

informedhealthonline.org
INDEPENDENT, OBJECTIVE AND EVIDENCE-BASED

Evidence-based Medicine

How our information is produced: Our methods

"Evidence-based" means: supported by scientific evidence and proof. Most people who are interested in evidence-based health information already know this. Yet: How is our evidence-based health information actually produced in detail? What individual steps are necessary? Who reviews or tests the contents? How does the information stay up-to-date? We explain our methods using an easy-to-read diagram.

Read more here to find out about how we produce evidence-based information (URL: <http://www.informedhealthonline.org/index.643.en.html>)

The basic principles of evidence-based medicine

Do you know the trick with the spoon in the top of the champagne bottle? A spoon put into an opened champagne bottle is supposed to keep the champagne fresh and bubbly for longer. How can you test if that is true? And what has that got to do with evidence-based medicine?

Read more here about the basics of evidence-based medicine (URL: <http://www.informedhealthonline.org/index.433.en.html>)

Why is it important for people to be "randomized" in trials?

The story of an important large randomized trial from 1954 shows the importance of "randomizing" people in trials. The trial tested the use of high levels of oxygen in incubators for preterm babies and found that it was causing blindness in many babies. This was used for many years without being adequately tested.

A cautionary tale of medically-caused blindness (URL: <http://www.informedhealthonline.org/index.434.en.html>)

Is it possible to find out in trials whether a treatment has a benefit based solely on measured data?

Readings like blood pressure or cholesterol levels are important in the field of medicine. But can they also predict how a particular treatment affects events that are critical to patients, like heart attacks or broken bones?

You can read more here about the use of readings in testing treatments (URL: <http://www.informedhealthonline.org/index.603.en.html>)

The German Institute for Quality and Efficiency in Health Care (IQWiG)

The German Institute for Quality and Efficiency in Health Care (IQWiG) was established by legislation to provide evaluations of the effectiveness, quality and efficiency of healthcare services. This includes the assessment of medicines as well as the publication of health information for consumers and patients.

Evidence basis of our health information

Our information is based primarily on systematic reviews of the effects of health care. Systematic reviews are necessary to gain an objective picture of health care. In order to do this, a clear question is formulated. Researchers then find all the relevant studies that could answer this question. They then evaluate those studies.

You can find a list of the evidence and other scientific literature on which this information is based at **www.informedhealthonline.org**

Disclaimer

This information was prepared and published by the German Institute for Quality and Efficiency in Health Care (IQWiG). It is based on the evidence and other scientific literature available at the time of publication. The information is intended for the use of patients in Germany. It is not intended to for use to diagnose illnesses and the information is not intended to substitute for medical advice.