



# Journal Club 101: Refresher on Critically Reviewing Recently Published Articles

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# Learning Objectives



1. Select an article for journal club presentation
2. Systematically evaluate a piece of literature
3. Prepare an organized journal club handout

Respond at [pollev.com/emilylaswell856](https://pollev.com/emilylaswell856)

Text **EMILYLASWELL856** to **37607** once to join, then **A, B, C, D, or E**

## The last time I completed a journal club was:

Less than 1 year ago **A**

1-5 years ago **B**

5-10 years ago **C**

10-15 years ago **D**

Not sure we can count that high... **E**

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# Table of contents

**01**

## **Purpose**

Why Journal Clubs Exist

**02**

## **Preparing**

Before You Start

**03**

## **Pick It Apart**

Piece by Piece

**04**

## **Put It Together**

Piece by Piece

**05**

## **Practice**

Small Group Work

**06**

## **Poke and Prod**

Q/A



01

# Purpose

Why Journal Clubs Exist



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## The first journal club was completed in:

1796

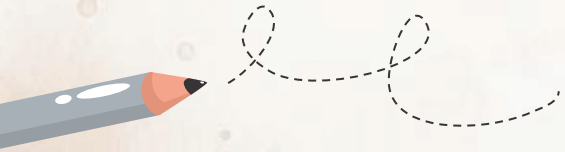
1889

1921

1954

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# History

- Dr. William Osler
- 1875 at McGill University:  
Subscribed to foreign journals  
with colleagues and “shared”
- 1884 at Johns Hopkins: “The First  
Journal Club”
- A desire for knowledge, to keep  
up on current literature



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## My biggest journal club hurdle is:

Choosing an article

Organizing a handout

Interpreting the findings

Verbal presentation skills

Other

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02

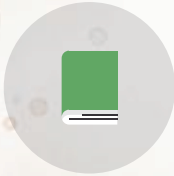
# Preparing

Before You Start



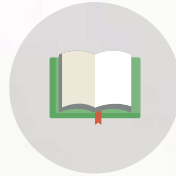


# Getting Started



## Research

Trustworthy journals  
Area of interest  
New/up and coming



## Refresh

Know your topic



## Recognize

Expectations  
Time constraints

# Questions To Ask:

- Who is selecting the topic? Who will select the article?
- How much do I already know about this topic?
- Who is my audience? How much do they know?
- What are the expectations of me?





03

# Pick it Apart

Piece by piece





# Reviewing Your Article



## Read it

For information



## wRite

Begin portions of  
your handout, if  
applicable



## Read it again

For comprehension



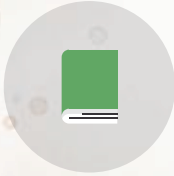
## Reflect

Consider design and  
results



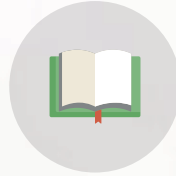


# Background



## Biography

What do we already know about this drug/disease state?



## Body

Present the known body of evidence



## Belonging

Does this fill a gap in the literature? Will it share something new?

Look outside of your article for supportive information

When I say, "statistics," you say:

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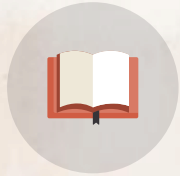
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# Methods



## Study Design

Is there a clear research question?  
Is it appropriate?



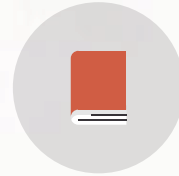
## Population

Is the population appropriate?  
Are inclusion and exclusion criteria reflective of practice?



## Methods

What are the pros and cons?  
What might you do differently?



## P-values

Are the statistics appropriate?  
Is there power?

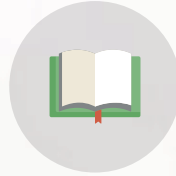


# Results



## Baseline

Were the groups balanced? Will this impact results? Were controls appropriate?



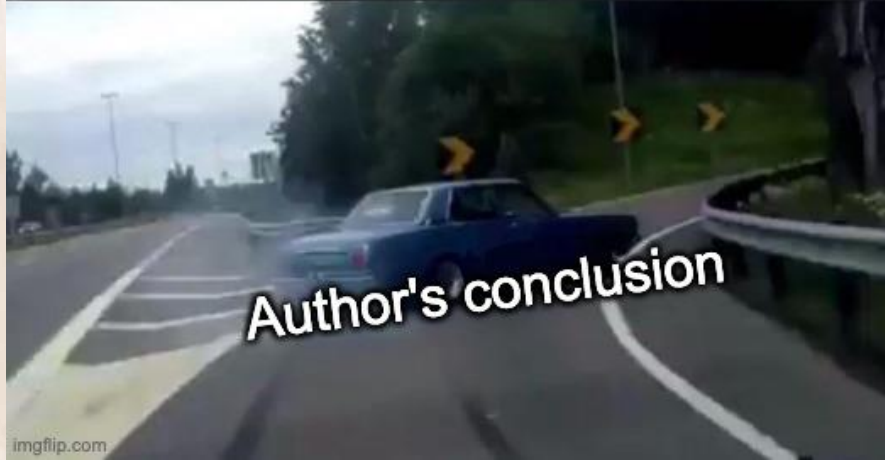
## Efficacy

What did the study say about the intervention?  
What was the NNT?



## Safety

Will safety outcomes impact the use of this therapy? Do they match what I already know is a risk?



# Author's Discussion and Conclusion

- Does it match the results?
- What strengths and limitations were identified?
- Is it appropriate? Do you agree or disagree?



04

# Put it Together

Piece by Piece



**BACKGROUND AND OVERVIEW**

<b>Article Title/Citation</b>	
<b>Background</b>	
<b>Study Objective</b>	
<b>Funding</b>	

**METHODS**

<b>Study Design</b>	
<b>Study Population</b>	
<b>Study Methods</b>	
<b>Statistical Analysis</b>	

**RESULTS**

<b>Enrollment &amp; Baseline Characteristics</b>	
<b>Summary of Primary &amp; Secondary Outcomes</b>	

**AUTHORS' DISCUSSION AND CONCLUSIONS**

<b>Authors' Discussion Points</b>	
<b>Authors' Conclusion</b>	
<b>Author's Strengths and Limitations</b>	

**PERSONAL DISCUSSION AND CONCLUSIONS**

<b>Study Strengths and Limitations</b>	
<b>Personal Conclusions and Recommendations</b>	

References:

# Formatting and Presentation

- Use a template
- Consider bullet points to allow your reader to follow along
- Don't put ALL the words on the handout
- Consider the addition of tables for results

**The most important and valuable portion is your opinion of the literature and how it fits into practice**



Odds ratios, Confidence intervals

The rest of the body of evidence



What should be done next?

# Now What?

Population

**Will it change what I do every day?**

Design and possible flaws

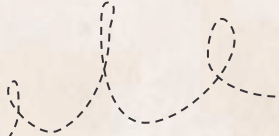
Sample size

Power



Strengths and limitations

Weight of outcomes



**“More research  
should be done.”  
-Everyone. Always**



A pencil with a grey body and orange eraser is shown on the left, with a dashed line trailing from its tip towards the top center of the page.

**“This intervention may be appropriate in patients with refractory depression when other standard of care interventions have failed.”**

**“Future trials should focus on the enrollment of patients with multiple chronic disease states to improve generalizability.”**

**“Patients who have moderate-severe symptoms who would prefer herbal therapies over prescription options can consider trying pomegranate if there are no contraindications or drug interactions.”**

**“Patients with heart failure should strongly consider sacubitril/valsartan due to noted reductions in hospitalizations and mortality.”**



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**I feel more prepared to critically evaluate literature.**

---

True

False

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05

# Practice

Small Group Work



## Small Group Activity

1. Identify 3 people around you
2. Divide your article into sections
3. Read
4. Share



06

# Poke and Prod

Q/A

# References

- Aronson J. Journal clubs: 1. origins. Evid Based Med. 2017;22(6):231. doi: 10.1136/ebmed-2017-110860



# Thanks!

Do you have any questions?

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