**Gul rukh**

**13372**

**Semester 8**

**DPT**

**EBP paper**

**DR.attauallah**

**Question no #1**

**Differentiate between descriptive study and analytical study with the help of example**

**Descriptive study**

Descriptive study aims to accurately and systematically describe a population situation or phenomena

It can answer *what ,when ,where,* when and how questions ,but not why questions.

A descriptive research design can use a wide variety of research methods to investigate one or more variables

**When to use a descriptive research design**

It is useful when not much is known yet about the topic or problem

Before you can research why something happens you need to understand how ,when and where it happens

**Descriptive study method**

Its defines as a type of quantitative research , though qualitative research can also be used fir descriptive purposes

*Surveys*

Allow you to gather data

Respondent answer through suryes or questionnaires or polls

*Observational method*

The most effective method to conduct descriptive research and both quantitative observations and qualitative observations are used in this research method

*Case study method*

Case study lead to hypothesis and widen a further scope of studying a phenomena

**Characteristic of descriptive study**

1. *Qantitative research*
2. *Uncontrolled variables*
3. *Cross sectional studies*
4. *Basis for further research*

**Examples of descriptive study**

* Do customer of company y prefer product y or product x ?
* What are the main genetic behavioural and morphological differences between european wild cat and domestic cats ?
* How prevalent is disease A in population B ?

**Analytical studies**

Testing specific hypothesis

Samples of subjects are identified and information about exposure status and outcome is collected

Two main type

*Cohort study*

*Case study*

***Cohort study***

Participants classified according to exposure status and followed up over time to ascertain outcome

Can be used to find multiple outcomes from a single exposure

***Case control study***

To study rare diseases

To study multiple exposures that may be related to a single outcome

**Examples of analytical stydy**

*Hypothesis ,* people who smoke shisha are more likely to get lung cancer than people who do not smoke shisha .

* Exposure :smoke shisha
* Outcome : lung cancer

*Hypothesis ?*

* Exposure ?
* Outcome ?

**Question no #2**

What are sepecific characteristic of RCT and also explain different types

**RCT**

A study in which people are allocated at random to receive one of several clinical interventions one of these interventions is the standard of comparison or control

**Characteristic of RCT**

* Group are analysed in term of outcome defined at the outset
* There is a focus on the control if bias
* There is random allocation of participants to treatment and or control group
* Both groups are followed up for a specific period

**Classifications**

The major catagories are

*Parallel group*

Each participant is randomly assigned to a group and all the participants in the group recive an interventions

*Crossover*

Over time each participants receive an interventions an interventions in a random sequence

*Cluster*

Pre existing groups of participants are randomly selected to receive an interventions

*Factorial*

Each participants is randomly assigned to a group that receives a particular combinations of interventions or non interventions

**Question no #3**

Write a detail note on selecting and designing a questionnaires ?

**Selecting and desiging a questionnaires**

**Definition**

A questionnaire is a research instrument consisting of a series of questions and other prompts for the purpose if gathering information from respondent

***Important point***

Format of questionnaire attractive and easy for respondents to fill

Over crowding should be avoided

All questions are clearly numbered

Question should be small not too long

Simpl question about

Age ,birth ,date etc should put first

Questions should be close ended possible answer to close ended

Question should be lined vertically

It is necessary to distinguish among key variables explicative and structural variables

Sensitive topic question should be left for the end

Wording if question should be simple

***When to use questionnaire***

When money and resources are limited

When it is necessary to protect the privacy of the participants

When corroborating other findings

***Characteristic of a questionnaire***

* Result can be tabulated
* Standardized across respondents
* Understandable to respondents

***Advantages of questionnaire***

Low cost

Respondents have more time to give well thought answer

Large sampl can be made use of and thus the result can be made more dependable

**Question no #4**

What is systematic review explain?

**Systematic review**

It is a structural review integrating pooling the results of individual studies adressing the same topic

**Characteristic of systematic review**

* Clearly stated set if obhectives with pre defined eligibility criteria of study
* Explicit reproducilble methodology

**Steps in an systematic review**

* Build a review team
* Develop a protocal or plan
* Formulate review question
* Define inclusion and exclusion
* Select studies
* Extract data
* Present result

**Methodolgy**

Atleast 3 reviewers

Detailed description of

Trial design characteristic

Why included or exccluded

Quality of included studies in detail

**Source of articles**

* Electronic data bases
* Bibliograpy of selected articles
* Key infirmations
* Web searching
* Hand searching joirnels
* Gray litreture

**Types of systematic reviews**

* Interventions review

Clinical trials

* Systematic reviews of observational studies

Observational studies

(Crosssectional ,cohort and case study )

* Diagnostic study

Dignostic test accuracy studies

**Question no # 5**

Write down protocol for following conditions in reference to EBP

1. Frozen shoulder
2. Tennis elbow

**Frozen shoulder**

43 patients with a dignosis of primary and secondary frozen shoulder who had symptoms of for an average of 12 months and failed conservative treatment for at least 12 weeks of physical theray were treated with an arthroscopic capsular release

By using this all patients showed good results increase of shoulder range of motion and no pain

*2.tretment with hydraulic distension under local anesthesia*

20 patient with frozen shoulder treated by hydraulic distension of the glenohumeral joint under local anesthsia

The advantages of this modality if treatment are that it is safe has direct immediate result and is cost effective

**Tennis elbow**

It is a common syndrome

Physical method should be selected as initial treatment .immobilisation is the initial advice that most doctors give ultrasound has been found to reduce objective but not subjective treatments like electrotherapy thermotherapy and masaage can be tried

**Cyriax physiotherapy**

One is the cyriax physiotherapy which are commanly use for the treatment of tennis elbow