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INDEPENDENT, OBJECTIVE AND EVIDENCE-BASED

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 "randomised" in trials?**

The story of an important large randomised trial from 1954 shows the importance of "randomising" 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>)

**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](http://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.