

# How to Prepare a Journal Club Presentation

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# What is a Journal Club?

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- A journal club has been defined as an educational meeting in which a group of individuals discuss current articles, providing a forum for a collective effort to keep up with the literature.
  - Critically analyzing research to promote a better understanding of the research process and to advocate evidence-based practice.
  - The general purpose of a journal club is to facilitate the review of a specific research study and to discuss implications of the study for clinical practice.
  - There are many advantages of participating in a journal club, including keeping abreast of new knowledge, promoting awareness of current research findings, learning to critique and appraise research, becoming familiar with the best current clinical research, and encouraging research utilization.

## How to Begin a Journal Club?

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- 1. Post and distribute copies of the research article and the journal club discussion questions to interested persons.
- 2. Set up a convenient meeting time and location (monthly, weekly, ...).
- 3. Identify a facilitator for the meeting.
- 4. Hold the journal club (encourage active participation).
- 5. Evaluate the journal club (gather feedback from participants).
- 6. Schedule the next meeting.

## key factors in promoting a successful journal club

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- Promoting interest, attendance, and involvement.
- Having a session leader to start and facilitate discussion.
- Scheduling the journal club at a time and location that are convenient for staff.

# Systematic Approach to Preparing a Journal Club Presentation

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- **I. ARTICLE SELECTION**
- **II. ARTICLE PRESENTATION**
- **III. ARTICLE CRITIQUE**
- **IV. CONCLUSIONS, IMPLICATIONS, AND FUTURE DIRECTIONS**

# ARTICLE SELECTION

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- Journal club presentation rests on the choice of an interesting and well-written paper for discussion.
- McMaster University has created the McMaster Online Rating of Evidence (MORE) system to identify the highest-quality published research. ([http://hiru.mcmaster.ca/more\\_new/](http://hiru.mcmaster.ca/more_new/))
- The American College of Physicians (ACP) Journal Club uses the MORE system to select their articles. <http://annals.org/journalclub.aspx>
- Specific inclusion criteria have been delineated in order to distinguish papers with the highest scientific merit.
- Articles that have passed this screening are then rated by clinicians on their clinical relevance and newsworthiness, using a graded scale.

 **MCMASTER ONLINE RATING OF EVIDENCE (MORE™)**   
Clinical Relevance Online Rating System



**OUR OBJECTIVE...**

The **Health Information Research Unit (HiRU)** at **McMaster University** has developed the McMaster Online Rating of Evidence (MORE™) system to help define the best research to support evidence-based clinical practice, tailored to the individual interests of clinicians. New health care knowledge advances quickly and the marriage of the "Internet Age" and evidence-based health care makes it potentially easier for health care practitioners to keep up to date by matching high-quality evidence with individual practice needs.

Our objective is to supply clinicians with a finite, very manageable stream of high-quality, highly relevant health care literature to replace the "infinite," unmanageable flood of articles that are of lower quality and of less relevance for clinical care.

To learn how you can contribute to and benefit from the MORE process while helping identify the best clinical evidence, click on the appropriate link below.

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*Health Information Research Unit, Department of Clinical Epidemiology and Biostatistics, McMaster University, Faculty of Health Sciences  
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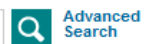


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## ACP Journal Club

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ACP Journal Club summarizes the best new evidence for internal medicine from over 130 clinical journals. Once a bimonthly stand-alone journal, ACP Journal Club is now a monthly feature of Annals of Internal Medicine. Research staff and clinical editors rigorously assess the scientific merit of the medical literature as it is published and a worldwide panel of over 5000 physicians assesses the clinical relevance and newsworthiness of rigorous studies.

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16 February 2016

[Review: More- vs less-intensive BP-lowering regimens reduce major CV events](#)



16 February 2016

[In patients with SBP ≥ 130 mm Hg and CV risk, intensive vs standard BP control reduced CV events and mortality](#)





# ARTICLE PRESENTATION

## Study Background

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- This section provides your audience with the necessary information and context for a thoughtful and critical evaluation of the article's significance.
- The goals are 1) to describe the rationale for and clinical relevance of the study question, and 2) to highlight the preclinical and clinical research that led to the current trial.
- Review the papers referenced in the study's "Background" section as well as previous work by the study's authors.
- It also may be helpful to discuss data supporting the current standard of care against which the study intervention is being measured.

# ARTICLE PRESENTATION

## Study Methodology and Results

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- Clearly describe the study population, including inclusion/exclusion criteria.
- A diagrammatic schema is easy to construct using PowerPoint software and will help to clearly illustrate treatment arms in complex trials.
- Explain the statistical methods, obtaining assistance from a statistician if needed.
- Take this opportunity to verbally and graphically highlight key results from the study, with plans to expand on their significance later in your presentation.

# ARTICLE PRESENTATION

## Author's Discussion

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- Present the authors' conclusions and their perspective on the study results, including explanations of inconsistent or unexpected results.
- Consider whether the conclusions drawn are supported by the data presented.

# ARTICLE CRITIQUE

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- This component of your presentation will define the success of your journal club.
- A useful and widely accepted approach to this analysis has been published in JAMA's series "User's guide to the medical literature."  
<http://jama.jamanetwork.com/article.aspx?articleid=193058>
- In assessing the validity of the study, it is important to assess for potential sources of bias, including the funding sources and authors' affiliations.
- You should plan to discuss the trade-offs between potential benefits of the study intervention versus potential risks and the cost.
- By utilizing the concept of number needed to treat (NNT), one can assess the true impact of the study intervention on clinical practice.



September 13, 2000, Vol 284, No. 10 >

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The Medical Literature | September 13, 2000

# Users' Guides to the Medical Literature XXV. Evidence-Based Medicine: Principles for Applying the Users' Guides to Patient Care

Gordon H. Guyatt, MD, MSc; R. Brian Haynes, MD, PhD; Roman Z. Jaeschke, MD, MSc; Deborah J. Cook, MD, MSc; Lee Green, MD, MPH; C. David Naylor, MD, PhD; Mark C. Wilson, MD, MPH; W. Scott Richardson, MD; for the Evidence-Based Medicine Working Group

JAMA. 2000;284(10):1290-1296. doi:10.1001/jama.284.10.1290.

Text Size: A A A

Article Tables References

## ABSTRACT

ABSTRACT | CLINICAL SCENARIO | INTRODUCTION | TWO FUNDAMENTAL PRINCIPLES OF EBM | CLINICAL SKILLS, HUMANISM, SOCIAL RESPONSIBILITY, AND EBM | ADDITIONAL CHALLENGES FOR EBM | CONCLUSION | REFERENCES

This series provides clinicians with strategies and tools to interpret and integrate evidence from published research in their care of patients. The 2 key principles for applying all the articles in this series to patient care relate to the value-laden nature of clinical decisions and to the hierarchy of evidence postulated by evidence-based medicine. Clinicians need to be able to distinguish high from low quality in primary studies, systematic reviews, practice guidelines, and other integrative research focused on management

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# GUIDELINES FOR CRITIQUING RESEARCH

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- **Description of the Study:** the purpose of the research, the significance of the problem, the research questions, objectives, or hypothesis
  - **Literature Evaluation:** thorough literature review, recent literature, directly relation to the research problem, research citation, the need for this study
  - **Conceptual Framework:** theoretical or conceptual model for the study
  - **Sample:** the subjects, the inclusion criteria, subjects recruitment, sample size, representation
  - **Methods and Design:** data collection, appropriate measures, the validity & the reliability of the instruments
  - **Analysis:** statistical tests & significance
  - **Results:** presentation of the findings, consistent interpretations, conclusions accuracy and relevancy, appropriate recommendations, study limitations
  - **Clinical Significance:** study contribution to the body of knowledge, implications related to practice/education/research, additional questions

# CONCLUSIONS, IMPLICATIONS, AND FUTURE DIRECTIONS

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- Restate the authors' take-home message followed by your own interpretation of the study.
- Provide a personal perspective, detailing why you find this paper interesting or important.
- Do you envision these study results changing the landscape of clinical practice or redirecting research in this field? If so, how?
- In articles about therapy, future directions may include moving the therapy up to first-line setting, assessing the drug in combination regimens or other disease states, or developing same-class novel compounds in the pipeline.

**Thanks for your attention**