



Evidence Based Practice Resources

Finding Quality Research

Red Flags

Did the researcher pay to have it published? Sometimes called “Open Access”
The researcher did not disclose conflicts of interest.
Is the title sensational headline news?

Yellow Flags

How old is this research?
Is it a Case Report?
Is it a commentary, not a research study?

Green Flags

Is it published in a peer-reviewed journal?
Is there other research reaching a similar conclusion (replicated)?
Is it on Pub Med or another reliable source? e.g., CINAHL, Cochrane, PEDro, APTA
Is it a registered Systematic Review?
What is the research design/methodology?
 Randomized Controlled Trial (RCT) is the gold standard
 Is the sample size logical for the research question and results?

APTA

<https://www.apta.org/patient-care/evidence-based-practice-resources>



APTA> Select ‘Patient Care’ > Select ‘Evidence-Based Practice Resources’

Contains links to Clinical Practice Guidelines, article searches, Guide to Physical Therapy Practice, Tests and Measures, Rehabilitation Reference Center, Foundation for Physical Therapy

Research, Interventions, Clinical Summaries, PTJ: Physical Therapy and Rehabilitation Journal as well as CINAHL and EBSCO.

CINAHL indexes the top nursing and allied health literature available including nursing journals and publications from the National League for Nursing and the American Nurses Association.

EBSCO is a provider of free online research content used by academic, school, and public libraries; healthcare and medical institutions; corporations; and government agencies around the world.

Pub Med

<https://pubmed.ncbi.nlm.nih.gov>



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FAQ and User Guide addresses many questions including:

- How do I search Pub Med?
- Getting email updates when new results are available for my search
- How to get access to full text articles

PEDro: Physiotherapy Evidence Database

<https://pedro.org.au/>



PEDro is a database of randomized controlled trials, systematic reviews and evidence-based clinical practice guidelines in physical therapy. PEDro has three search pages advanced, simple and consumer. Advanced Search contains thirteen fields to define search terms. If you are just beginning your search start with Simple Search which contains a single text field. PEDro has a frequently asked questions section, an excellent resource to better understand the requirements and rating scales used to develop their database.

Shirley Ryan Ability Lab

<https://www.sralab.org/rehabilitation-measures>



Enter search terms directly in the search bar at the top or apply filters to refine your search. Additionally, links to population specific tools are located further down the page.