

## VOMPTI JOURNAL CLUB

Journal club will take place once per month from September-August. The schedule for the year will be released in August, but can be modified at any time. All residents should be in attendance, faculty and mentors will attend as schedules allow.

For their chosen month, the resident, along with their mentor, will select an article to be presented (see timeline below). The article should relate to the topic of the most recent, or upcoming, course series unless directed by mentor. The resident will present the case via the online discussion board and present the article with a power point to all residents and available mentors/faculty via an online platform.

### ***Timeline:***

*30 days prior to journal club:* submit 3-4 articles to mentor/start discussions with mentor re: topic and case

-Mentor and resident review articles and decide on article to be presented

*1 week prior to journal club:* Send article and discussion questions to residents and faculty

Post case on discussion board (see below)

*1-2 Days prior to journal club:* Online meeting link sent via email to residents and faculty

*Day of journal club:* be prepared to log into meeting 10-15 minutes early to get presentation loaded in order to ensure timely beginning of meeting

## DISCUSSION BOARD

At least one week prior to journal club post the associated case details onto the discussion board. Try to use the clinical reasoning form format for the post. For example: post subjective and objective asterisk signs, differential list, primary hypothesis and also interventions and outcome of treatments. This is meant to give everyone some background for your journal club presentation and meant to begin some discussion between the residents regarding the case (other objective measures to look at, other interventions to try, similar patients, etc). Also, the journal club can focus on the article since the case has already been presented.

## JOURNAL CLUB RESPONSIBILITIES

1. Each resident will present twice. Both presentations will be via the online platform to faculty, other residents and clinical staff at mentoring sites. Following the presentations send a copy to [michael.mcmurray@healthsouth.com](mailto:michael.mcmurray@healthsouth.com)
2. Post the case, discussion questions and the journal club article to the discussion board at least 1 week before the presentation. Monitor and respond to the discussion board.
3. Each person critically reads the assigned article(s), and each resident participates during the presentation.
4. Refer to the guidelines below to guide your presentation.
  - Remember that these are guidelines and parts can be left out depending on your topic. Consult with your mentor or faculty with any questions.
5. Make the presentation as clinically applicable as possible but remember to focus on the article and the critical evaluation of the article.
6. Attempt to promote as much discussion as possible through the presentation. ie: Send out discussion questions prior to presentation, include discussion slides in presentation, etc.
  - Examples of discussion points/questions sent out before presentation:
    - When you read "Plantar Fasciitis" on the prescription & without knowing anything else, what immediately pops up on your differential list?
    - Are there certain subjective/objective key findings that make you rule in/out plantar fasciitis?
    - What have you found to be successful in treating plantar fasciitis/myofascial trigger points?
    - Plantar fasciitis seems to be one of those chronic ailments where patients come to PT in desperation. They have often listened to every family member/friend, seen multiple practitioners, tried everything under the sun & come into the clinic with a huge bag full of different shoes, orthotics, straps, creams, & magic rocks they have tried.
    - How do you approach this patient & convince them your PT is going to be different?

## PRESENTATION (45 MINUTES)

- **Describe your case (2 slides)**
  - Use clinical reasoning form format
    - Present as much of the clinical reasoning form case as necessary to make the presentation clinically applicable, but try to keep the presentation centered on the journal article.
  
- **Describe your research question (1 slide)**
  - PICO (population, intervention, comparison, outcome)
  
- **Describe your search strategy (1 slide)**
  - Search engine used
  - Filters used
  - MESH terms used, etc
  - Number of results, how narrowed to this article
  
- **Describe the study (1 slide)**
  - Describe the main descriptors of the study (type of study, where was the study done if relevant (specialty clinic, population based, multicenter, VA), any other outstanding features (well known author, first of its kind study)
  
- **State the importance of the study (1 slide)**
  - Usually found in the introduction where the authors put their study in the context of other literature.
  - Typically 1-3 sentences
    - *Ex: therapy with statins reduces the risk for stroke among patients with CHD and those at risk for CV disease. No studies thus far show that statin treatment decreases the risk for recurrent stroke among otherwise healthy patients with a history of stroke or TIA.*
  
- **Methods**
  - Describe the methods by going into more detail on the components of the PICO question
    - Some thoughts, don't have to address all of these topics:
      - Did the experimental and control groups start out with a similar prognosis?
      - Were patients randomized?
      - Was randomization concealed?
      - Was there appropriate blinding?
      - Were patients analyzed in the groups to which they were randomized?
      - Were groups similar regarding known prognostic factors?
      - Did experimental and control groups retain a similar prognosis after the study started?
      - Were patients, clinicians, and outcomes assessors aware of group allocation?
      - Was follow up complete?
  
- **Primary Results and Conclusion:**
  - Summarize the results for the primary question, present secondary results if they are relevant.
  - The main question is "if this is true would it be interesting, important or clinically applicable to me and why?"
  - It is sometimes helpful to bring participants eyes to a particular row on a table to a specific graph to illustrate the point.
  - What is the main take home message of the study?
  
- **Clinical Applicability:**
  - How do the findings of the study relate to your patient case?

- How did you apply the findings to your case and what were the outcomes?
- How do the findings of the study change, or support, your clinical practice presently and in the future?
- What specific clinical implications does this study propose to you?