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# Keele Critically Appraised Topic (CAT Form)

The text in dark grey / black is to help guide you through and complete the CAT template. Please delete the grey text before you send your CAT for review. Put all abbreviations in full first as it may be read by clinicians and patients that may not have the same expertise as you have. Please check your document is ‘accessible’ by using the accompanying Document Accessibility Guide. Font should be no smaller than 12 in Arial or Calibri font.

Insert CAT picture and text which best reflects your clinical bottom line- you will find the picture at the end of this document

## Clinical Question

Please state your clinical question

## Clinical bottom line

Ensure you answer your specific question posed above. Make a comment about what you expect to occur in clinical practice as a result e.g. practice remains unchanged, additional training needs to occur.

## Plain language summary

Please describe your question and the clinical bottom line in easy to understand, plain language.

## Why is this important?

State why your question is important. Have you noticed clinical inconsistencies or variation in practice? Is there a cost to the NHS, is it a particular clinical interest to your group? Give your readers an idea of why you chose this question.

## Search timeframe (e.g. 2013-2013)

State the dates you wish your search to cover

## Search criteria

|  |  |  |
| --- | --- | --- |
| **Population Intervention Comparison Outcomes (PICO) themes** | **Description** | **Search terms** |
| Population and Setting  E.g. adults with OA, primary care |  |  |
| Intervention or Exposure  (i.e. what is being tested)  e.g. manual therapy |  |  |
| Comparison, if any  e.g. usual care, leaflet |  |  |
| Outcomes of interest  e.g. Visual analogue scale, Range of motion |  |  |
| Types of studies  e.g. Randomised Controlled Trails, Systematic reviews |  |  |

## Databases searched

Include the databases searched, below are examples of databases you may use:

Clinical Knowledge Summaries (CKS), Physiotherapy Evidence Database (PEDro), British Medical Journal (BMJ) Updates, Clinical Evidence, Translation of Research into Practice (TRIP) Database, National Institute for Clinical Excellence (NICE), Health Technology Assessment (HTA), Bandolier, The Cochrane Library, Medline, Cinahl, Embase, PsycInfo, Professional websites, Joanna Briggs Institute, Web of Science, Sports discus and Pub Med

## Date of search

Please state the date the librarian undertook your search if possible.

## Results of the search: include the number in each box

There were x number of unique downloaded studies. There were x number of relevant studies. There were x numbers included and their critical appraisal is included in Table 1. There were x excluded studies.

## Table 1- Detail of included studies

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **First author, year and type of study** | **Population and setting** | **Intervention or exposure tested** | **Study results** | **Assessment of quality and comments** |
| Is it a randomised controlled trial or systematic review? | What type patients were included?  Where was it undertaken?  Primary Care, secondary, UK or another country?  How many studies in the systematic review? | Describe the intervention briefly | Brief overview of the results | Your judgment of the quality of the studies  The Critically Appraised Skills Programme (CASP) tool, may help you to generate comments  [**http://www.casp-uk.net**](http://www.casp-uk.net) |

# Summary

This should be a brief summary of the table above

# Implications for practice

Make a comment on the implications for clinical practice in light of the evidence. Do we need more research in this area for example?

# What would you post on X (previously Twitter)?

Consider the key messages for an audience on social media

# References

Put in hyperlink to references if you can to help clinicians find the evidence

Please tick the box that best reflects your clinical bottom line and include the picture on page 1

| **CAT image** | **Evidence quality** | **Checkbox** |
| --- | --- | --- |
| This is a green cat with a happy face | Good quality evidence to support use…. |  |
| This is an orange cat with an indifferent face | Insufficient or poor quality evidence OR substantial harms suggest intervention used with caution after discussion with patient… |  |
| This is a red cat with an unhappy face | No good quality evidence, do not use until further research is conducted OR  Good quality evidence to indicate that harms outweigh the benefits…. |  |

**If you require this document in an alternative format, such as large print or a coloured background, please contact health.iau@keele.ac.uk**

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