experts in primary care and prevention that systematically reviews the evidence of effectiveness of clinical preventive services and develops recommendations for clinicians and health professionals.
- [Effective Health Program Systematic Reviews](#) – This repository of resources and information helps health care professionals, patients, policymakers, and health care systems make informed health care decisions by providing the best available evidence on the outcomes, benefits and harms, and appropriateness of drugs, devices, and health care services.
- [The Community Preventive Services Task Force](#) – The Task Force issues findings based on systematic reviews of effectiveness and economic evidence and publishes them in the *Guide to Community Preventive Services*. The Task Force reviews intervention approaches across a wide range of health topics, including strategies for health care system and clinical practice changes to improve health outcomes.
- [Cochrane Database of Systematic Reviews](#) – The Cochrane Database of Systematic Reviews (CDSR) is a leading resource for systematic reviews in health care. In addition to systematic reviews, the CDSR also includes protocols, editorials, and occasional supplements.
- [National Institute for Health and Clinical Excellence \(NICE\) Guidance and Advice](#) – This searchable inventory contains evidence-based clinical guidance from the National Institute for Health and Clinical Excellence. Search for guidance documents by topic or status (proposed, in development, in consultation, and published).
- **National Institutes of Health** – Many of the seminal clinical practice guidelines for controlling high blood pressure, managing high blood cholesterol, treating asthma and many other conditions originated in NIH's [National Heart, Lung and Blood Institute](#). It is a good source for the latest research evidence.
- **Sources of Evidence from Medical Societies** – Several medical specialty societies and disease-specific scientific associations have embraced NAM's criteria for trustworthy clinical practice guidelines and develop guidelines for use by primary care physicians and clinicians. A few of these are listed on the next page. Some may require membership to access their guidelines and resources.

- [American College of Internists](#)
- [American Academy of Family Physicians](#)
- [American College of Cardiology](#)
- [American College of Chest Physicians](#)
- [American Heart Association](#)
- [American Cancer Society](#)

There are also a variety of commercial products available that can be used to search for relevant clinical guidelines or evidence for best practice. [PubMed](#) is a free resource through the National Library of Medicine that offers the ability to do specific [clinical queries](#) and searches for [comparative effectiveness research](#) in addition to the standard search for publications.