

# Journal Club 101: Refresher on Critically Reviewing Recently Published Articles

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## Learning Objectives

1. Select an article for journal club presentation
2. Systematically evaluate a piece of literature
3. Prepare an organized journal club handout

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Text: EMILYLASWELL856 to 37607 once to join, then A, B, C, D, or E

### The last time I completed a journal club was:

Less than 1 year ago	<b>A</b>
1-5 years ago	<b>B</b>
5-10 years ago	<b>C</b>
10-15 years ago	<b>D</b>
Not sure we can count that high...	<b>E</b>

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# 01 Purpose

Why Journal Clubs Exist

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### The first journal club was completed in:

1796
1889
1921
1954

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# History

- Dr. William Osler
- 1875 at McGill University: Subscribed to foreign journals with colleagues and "shared"
- 1884 at Johns Hopkins: "The First Journal Club"
- A desire for knowledge, to keep up on current literature




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## My biggest journal club hurdle is:

- Choosing an article
- Organizing a handout
- Interpreting the findings
- Verbal presentation skills
- Other

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# 02

## Preparing

Before You Start

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# Getting Started





**Research**  
Trustworthy journals  
Area of interest  
New/up and coming



**Refresh**  
Know your topic



**Recognize**  
Expectations  
Time constraints

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## Questions To Ask:

- Who is selecting the topic? Who will select the article?
- How much do I already know about this topic?
- Who is my audience? How much do they know?
- What are the expectations of me?

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# 03

## Pick it Apart

Piece by piece

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## Reviewing Your Article

**Read it**  
For information

**wRite**  
Begin portions of your handout, if applicable

**Read it again**  
For comprehension

**Reflect**  
Consider design and results

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## Background

**Biography**  
What do we already know about this drug/disease state?

**Body**  
Present the known body of evidence

**Belonging**  
Does this fill a gap in the literature? Will it share something new?

Look outside of your article for supportive information

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When I say, "statistics," you say:

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## Methods

**Study Design**  
Is there a clear research question?  
Is it appropriate?

**Methods**  
What are the pros and cons?  
What might you do differently?

**Population**  
Is the population appropriate?  
Are inclusion and exclusion criteria reflective of practice?

**P-values**  
Are the statistics appropriate?  
Is there power?

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## Results

**Baseline**  
Were the groups balanced? Will this impact results? Were controls appropriate?

**Efficacy**  
What did the study say about the intervention?  
What was the NNT?

**Safety**  
Will safety outcomes impact the use of this therapy? Do they match what I already know is a risk?

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## Author's Discussion and Conclusion

- Does it match the results?
- What strengths and limitations were identified?
- Is it appropriate? Do you agree or disagree?

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BACKGROUND AND OVERVIEW	
Article Title/Citation	
Background	
Study Objective	
Heading	
METHODS	
Study Design	
Study Population	
Study Methods	
Statistical Analysis	
RESULTS	
Assessment & Results Characteristics	
Summary of Primary & Secondary Outcomes	
DISCUSSION AND CONCLUSIONS	
Author's Discussion Points	
Author's Conclusion	
Author's Strengths and Limitations	
PERSONAL DISCUSSION AND CONCLUSIONS	
Study Strengths and Limitations	
Personal Conclusions and Recommendations	
References	

**Formatting and Presentation**

- Use a template
- Consider bullet points to allow your reader to follow along
- Don't put ALL the words on the handout
- Consider the addition of tables for results

The most important and valuable portion is your opinion of the literature and how it fits into practice

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The rest of the body of evidence

Odds ratios, Confidence intervals

What should be done next?

Population

**Now What?**

Will it change what I do every day?

Design and possible flaws

Power

Sample size

Strengths and limitations

Weight of outcomes

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"More research should be done." - Everyone. Always

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"This intervention may be appropriate in patients with refractory depression when other standard of care interventions have failed."

"Future trials should focus on the enrollment of patients with multiple chronic disease states to improve generalizability."

"Patients who have moderate-severe symptoms who would prefer herbal therapies over prescription options can consider trying pomegranate if there are no contraindications or drug interactions."

"Patients with heart failure should strongly consider sacubitril/valsartan due to noted reductions in hospitalizations and mortality."

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**I feel more prepared to critically evaluate literature.**

True False

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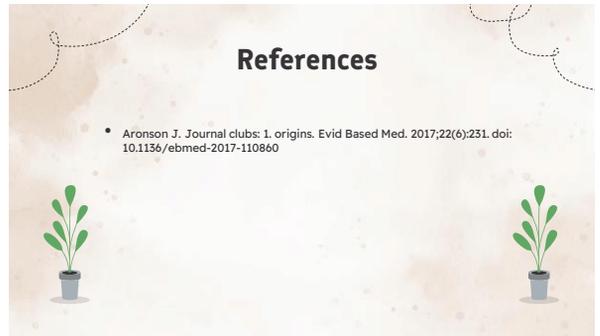
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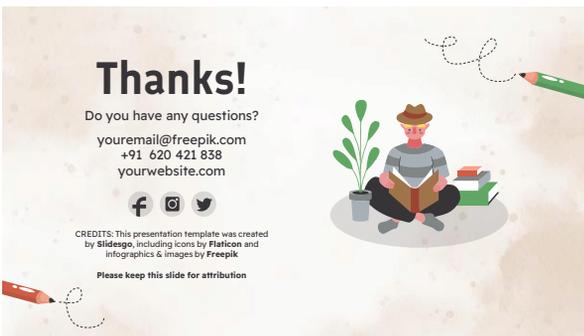
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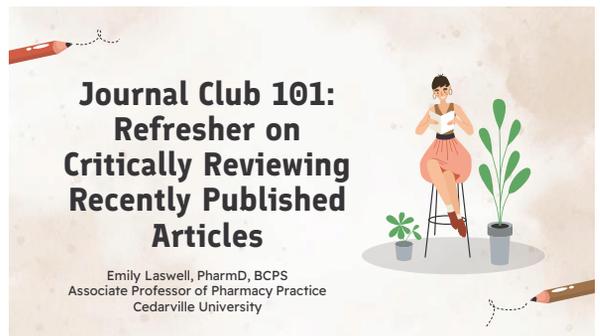
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