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# Com consultar bases de dades bibliogràfiques: PubMed

- 1. Aprendre com redactar una estratègia de cerca útil.**
- 2. Veure com combinar diferents estratègies amb l'estratègia.**
- 3. Veure com sempre podem millorar les estratègies de cerca bibliogràfica.**
- 4. Veure algunes funcionalitats i aplicacions per augmentar els resultats que aconseguim.**

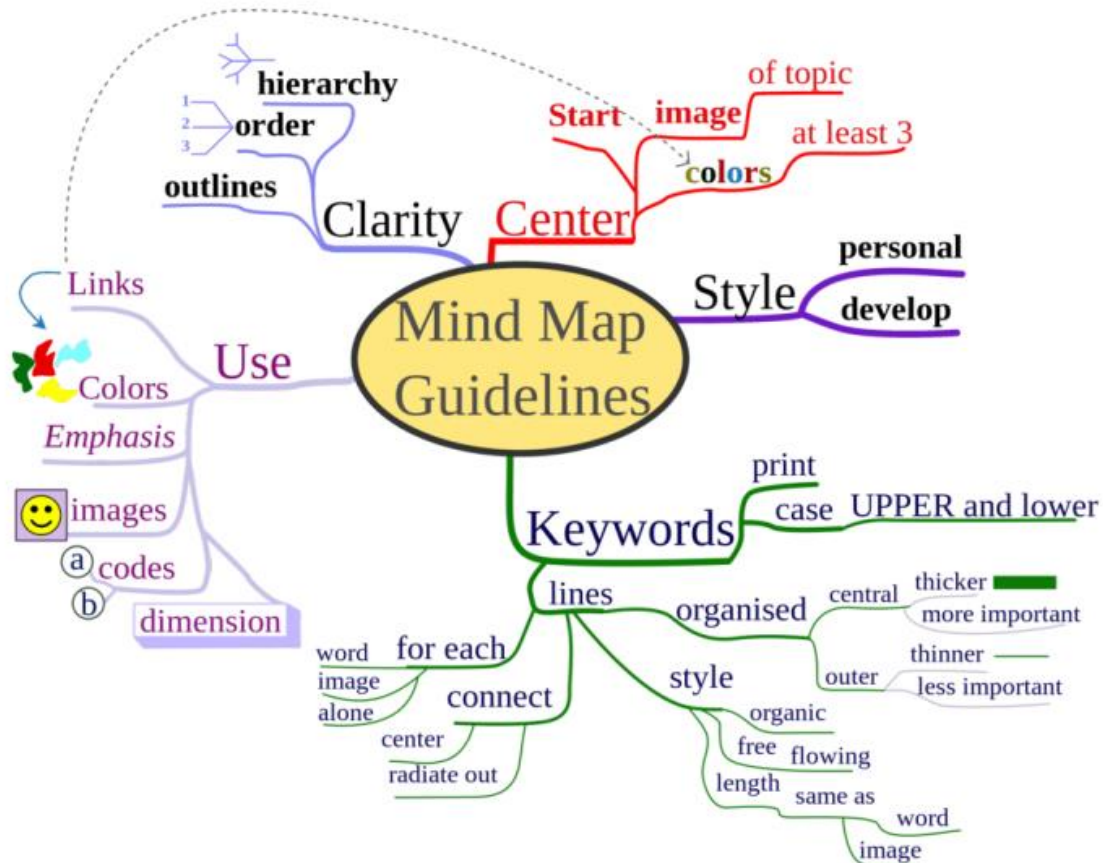
# 1

**De la pregunta a  
l'estratègia de cerca**

Tenim clara la **pregunta** que ens plantegem? Sempre podem generar una **matriu** de conceptes o un **mapa** mental...

# 1. De la pregunta a l'estratègia de cerca

5



Possibilitats:

[https://en.wikipedia.org/wiki/List\\_of\\_concept\\_and\\_mind-mapping\\_software](https://en.wikipedia.org/wiki/List_of_concept_and_mind-mapping_software)

Si ens atrevim, un cop tinguem la matriu o el mapa mental, podem **prioritzar** conceptes, **relacionar**-los...això ens servirà molt per a definir una estratègia.

També és important **pensar** quin tipus d'estudi respondrà millor la nostra consulta, quines dades necessitem, si busquem literatura o informació de projectes en curs, etc. Això ens servirà, sense anar més lluny, per identificar a quina base de dades hem de buscar.

# 2

## **Confecció de l'estratègia de cerca**

Es pot definir com a aquell **conjunt de resultats irrelevants o inútils** que apareixen en els resultats d'una consulta.

És fàcilment identificable i acostuma a passar quan els conceptes o paraules clau utilitzades són massa àmplies o inespecífiques.

Per exemple, si busquem intervencions per reduir l'escletxa digital sense especificar context o població diana obtindrem resultats massa variats i genèrics.

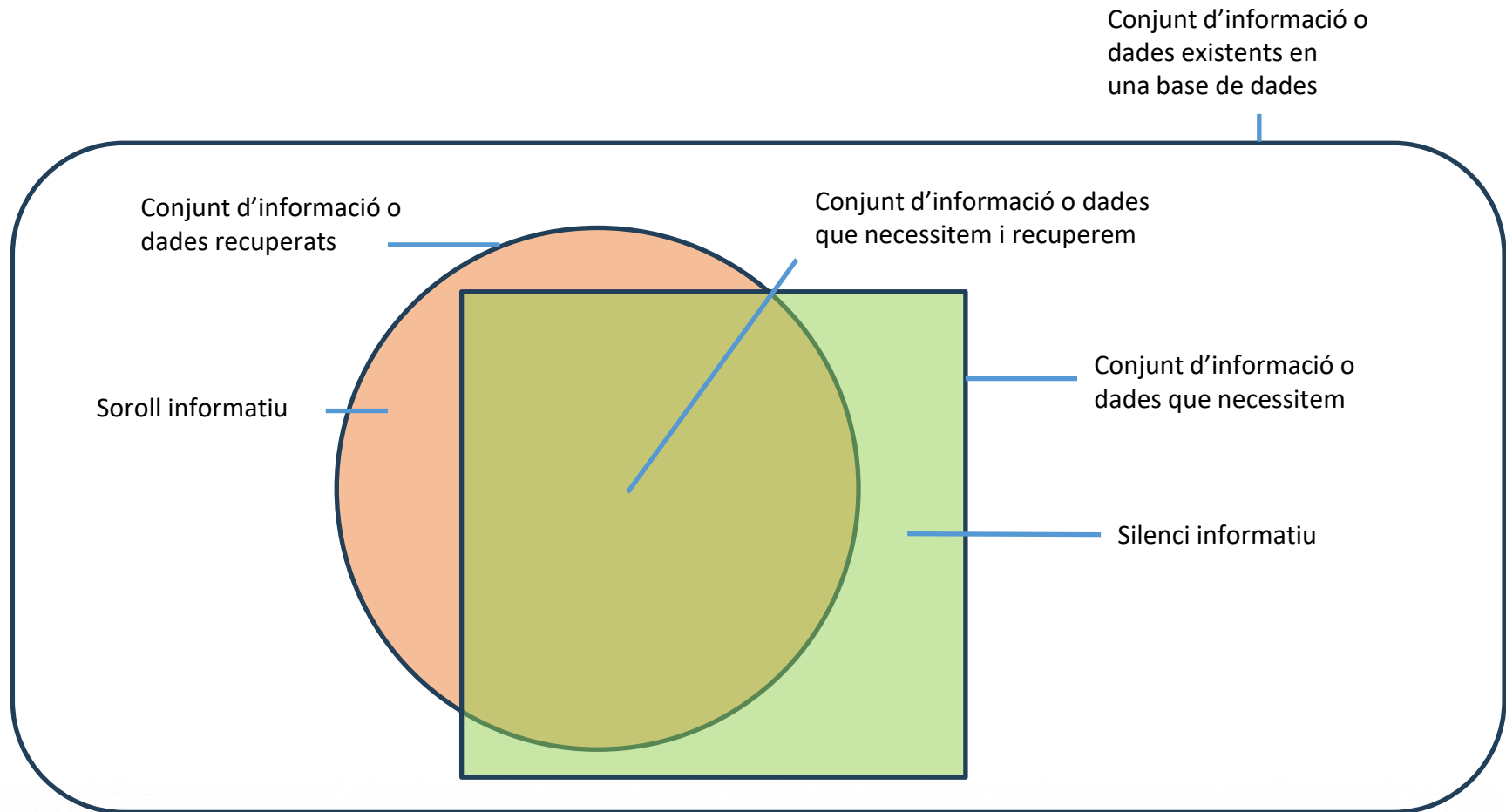
Té lloc quan fem apliquem una estratègia de cerca que **deixa fora informació o dades rellevants**.

És difícilment identificable (podem no saber què ens estem “deixant”), i acostuma a passar quan els conceptes o paraules clau utilitzades són massa específics o excloents.

Per exemple, si busquem intervencions per reduir l'escletxa digital en persones grans a Sant Boi durant el 2024, és possible que ens deixem dades sobre programes que ara s'estan preparant però que tindran lloc en un futur (i que poden ser rellevants).

## 2. Confecció de l'estratègia de cerca: quadratura del cercle

10



Per reduir el soroll informatiu podem utilitzar...

- **Conceptes** més específics,
- **Operadors booleans** per acotar els resultats i, si tenim la possibilitat,
- **Filtres** en els resultats per data, format, font, etc.

Per evitar el silenci informatiu podem...

- Ampliar els resultats utilitzant **operador booleans** i afegint a la cerca sinònims o **conceptes** alternatius, i
- Reduir els **filtres** aplicats.

Equilibrant l'**especificitat** i **amplitud** d'una cerca, podem reduir el soroll informatiu i evitar-ne el silenci.

És imprescindible que, per exemple, a l'hora de fer el nostre mapa mental, aconseguim identificar aquell conjunt de conceptes idoni (i amb el nivell semàntic adequat) no només en relació al què busquem si no, també i per exemple, on ho busquem.

Dit d'altra manera, si estem buscant informació sobre gent gran en un lloc web que “ja va” sobre gent gran, incloure *gent gran* en la cerca pot ser redundant i produir resultats estranys.

Jugant bé aconseguirem una major **precisió** en els resultats.

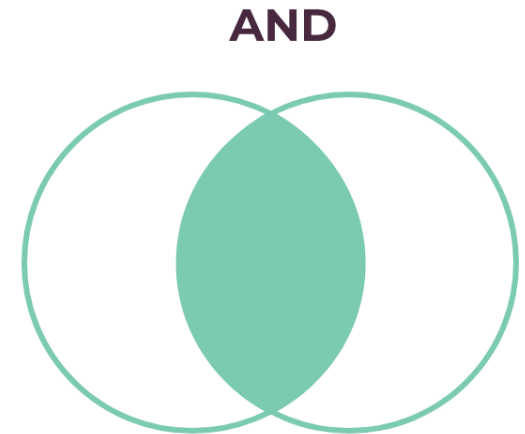
Són paraules o símbols (depèn d'on estem) que s'utilitzen en els motors de cerca per **combinar o excloure conceptes**, obtenint així resultats més específics i rellevants.

Ens permeten, doncs, controlar la **precisió** dels resultats i ajustar l'**abast** de l'estratègia de cerca.

Hi han diversos, però els més habituals són AND (i), OR (o) i NOT (no).

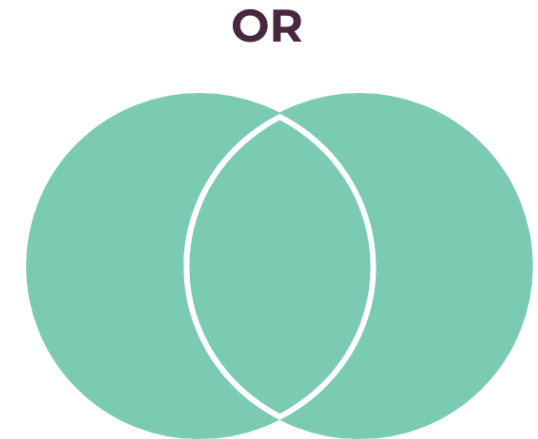
Combina dos (o més) termes de cerca per aconseguir **resultats que continguin ambdós**.

És útil utilitzar-lo quan necessitem que tots els conceptes estiguin explícitament presents en els resultats; però hem de vigilar que no ens provoqui silenci.



Amplia la cerca al incloure **qualsevol** dels conceptes connectats. És útil quan existeixen sinònims o termes relacionats.

És útil utilitzar-lo quan necessitem utilitzar sinònims o conceptes relacionats, ja que amplia l'abast de la cerca; però hem de vigilar que no ens provoqui soroll.



Vigilem amb la traducció a “llenguatge màquina”.

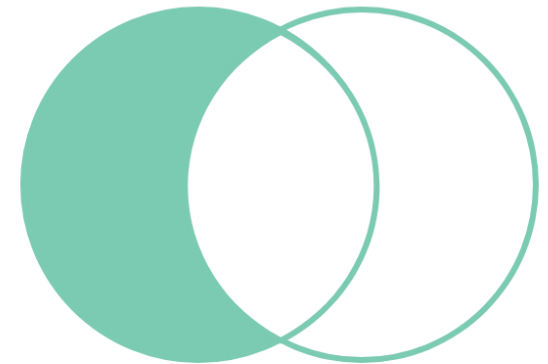
Com buscaríeu informació sobre *bullying* i *mobbing*?

**Exclou** conceptes específics dels resultats.

És útil utilitzar-lo quan sabem d'un concepte que incorpora resultats irrelevants en el context de la nostra cerca; però hem de vigilar que no ens provoqui silenci.

Algú s'imagina perquè?

**NOT, AND NOT**



Permeten buscar **frases exactes**, assegurant-nos que les paraules apareguin juntes en l'ordre que hem escrit.

Per exemple: la cerca *“programes d'inclusió social”* només mostrarà resultats que continguin aquesta frase exacta, sense alterar l'ordre de les paraules.

És útil utilitzar-lo quan necessitem que els resultats continguin una frase específica; però hem de vigilar que no ens provoqui silenci.

Algú s'imagina perquè?

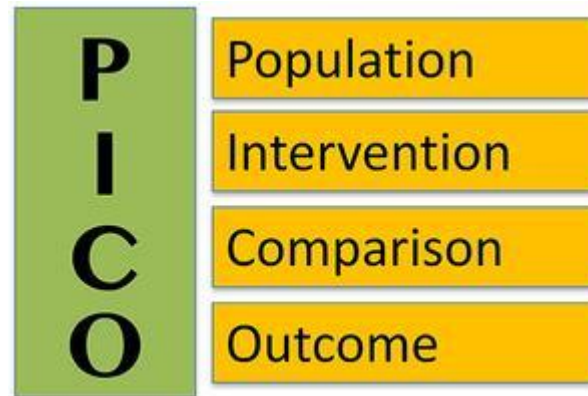
Permeten buscar **variants** de la mateixa paraula.

Per exemple: *educa\** buscarà educació OR educar OR educatiu OR educadors OR ...

És útil utilitzar-lo quan ens volem assegurar que no excloem variacions importants dels conceptes que necessitem i ens ajudarà a reduir el silenci (si ens passem molt “a l'esquerra” podem generar soroll: *edu\** buscarà educació OR edulcorat, per exemple).

**Agrupa** conceptes o combinacions d'operadors booleans per realitzar cerques complexes. És útil utilitzar-lo quan estem fent cerques que necessiten combinar diversos conceptes i operadors.

**Una** opció és utilitzar la metodologia PICO:



Hi han més:

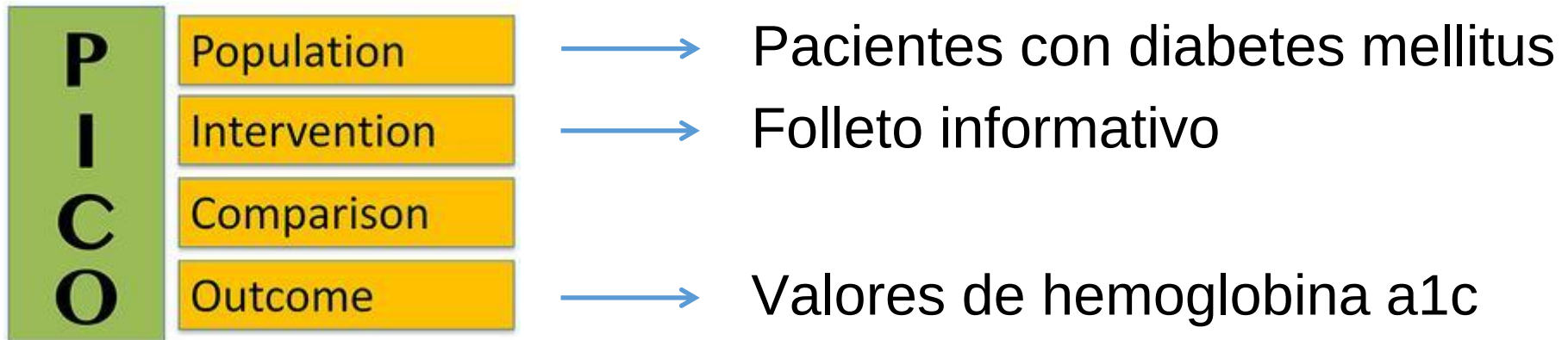
|         |                                                                                                                                                                                                         |
|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| PICO(T) | Population ( <b>p</b> atient), Intervention, Comparison ( <b>c</b> ontrol) and Outcome. Add a Timeframe if required. Used particularly for treatment type questions.                                    |
| PECO(T) | A variation of PICO where <b>E</b> = Exposure and <b>T</b> =Timeframe if required.                                                                                                                      |
| PIPOH   | Developed in the context of practice guideline adaptation. Includes <b>P</b> = Professionals/ <b>P</b> atients, <b>O</b> = Outcome and <b>H</b> = Healthcare Setting.                                   |
| SPICE   | <b>S</b> = Setting (where), <b>P</b> = Perspective (for whom), <b>I</b> = Intervention (what), <b>C</b> = Comparison (compared with what), <b>E</b> = Evaluation (Booth 2006).                          |
| SPIDER  | <b>S</b> = Sample, <b>P</b> = Phenomenon of interest, <b>D</b> = Design, <b>E</b> = Evaluation, <b>R</b> = Research type. Useful for qualitative or mixed method studies (Cooke, Smith and Booth 2012). |
| ECLIPSE | <b>E</b> = Expectations, <b>C</b> = Client group, <b>L</b> = Location, <b>I</b> = Impact, <b>P</b> = Profession, <b>SE</b> = Service (Wildridge & Bell 2002).                                           |
| PESTLE  | <b>P</b> = Political, <b>E</b> = Economic, <b>S</b> = Social, <b>T</b> = Technological, <b>E</b> = Environmental, <b>L</b> = Legal (CIPD 2010).                                                         |

## 2. Confecció de l'estratègia de cerca

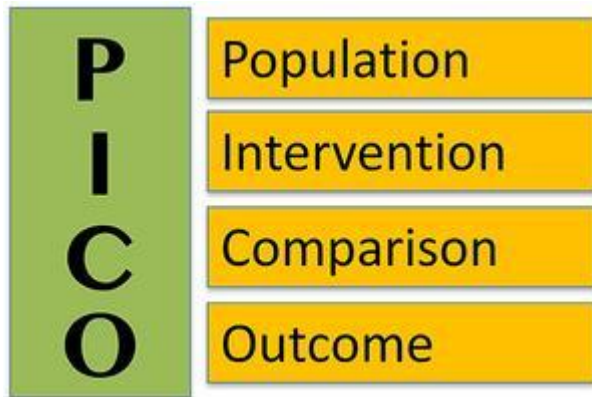
| Review Type                 | Aim                                                                                                                                                                       | Question Format                                                                                                                                 | Question Example                                                                                                                                                                                                                            |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Effectiveness               | To evaluate the effectiveness of a certain treatment/practice in terms of its impact on outcomes                                                                          | Population, Intervention, Comparator/s, Outcomes (PICO) [23]                                                                                    | What is the effectiveness of exercise for treating depression in adults compared to no treatment or a comparison treatment? [69]                                                                                                            |
| Experiential (Qualitative)  | To investigate the experience or meaningfulness of a particular phenomenon                                                                                                | Population, Phenomena of Interest, Context (PiCo) [13]                                                                                          | What is the experience of undergoing high technology medical imaging (such as Magnetic Resonance Imaging) in adult patients in high income countries? [70]                                                                                  |
| Costs/Economic Evaluation   | To determine the costs associated with a particular approach/treatment strategy, particularly in terms of cost effectiveness or benefit                                   | Population, Intervention, Comparator/s, Outcomes, Context (PICOC) [14]                                                                          | What is the cost effectiveness of self-monitoring of blood glucose in type 2 diabetes mellitus in high income countries? [71]                                                                                                               |
| Prevalence and/or Incidence | To determine the prevalence and/or incidence of a certain condition                                                                                                       | Condition, Context, Population (CoCoPop) [15]                                                                                                   | What is the prevalence/incidence of claustrophobia and claustrophobic reactions in adult patients undergoing MRI? [72]                                                                                                                      |
| Diagnostic Test Accuracy    | To determine how well a diagnostic test works in terms of its sensitivity and specificity for a particular diagnosis                                                      | Population, Index Test, Reference Test, Diagnosis of Interest (PIRD) [16]                                                                       | What is the diagnostic test accuracy of nutritional tools (such as the Malnutrition Screening Tool) compared to the Patient Generated Subjective Global Assessment amongst patients with colorectal cancer to identify undernutrition? [73] |
| Etiology and/or Risk        | To determine the association between particular exposures/risk factors and outcomes                                                                                       | Population, Exposure, Outcome (PEO) [17]                                                                                                        | Are adults exposed to radon at risk for developing lung cancer? [74]                                                                                                                                                                        |
| Expert opinion/policy       | To review and synthesize current expert opinion, text or policy on a certain phenomena                                                                                    | Population, Intervention or Phenomena of Interest, Context (PiCo) [18]                                                                          | What are the policy strategies to reduce maternal mortality in pregnant and birthing women in Cambodia, Thailand, Malaysia and Sri Lanka? [75]                                                                                              |
| Psychometric                | To evaluate the psychometric properties of a certain test, normally to determine how the reliability and validity of a particular test or assessment.                     | Construct of interest or the name of the measurement instrument(s), Population, Type of measurement instrument, Measurement properties [31, 32] | What is the reliability, validity, responsiveness and interpretability of methods (manual muscle testing, isokinetic dynamometry, hand held dynamometry) to assess muscle strength in adults? [76]                                          |
| Prognostic                  | To determine the overall prognosis for a condition, the link between specific prognostic factors and an outcome and/or prognostic/prediction models and prognostic tests. | Population, Prognostic Factors (or models of interest), Outcome (PFO) [20, 34, 35, 36]                                                          | In adults with low back pain, what is the association between individual recovery expectations and disability outcomes? [77]                                                                                                                |
| Methodology                 | To examine and investigate current research methods and potentially their impact on research quality.                                                                     | Types of Studies, Types of Data, Types of Methods, Outcomes [39] (SDMO)                                                                         | What is the effect of masked (blind) peer review for quantitative studies in terms of the study quality as reported in published reports? (question modified from Jefferson 2007) [40]                                                      |

Figura tomada de: Munn, Z., Stern, C., Aromataris, E. et al. What kind of systematic review should I conduct? A proposed typology and guidance for systematic reviewers in the medical and health sciences. BMC Med Res Methodol 18, 5 (2018).

“¿Dar un folleto informativo sobre la diabetes mellitus a los pacientes tiene algún efecto sobre sus valores de hemoglobina a1c?”



“¿Dar un folleto informativo sobre la diabetes mellitus a los pacientes tiene algún efecto sobre sus valores de hemoglobina a1c?”



→ (pacientes que no han recibido el folleto, o que han recibido uno distinto)

Utilitzant el mapa mental o la matriu, buscarem **sinònims** i/o **alternatives** a tot allò que haguem dit.

Si necessitem ser exhaustius, és MOLT important combinar estratègies de cerca en llenguatge **natural** amb cerques en llenguatge **controlat**.

És **ARA** on entra, necessàriament, el treball amb el PC.  
**TOT** el que hem vist anteriorment ho podem fer “sense la màquina”.

Llenguatge natural: (diabetes mellitus) AND (patient education) AND a1c

**954** documents a PubMed (11/11/24)



(diabetes mellitus) AND (patient education) AND a1c



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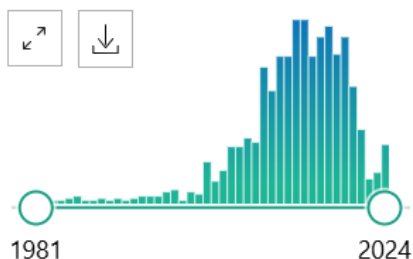
Page

1

of 96



RESULTS BY YEAR



PUBLICATION DATE

☐ 1 year

☐ 5 years



1

Cite

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**Diabetes** self-management education for adults with type 2 **diabetes mellitus**: A systematic review of the effect on glycemic control.

Chrvala CA, Sherr D, Lipman RD.

Patient Educ Couns. 2016 Jun;99(6):926-43. doi: 10.1016/j.pec.2015.11.003. Epub 2015 Nov 22.

PMID: 26658704 [Free article.](#) [Review.](#)

RESULTS: This review included 118 unique interventions, with 61.9% reporting significant changes in **A1C**. Overall mean reduction in **A1C** was 0.74 and 0.17 for intervention and control groups; an average absolute reduction in **A1C** of 0.57. ...CONCLUSIONS: This sy ...



2

Cite

Effect of **diabetes** self-management education on glycemic control in Latino adults with type 2 **diabetes**: A systematic review and meta-analysis.

Hildebrand JA, Billimek J, Lee JA, Sorkin DH, Olshansky EF, Clancy SL, Evangelista LS.

Llenguatge controlat: "Diabetes Mellitus"[Mesh] AND  
"Patient Education Handout" [Publication Type] AND  
"Glycated Hemoglobin"[Mesh]

**27** documents a PubMed (11/11/24)



"Diabetes Mellitus"[Mesh] AND "Patient Education Handout" [Publication Ty

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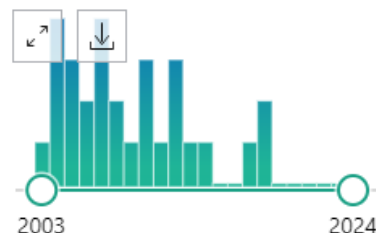
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RESULTS BY YEAR



TEXT AVAILABILITY

- ☐ Abstract
- ☐ Free full text
- ☐ Full text

ARTICLE ATTRIBUTE

- ☐ Associated data

☐ Summaries for patients. Salsalate for type 2 diabetes mellitus.

1 [No authors listed]

Cite Ann Intern Med. 2013 Jul 2;159(1):l-32. doi: 10.7326/0003-4819-159-1-201307020-00001.

PMID: 23817718 Free article. No abstract available.

Share

☐ Hemoglobin A1c Targets for Nonpregnant Adults With Type 2 Diabetes Mellitus.

2 [No authors listed]

Cite Ann Intern Med. 2018 Apr 17;168(8). doi: 10.7326/P18-0003. Epub 2018 Mar 6.

PMID: 29507947 Free article. No abstract available.

Share

☐ Cost-Effectiveness of Individualized Management of Diabetes Among U.S. Adults.

3 [No authors listed]

Cite Ann Intern Med. 2018 Feb 6;168(3). doi: 10.7326/P17-9050. Epub 2017 Dec 12.

PMID: 29230474 Free article. No abstract available.

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Hem vist que “Patient Education Handout”, com a tipus de publicació (tot i localitzar-lo al MESH) ens està donant **silenci**?

Considereu que “Glycated Hemoglobin” és un descriptor que respon a la nostra necessitat?

"Diabetes Mellitus"[Mesh] AND "Patient Education as Topic"[Mesh] AND "Glycated Hemoglobin"[Mesh]

**1.477** documents a PubMed (11/11/24)



"Diabetes Mellitus"[Mesh] AND "Patient Education as Topic"[Mesh] AND "Gly



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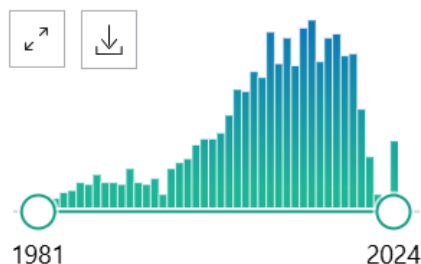
Page

1

of 148



RESULTS BY YEAR



PUBLICATION DATE

☐ 1 year

☐ 5 years



Diagnosis and classification of diabetes mellitus: new criteria.

1

Mayfield J.

Cite

Am Fam Physician. 1998 Oct 15;58(6):1355-62, 1369-70.

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PMID: 9803200

[Free article.](#)

[Review.](#)



Patient Education Interventions Improve A1C Values.

2

Llewellyn S, Neuman M, Lyon C, DeSanto K.

Cite

Am Fam Physician. 2022 Apr 1;105(4):428-429.

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PMID: 35426637

[Free article.](#)

No abstract available.



Diabetes self-management education for adults with type 2 diabetes mellitus: A

Una possible combinació seria: ((diabetes mellitus) AND (patient education) AND a1c) OR ("Diabetes Mellitus"[Mesh]) AND "Patient Education as Topic"[Mesh] AND "Glycated Hemoglobin"[Mesh])

**1.787** documents a PubMed (11/11/24)



((diabetes mellitus) AND (patient education) AND a1c) OR ("Diabetes Mellitu



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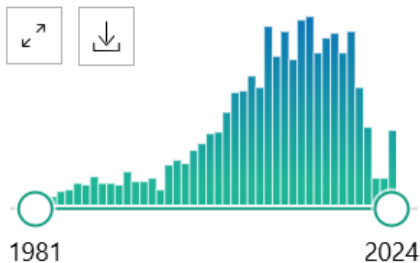
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1

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RESULTS BY YEAR



PUBLICATION DATE

☐ 1 year

☐ 5 years



### Insulin Pumps.

1

Lal R, Leelarathna L.

Cite

Diabetes Technol Ther. 2020 Feb;22(S1):S17-S31. doi: 10.1089/dia.2020.2502.

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PMID: 32069156 [Free PMC article.](#) [Review.](#) No abstract available.



### Diabetes self-management education for adults with type 2 diabetes mellitus: A systematic review of the effect on glycemic control.

2

Chrvala CA, Sherr D, Lipman RD.

Cite

Patient Educ Couns. 2016 Jun;99(6):926-43. doi: 10.1016/j.pec.2015.11.003. Epub 2015 Nov 22.

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PMID: 26658704 [Free article.](#) [Review.](#)

RESULTS: This review included 118 unique interventions, with 61.9% reporting significant changes in **A1C**. Overall mean reduction in **A1C** was 0.74 and 0.17 for intervention and control groups; an average

L'estratègia, només, en llenguatge natural es deixa 833 documents (**46,61%**). L'estratègia, només, en llenguatge controlat es deixa 310 (**32,49%**).

Massa per revisar???

((("Diabetes Mellitus"[Mesh]) AND "Glycated Hemoglobin"[Mesh]) AND "Patient Education as Topic"[Mesh]) OR ((diabetes mellitus) AND (patient education **handout**) AND a1c)

**1.479** documents a PubMed (11/11/24)



(((("Diabetes Mellitus"[Mesh]) AND "Glycated Hemoglobin"[Mesh]) AND "Pati



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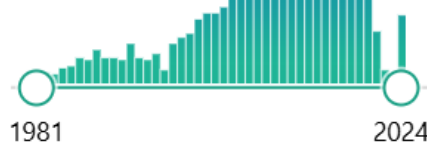
Page

1

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RESULTS BY YEAR



PUBLICATION DATE



1 year



5 years

**Diagnosis and classification of *diabetes mellitus*: new criteria.**

1

Mayfield J.

Cite

Am Fam Physician. 1998 Oct 15;58(6):1355-62, 1369-70.

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PMID: 9803200

**Free article.**

Review.

New recommendations for the classification and diagnosis of **diabetes mellitus** include the preferred use of the terms "type 1" and "type 2" instead of "IDDM" and "NIDDM" to designate the two major types of **diabetes mellitus**; simplification of the diagno ...

**Diabetes self-management education for adults with type 2 *diabetes mellitus*: A systematic review of the effect on glycemic control.**

2

Cite

Chrvala CA, Sherr D, Lipman RD.

Patient Educ Couns. 2016 Jun;99(6):926-43. doi: 10.1016/j.pec.2015.11.003. Epub 2015 Nov 22.

Massa per revisar???

((("Diabetes Mellitus"[Mesh]) AND "Glycated Hemoglobin"[Mesh]) AND "Patient Education as Topic"[Mesh] AND **handout**) OR ((diabetes mellitus) AND (patient education **handout**) AND a1c)

4 documents a PubMed (11/11/24)



((("Diabetes Mellitus"[Mesh]) AND "Glycated Hemoglobin"[Mesh]) AND "Pati



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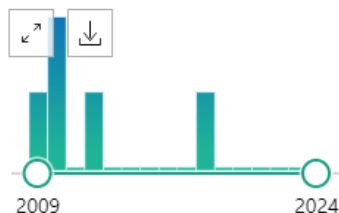
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RESULTS BY YEAR



TEXT AVAILABILITY

- ☐ Abstract
- ☐ Free full text
- ☐ Full text

ARTICLE ATTRIBUTE

- ☐ Associated data

ARTICLE TYPE

☐ [Promoting physical activity for persons with \*\*diabetes\*\*.](#)

1 Diedrich A, Munroe DJ, Romano M.

Cite Diabetes Educ. 2010 Jan-Feb;36(1):132-40. doi: 10.1177/0145721709352382. Epub 2009 Dec 17.

PMID: 20019197 Clinical Trial.

Share PURPOSE: The purpose of this study was to evaluate the effectiveness of a self-help physical activity program for persons with type 2 **diabetes**. Effectiveness was measured by cardiovascular indicators, hemoglobin **A1C**, anthropometric indicators, and activity levels. M ...

☐ [Hemoglobin \*\*A1c\*\* Targets for Nonpregnant Adults With Type 2 \*\*Diabetes Mellitus\*\*.](#)

2 [No authors listed]

Cite Ann Intern Med. 2018 Apr 17;168(8). doi: 10.7326/P18-0003. Epub 2018 Mar 6.

PMID: 29507947 **Free article.** No abstract available.

Share

☐ [Structured self-management education maintained over two years in insufficiently controlled type 2 \*\*diabetes\*\* patients: the ERMIES randomised trial in Reunion Island.](#)

3 Debussche X, Collin F, Fianu A, Balcou-Debussche M, Fouet-Rosiers I, Koleck M, Favier F.

Share Cardiovasc Diabetol. 2012 Aug 2;11:91. doi: 10.1186/1475-2840-11-91.

Massa pocs???

((("Diabetes Mellitus"[Mesh]) AND "Glycated Hemoglobin"[Mesh]) AND "Patient Education as Topic"[Mesh] AND (**leaflet** OR **flyer** OR handout OR **pamphlet**)) OR ((diabetes mellitus) AND (patient education) AND (**leaflet** OR **flyer** OR handout OR **pamphlet**) AND a1c)

**30** documents a PubMed (11/11/24)

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RESULTS BY YEAR



TEXT AVAILABILITY

- ☐ Abstract
- ☐ Free full text
- ☐ Full text

ARTICLE ATTRIBUTE

- ☐ Associated data

ARTICLE TYPE

- ☐ Books and Documents

**Impact of written information on control and adherence in type 2 diabetes.**

1

Caetano IRCES, Santiago LM, Marques M.

Cite

Rev Assoc Med Bras (1992). 2018 Feb;64(2):140-147. doi: 10.1590/1806-9282.64.02.140.

Share

PMID: 29641669

Free article.

Clinical Trial.

INTRODUCTION: **Diabetes** therapeutic education and information by **leaflets** is important. ...At the first appointment, patients were randomized in four groups (three intervention with validated **leaflets** and one control), **leaflet** reading being reinforced a ...

**Influence of diabetic education on patient metabolic control.**

2

Mollaoğlu M, Beyazit E.

Cite

Appl Nurs Res. 2009 Aug;22(3):183-90. doi: 10.1016/j.apnr.2007.12.003. Epub 2009 Jan 14.

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PMID: 19616166

Clinical Trial.

This study was conducted for the purpose of examining the effect of planned education given to persons with type 2 **diabetes mellitus** (DM) on their metabolic control. The method of the study was a randomly controlled clinical trial. ...The educational program consist ...

**Forging New paths in Diabetes PrevenTion (FINDIT): Study Protocol for a Randomized Controlled Trial.**

3

Kullgren JT, Youles B, Shetty S, Richardson C, Fagerlin A, Heisler M.

Cite

Trials. 2017 Apr 8;18(1):167. doi: 10.1186/s13063-017-1887-6.

O...

((("Diabetes Mellitus"[Mesh]) AND "Glycated Hemoglobin"[Mesh]) AND **a1c** AND "Patient Education as Topic"[Mesh] AND (**leaflet** OR **flyer** OR handout OR **pamphlet** OR “**educational material**”)) OR ((diabetes mellitus) AND (patient education) AND (**leaflet** OR **flyer** OR handout OR **pamphlet** OR “**educational material**”)) AND a1c)

**20** documents a PubMed (11/11/24)



(((("Diabetes Mellitus"[Mesh]) AND "Glycated Hemoglobin"[Mesh]) AND a1c /



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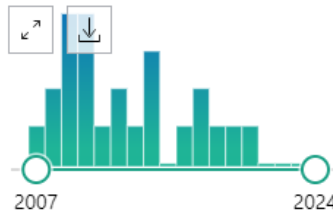
Page

1

of 2



RESULTS BY YEAR



TEXT AVAILABILITY

- ☐ Abstract
- ☐ Free full text
- ☐ Full text

ARTICLE ATTRIBUTE

- ☐ Associated data

ARTICLE TYPE

☐ [Influence of diabetic education on patient metabolic control.](#)

1 Mollaoğlu M, Beyazit E.

Cite Appl Nurs Res. 2009 Aug;22(3):183-90. doi: 10.1016/j.apnr.2007.12.003. Epub 2009 Jan 14.

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2

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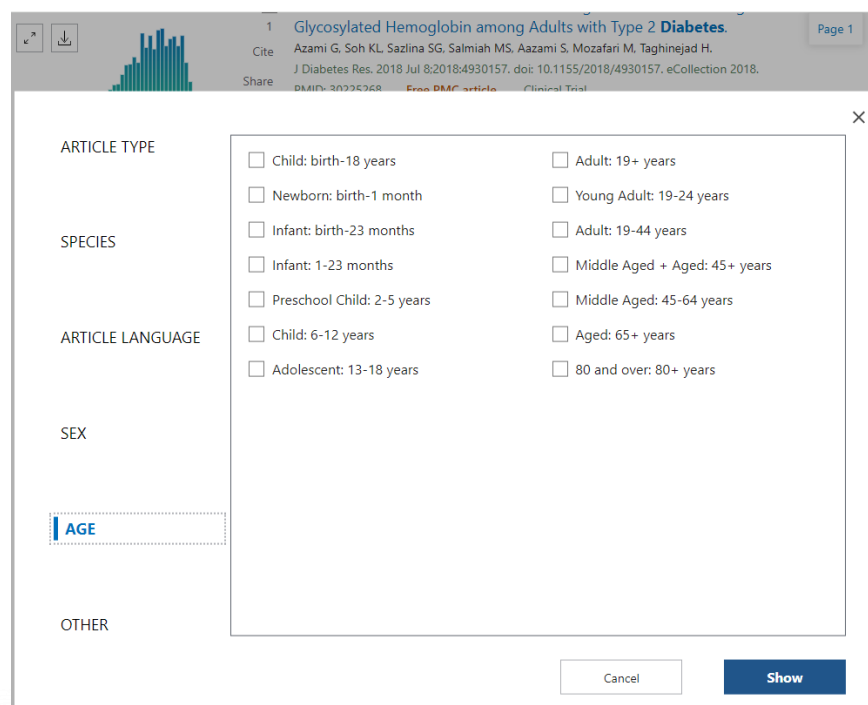
PMID: 28388933 [Free PMC article.](#) Clinical Trial.

BACKGROUND: Prediabetes is an asymptomatic condition in which patients' blood glucose levels are higher than normal but do not meet diagnostic criteria for type 2 **diabetes mellitus** (T2DM). A key window of opportunity to increase engagement of patients with prediabet ...

☐ [Technology-Intensified \*\*Diabetes\*\* Education Study \(TIDES\) in African Americans with type 2 \*\*diabetes\*\*: study protocol for a randomized controlled trial](#)

2

Recordeu que, a més, podeu acotar els resultats utilitzant els filtres de la part esquerra de la pantalla:



The screenshot shows a search results page for the article "Glycosylated Hemoglobin among Adults with Type 2 Diabetes." by Azami G. et al. A filter modal is open, displaying various filters on the left and a list of age groups on the right. The "AGE" filter is selected and highlighted with a blue bar. The "Show" button is highlighted in blue.

**ARTICLE TYPE**

**SPECIES**

**ARTICLE LANGUAGE**

**SEX**

**AGE**

**OTHER**

☐ Child: birth-18 years

☐ Newborn: birth-1 month

☐ Infant: birth-23 months

☐ Infant: 1-23 months

☐ Preschool Child: 2-5 years

☐ Child: 6-12 years

☐ Adolescent: 13-18 years

☐ Adult: 19+ years

☐ Young Adult: 19-24 years

☐ Adult: 19-44 years

☐ Middle Aged + Aged: 45+ years

☐ Middle Aged: 45-64 years

☐ Aged: 65+ years

☐ 80 and over: 80+ years

Cancel Show

I que podeu ordenar els resultats i canviar la visualització utilitzant desplegable de la part superior dreta de la pantalla:

The screenshot displays the PubMed search results interface. At the top, the NIH logo and search bar are visible. The search query is "(((Diabetes Mellitus[Mesh]) AND "Glycated Hemoglobin"[Mesh]) AND a1c /". Below the search bar, there are buttons for "Save", "Email", and "Send to". The "Sort by" dropdown menu is open, showing options: "Best match", "Most recent", "Publication date", "First author", and "Journal". The "Display options" dropdown menu is also open, showing options: "Summary", "Abstract", "PubMed", and "PMID". The "Publication date" and "Abstract" options are highlighted. On the left side, there is a "RESULTS BY YEAR" bar chart showing the distribution of results from 2007 to 2024. Below the chart, there are checkboxes for "Abstract", "Free full text", and "Full text". At the bottom, there is a section for "ARTICLE ATTRIBUTE" with a checkbox for "Associated data". The main results list shows 20 results, with the first two results displayed. The first result is "Influence of diabetic education on patient metabolic control." by Mollaoğlu M, Beyazit E. The second result is "Forging New paths in Diabetes PrevenTion (FINDIT): Study Protocol for a Randomized Controlled Trial." by Kullgren JT, Youles B, Shetty S, Richardson C, Fagerlin A, Heisler M.

També podeu recòrrer a gent experta:

<https://sites.google.com/a/york.ac.uk/issg-search-filters-resource/>

<https://searchfilters.cadth.ca/>

Per exemple, si necessiteu trobar guies d'un determinat tema, haurieu de buscar el tema AND:

"Clinical protocols"[MESH] OR "Consensus"[MESH] OR "Consensus development conferences as topic"[MESH] OR "Critical pathways"[MESH] OR "Guidelines as topic" [Mesh:NoExp] OR "Practice guidelines as topic"[MESH] OR "Health planning guidelines"[MESH] OR "Clinical Decision Rules"[MESH] OR "guideline"[pt] OR "practice guideline"[pt] OR "consensus development conference"[pt] OR "consensus development conference, NIH"[pt] OR "position statement\*"[tiab] OR "policy statement\*"[tiab] OR "practice parameter\*"[tiab] OR "best practice\*"[tiab] OR standards[TI] OR guideline[TI] OR guidelines[TI] OR standards[ot] OR guideline[ot] OR guidelines[ot] OR guideline\*[cn] OR standards[cn] OR consensus\*[cn] OR recommendat\*[cn] OR "practice guideline\*"[tiab] OR "treatment guideline\*"[tiab] OR CPG[tiab] OR CPGs[tiab] OR "clinical guideline\*"[tiab] OR "guideline recommendation\*"[tiab] OR consensus\*[tiab] OR ((critical[tiab] OR clinical[tiab] OR practice[tiab]) AND (path[tiab] OR paths[tiab] OR pathway[tiab] OR pathways[tiab] OR protocol\*[tiab] OR bulletin[tiab] OR bulletins[tiab])) OR recommendat\*[ti] OR recommendat\*[ot] OR (care[tiab] AND (standard[tiab] OR path[tiab] OR paths[tiab] OR pathway[tiab] OR pathways[tiab] OR map[tiab] OR maps[tiab] OR plan[tiab] OR plans[tiab])) OR (algorithm\*[tiab] AND (screening[tiab] OR examination[tiab] OR test[tiab] OR tested[tiab] OR testing[tiab] OR assessment\*[tiab] OR diagnosis[tiab] OR diagnoses[tiab] OR diagnosed[tiab] OR diagnosing[tiab])) OR (algorithm\*[tiab] AND (pharmacotherap\*[tiab] OR chemotherap\*[tiab] OR chemotreatment\*[tiab] OR therap\*[tiab] OR treatment\*[tiab] OR intervention\*[tiab]))

I/o fer un peer review de l'estratègia:  
“PRESS Peer Review of Electronic Search Strategies:  
2015 Guideline Statement”:  
<https://www.sciencedirect.com/science/article/pii/S0895435616000585>

...

**Table 1.** PRESS 2015 Guideline Evidence-Based Checklist

|                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|-------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Translation of the research question                                    | <ul style="list-style-type: none"> <li>• Does the search strategy match the research question/PICO?</li> <li>• Are the search concepts clear?</li> <li>• Are there too many or too few PICO elements included?</li> <li>• Are the search concepts too narrow or too broad?</li> <li>• Does the search retrieve too many or too few records? (Please show number of hits per line.)</li> <li>• Are unconventional or complex strategies explained?</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Boolean and proximity operators<br>(these vary based on search service) | <ul style="list-style-type: none"> <li>• Are Boolean or proximity operators used correctly?</li> <li>• Is the use of nesting with brackets appropriate and effective for the search?</li> <li>• If NOT is used, is this likely to result in any unintended exclusions?</li> <li>• Could precision be improved by using proximity operators (eg, adjacent, near, within) or phrase searching instead of AND?</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Subject headings (database specific)                                    | <ul style="list-style-type: none"> <li>• Is the width of proximity operators suitable (eg, might adj5 pick up more variants than adj2)?</li> <li>• Are the subject headings relevant?</li> <li>• Are any relevant subject headings missing; for example, previous index terms?</li> <li>• Are any subject headings too broad or too narrow?</li> <li>• Are subject headings exploded where necessary and vice versa?</li> <li>• Are major headings ("starring" or restrict to focus) used? If so, is there adequate justification?</li> <li>• Are subheadings missing?</li> <li>• Are subheadings attached to subject headings? (Floating subheadings may be preferred.)</li> <li>• Are floating subheadings relevant and used appropriately?</li> </ul>                                                                                                                                                                                                                   |
| Text word searching (free text)                                         | <ul style="list-style-type: none"> <li>• Are both subject headings and terms in free text (see the following) used for each concept?</li> <li>• Does the search include all spelling variants in free text (eg, UK vs. US spelling)?</li> <li>• Does the search include all synonyms or antonyms (eg, opposites)?</li> <li>• Does the search capture relevant truncation (ie, is truncation at the correct place)?</li> <li>• Is the truncation too broad or too narrow?</li> <li>• Are acronyms or abbreviations used appropriately? Do they capture irrelevant material? Are the full terms also included?</li> <li>• Are the keywords specific enough or too broad? Are too many or too few keywords used? Are stop words used?</li> <li>• Have the appropriate fields been searched; for example, is the choice of the text word fields (.tw.) or all fields (.af.) appropriate? Are there any other fields to be included or excluded (database specific)?</li> </ul> |
| Spelling, syntax, and line numbers                                      | <ul style="list-style-type: none"> <li>• Should any long strings be broken into several shorter search statements?</li> <li>• Are there any spelling errors?</li> <li>• Are there any errors in system syntax; for example, the use of a truncation symbol from a different search interface?</li> <li>• Are there incorrect line combinations or orphan lines (ie, lines that are not referred to in the final summation that could indicate an error in an AND or OR statement)?</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Limits and filters                                                      | <ul style="list-style-type: none"> <li>• Are all limits and filters used appropriately and are they relevant given the research question?</li> <li>• Are all limits and filters used appropriately and are they relevant for the database?</li> <li>• Are any potentially helpful limits or filters missing? Are the limits or filters too broad or too narrow? Can any limits or filters be added or taken away?</li> <li>• Are sources cited for the filters used?</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |

Abbreviation: PICO, population/problem, intervention/exposure, comparison, outcome.

From reference [6]. © 2015 CADTH. Reprinted with permission.

# 3

**Compleció dels resultats  
de cerca**

Hem desterrar la idea de que fent una cerca, per molt bona que sigui, ja tenim tots els resultats que ens interessin. La cerca, pròpiament dita, només és la principal font de referències, però hi han més.

Per exemple: la **navegació** entre les cites i les referències.

Randomized Controlled Trial > Trials. 2017 Apr 8;18(1):167. doi: 10.1186/s13063-017-1887-6.

## Forging New paths in Diabetes PrevenTion (FINDIT): Study Protocol for a Randomized Controlled Trial

Jeffrey T Kullgren<sup>1 2 3</sup>, Bradley Youles<sup>4</sup>, Shaina Shetty<sup>4</sup>, Caroline Richardson<sup>5 6</sup>, Angela Fagerlin<sup>7 8</sup>, Michele Heisler<sup>4 9 5 10</sup>

Affiliations + expand

PMID: 28388933 PMCID: PMC5385070 DOI: 10.1186/s13063-017-1887-6

[Free PMC article](#)

### Abstract

**Background:** Prediabetes is an asymptomatic condition in which patients' blood glucose levels are higher than normal but do not meet diagnostic criteria for type 2 diabetes mellitus (T2DM). A key window of opportunity to increase engagement of patients with prediabetes in strategies to prevent T2DM is when they are screened for T2DM and found to have prediabetes, yet the effects of this screening and brief counseling are unknown.

**Methods:** In this parallel-design randomized controlled trial we will recruit 315 non-diabetic patients from the Ann Arbor VA Medical Center (AAVA) who have one or major risk factors for T2DM and an upcoming primary care appointment at the AAVA, but have not had a hemoglobin A1c (HbA1c) test to screen for T2DM in the previous 12 months. After informed consent, participants will complete a baseline survey and be randomly assigned to, at the time of their next primary care appointment, one of two arms: (1) to have a hemoglobin A1c (HbA1c) test to screen for T2DM and receive brief, standardized counseling about these results or (2) to review a brochure about clinical preventive services. Participants will complete surveys 2 weeks, 3 months, and 12 months after their primary care appointment, and a weight measurement 12 months after their primary care appointment. The primary outcome is weight change after 12 months. The secondary outcomes are changes in

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També podem localitzar referències interessants per **similitud**.

Randomized Controlled Trial > Trials. 2017 Apr 8;18(1):167. doi: 10.1186/s13063-017-1887-6.

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References

I, evidentment, podem consultar **altres** bases de dades.

Per això, pot ser **no cal repetir**, desde 0, tot el treball amb l'estratègia...

### 3. Compleció dels resultats de cerca

60

#### Polyglot

Your query

☐ Replace Line References

```
1 (((("Diabetes Mellitus"[Mesh]) AND "Glycated Hemoglobin A"[Mesh]) AND "Patient Education as Topic"[Mesh] AND (leaflet OR flyer OR handout OR pamphlet))) OR (((diabetes mellitus) AND (patient education) AND (leaflet OR flyer OR handout OR pamphlet) AND a1c))
```

Open Query in SearchRefiner

Import Search From .txt File

▼ Cochrane Library

```
((([mh "Diabetes Mellitus"]) AND [mh "Glycated Hemoglobin A"]) AND [mh "Patient Education as Topic"] AND (leaflet OR flyer OR handout OR pamphlet )) OR ((  
"diabetes mellitus" ) AND ("patient education" ) AND (leaflet OR flyer OR handout OR pamphlet ) AND a1c )
```

▼ Embase (Elsevier)

<https://polyglot-beta.netlify.app/>

# 4

## L'elefant a l'ascensor: la IA

Sóc usuari de diverses plataformes com ChatGPT (versions 3.5, 4 i 4o), Elicit, ChatPDF, etc.

Per exemple, en ChatGPT, la utilitat del que trobo varia MOLT en funció de la versió.

Per exemple, en la cerca que hem fet abans, ChatGPT 4o (la millor disponible actualment):

- M'ha recomanat un sinònim d'un concepte: "educational material". La seva inclusió ha augmentat en 1 els resultats; afegint un document que tracta de materials educatius sense especificar quins tipus de materials són. "Information pamphlet" no ha aportat cap resultat nou.



**Sugerencia adicional:**

Podría ser útil añadir algunos sinónimos o términos relacionados adicionales para captar una gama más amplia de estudios. Por ejemplo, podrías considerar incluir términos como "educational material" o "information pamphlet".

- M'ha preguntat si volia que fes ell/ella mateix/a la cerca a PubMed. Li he dit que sí, i em respon que ha tingut 3.350 resultats. Eren 20. Què estarà mirant? No em puc fiar de les seves conclusions doncs no sé que està mirant.



Se ha buscado 2 sitios

La búsqueda en PubMed usando la estrategia proporcionada arrojó un total de aproximadamente 3,350 resultados relevantes. Estos estudios indican que la educación del paciente, incluyendo la entrega de folletos informativos, puede tener un impacto positivo en la gestión de la diabetes mellitus tipo 2, mejorando los niveles de hemoglobina A1c. La combinación de materiales impresos con otros métodos educativos, como sesiones presenciales y programas de seguimiento, se ha mostrado especialmente efectiva en la mejora del control glucémico y en el empoderamiento de los pacientes para manejar su condición de manera más efectiva.

# 5

## Conclusions

- 1. Tenim feina abans de començar, necessàriament, amb el PC.**
- 2. No ens podem quedar amb els primers resultats que trobem: sempre es pot millorar. Fins i tot, amb l'ajut o revisió d'altres persones.**
- 3. Les bases de dades ens donen funcionalitats que van més enllà de la pròpia cerca.**
- 4. La IA ens ajuda? Sí. Fa la feina per nosaltres? No. I és imprescindible entendre com funciona.**

# Gràcies!

Recordeu que podeu contactar amb mi a  
[marcos.catalan@sjd.es](mailto:marcos.catalan@sjd.es) o [uti.biblioteca@sjd.es](mailto:uti.biblioteca@sjd.es).  
També al telèfon 673 374 195.

**SJD** Parc Sanitari  
Sant Joan de Déu

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08830 Sant Boi de Llobregat  
T. 936 615 208  
pssjd@pssjd.org  
[www.pssjd.org](http://www.pssjd.org)