

Trusted evidence.
Informed decisions.
Better health.



一、簡介 Introduction

THE COCHRANE LIBRARY內容為何？

The Cochrane Library為收集不同的高品質及獨立證據的資料庫，提供做為健康決策的資料。許多對「實證醫學健康照顧」感興趣者均廣為使用，包括消費者、臨床醫師、政策制定者、研究人員、教育人員、學生和其他人士：

Cochrane Database of Systematic Reviews (Cochrane Reviews)

The Cochrane Collaboration的主要成果。每一篇Cochrane評論均鑑定一項特定疾病(或其他醫療保健問題)之醫療介入方式，並藉由摘述隨機對照試驗之研究成果判斷該醫療介入方式是否有效。

Cochrane Central Register of Controlled Trials (Clinical Trials)

該資料庫別名為「CENTRAL」，收錄由書目資料庫和其他出版來源所出版之臨床試驗詳情。CENTRAL收錄每篇文獻之標題、出版資訊，亦針對多數文獻提供摘要。

Clinical Answers (CCAs)

CCAs 針對Cochrane 系統性文獻回顧中嚴謹的研究結果，提供使用者一個易讀、易懂且切入重點的臨床決策參考。每個 CCAs 涵蓋臨床問題、解答摘要，以及從Cochrane reviews 可深入探究的相關性證據。實證結合情境敘述、數據與圖表，以可讀性高的介面呈現，讓使用者更容易獲得所需要的臨床解答。CCAs 以 Cochrane 高質量系統性文獻回顧為基礎，專注於以「病人安全」為中心，CCAs 提供醫護人員權威且專業的實證臨床問題解答。

Epistemonikos(Other Reviews)

綜合最佳健康照護基礎證據、資訊科技和專家網絡為臨床決策或健康政策問題提供特別的工具。Cochrane使用者可連接Epistemonikos看到系統性回顧。

二、註冊個人帳號

The screenshot shows the top navigation bar of the Cochrane Library website. The 'Sign In' button is highlighted with a red box. Below the header, there's a search bar and a 'Browse' button. The main content area features several thumbnail images related to healthcare topics like surgery and prevention of acute malnutrition.

The 'Sign In' form has fields for 'Email Address' and 'Password'. There are checkboxes for 'Remember Me?' and 'Forgotten password?'. At the bottom are 'Sign In' and 'Register' buttons, along with an 'Institutional Login' link. A large red arrow points from the 'Sign In' button on the previous page to this registration form.

進入Cochrane首頁後，右上角點選Sign in，登入/註冊(Log in/Register)的畫面會出現。註冊之後，您的電子郵件信箱會收到認證電子郵件通知。您必須點選電子郵件中的連結(在72小時內)，才能驗證新的登入資訊。點選連結後會進入My Profile(我的個人檔案)區，該處提供個人化的瀏覽列。您此時已登入Wiley Online Library，且您的姓名將會在螢幕右上方顯示。

WILEY

三、瀏覽 Browse

1 Trusted evidence.
Informed decisions.
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2 Cochrane Reviews ▾ Trials ▾ Clinical Answers ▾

3 About ▾ Help ▾

4 Highlighted Reviews Editorials Special Collections

5 Browse by Topic Browse by Cochrane Review Group

Can progestogen prevent miscarriage?
Read the review

Progestogen for preventing miscarriage in women with recurrent miscarriage of unclear etiology
David M Haas, Taylor J Hathaway, Patrick S Ramsey
8 October 2018

Individual-, family-, and school-level interventions targeting multiple risk behaviours in young people
Georgina MacArthur, Deborah M Caldwell, James Redmore, Sarah H Watkins, Ruth Kipping, James White, Catherine Chittleborough, Rebecca Langford, Vanessa Er, Raghu Lingam, Keryn Pasch, David Gunnell, Matthew Hickman, Rona Campbell
5 October 2018

Pelvic floor muscle training versus no treatment, or inactive control treatments, for urinary incontinence in women
Chantale Dumoulin, Licia P Cacciari, E Jean C Hay-Smith
4 October 2018

View Current Issue

Browse by Topic
Browse the *Cochrane Database of Systematic Reviews*

a Allergy & intolerance	g Gastroenterology & hepatology	n Neonatal care
b Blood disorders	h Genetic disorders	o Neurology
c Cancer	i Gynaecology	p Orthopaedics & trauma
d Child health	j Health & safety at work	q Pain & anaesthesia
e Complementary & alternative medicine	k Health professional education	r Pregnancy & childbirth
f Consumer & communication strategies	l Heart & circulation	s Public health
g Dentistry & oral health	m Infectious disease	t Rheumatology
h Developmental, psychosocial & learning problems	n Kidney disease	u Skin disorders
i Diagnosis	o Lungs & airways	v Tobacco, drugs & alcohol
j Ear, nose & throat	p Mental health	w Urology
k Effective practice & health systems	q Methodology	x Wounds
l Endocrine & metabolic		
m Eyes & vision		

...or **Browse by Cochrane Review Group**

Sputnik/SciencePhotoLibrary
Resources for earthquakes
Read the Special Collection

Doug Altman: a legacy
Read the Editorial

Cooperative Learning
Learn how to conduct Cochrane Reviews with Cochrane Interactive Learning

Using the website
Videos on how to use this website

Podcasts
Cochrane Podcasts: Listen to Cochrane evidence in under five minutes

這是Cochrane首頁，您可以

- ① 在搜尋視窗的方塊中，選擇想要檢索的欄位，檢索特定關鍵詞資訊；亦可透過Advanced Search, Browse兩項方式搜尋文獻。
- ② 您可透過《Cochrane Review》下拉選單中Search Reviews(CDSR)、Browse Reviews、議題(Issues)、社論(Editorial)、特選集(Special Collections)、Supplements瀏覽所需要的資訊。此外，您可以透過《Clinical Answers》中的Browse Clinical Answers瀏覽所需資訊。
- ③ 您可透過《About》了解資料庫更多介紹內容；《Help》提供如何使用Cochrane Review文章、上傳評論內容以及資料庫網站更新公告等。
- ④ 可透過三項文獻類型觀看：《Highlighted Reviews》由Cochrane Library精選每月評論文章、《Editorials》可查閱來自Review Group提供的社論、《Special Collections》可免費觀看專題收錄內容。
- ⑤ 您可透過不同領域主題，瀏覽Cochrane Library資料庫提供的系統性文獻回顧評論。

四、Clinical Answers (CCAs)

1. 瀏覽CCAs

- ① 點選Clinical Answers底下的Browse Clinical Answers後即可進入
- ② 可限縮日期及主題。

The screenshot shows the Cochrane Library homepage with a purple navigation bar. The 'Clinical Answers' menu item is highlighted with a red box and a red number 1. Below it, the 'Browse Clinical Answers' option is also highlighted with a red box and a red number 1. On the left, there's a sidebar titled 'Filter your results' with sections for 'Date' (showing publication ranges like 'The last 3 months' with 132 results), 'Topics' (with a search input field), and 'Custom Range' (with date pickers). The main content area shows a list of clinical answers, each with a title, author(s), and date. The first result is 'How does verapamil compare with adenosine for people with supraventricular tachycardia?' by Jane Burch and Benilde Cosmi, dated 30 March 2018.

2. 檢索CCAs

直接在檢索功能中檢索完後，在結果頁面直接點選Clinical Answers即可。

The screenshot shows the search results for the keyword 'cancer'. The 'Clinical Answers' menu item is highlighted with a red box and a red number 1. The results list shows one entry: 'In adults with esophageal cancer, how does adding traditional Chinese medicine to cancer therapy compare with cancer therapy alone?' by Kurinchi Gurusamy, dated 12 September 2016. The sidebar on the left is identical to the previous screenshot, showing filtering options for date and topics.

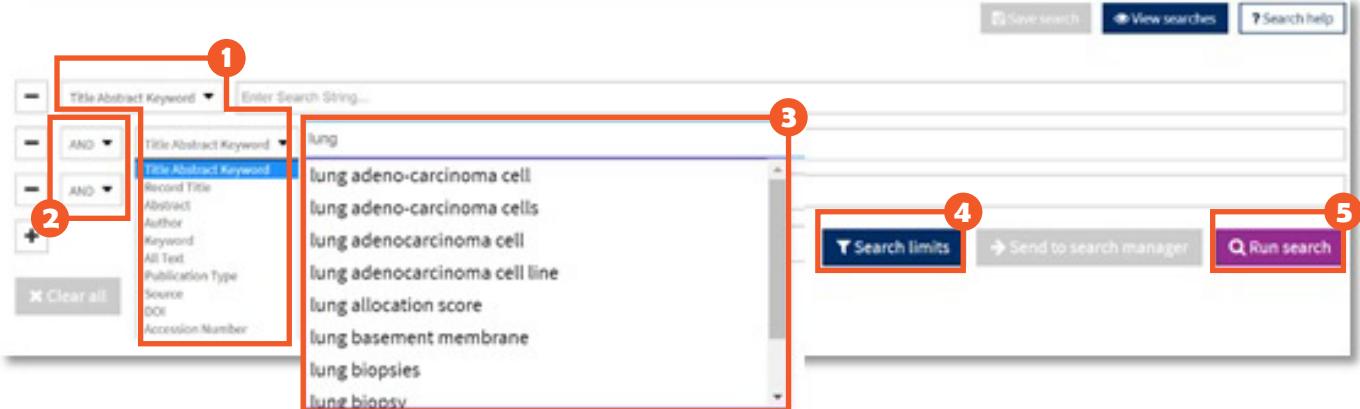
五、檢索

1. 簡易檢索：可直接在首頁右上角選擇要檢索的欄位輸入檢索詞後，點選放大鏡。
2. 進階檢索：點選首頁右上角Advanced Search進入進階檢索畫面。

The screenshot shows the Cochrane Library homepage. At the top right, there is a search bar with dropdown menus for 'Title Abstract Keyword' and a magnifying glass icon. Below the search bar, there are two buttons: 'Browse' and 'Advanced search'. A red box highlights the 'Advanced search' button.

The screenshot shows the 'Advanced Search' interface. It includes a search bar with dropdown menus for 'Title Abstract Keyword' and 'Medical terms (MeSH)', and a text input field 'Enter Search String...'. Below the search bar are buttons for 'Save search', 'View searches', and 'Search help'. On the left, there is a sidebar with search operators like 'AND', 'OR', and 'NOT', and a 'Clear all' button. A red box highlights the search string input field. To the right, a dropdown menu shows search suggestions related to 'lung', such as 'lung adeno-carcinoma cell', 'lung adeno-carcinoma cells', etc. A red box highlights this dropdown menu. At the bottom right are buttons for 'Search limits', 'Send to search manager', and 'Run search'. A red box highlights the 'Run search' button.

(1) Search



- 1 在輸入檢索詞時，建議字詞被檢索的欄位為標題、摘要、關鍵詞 (Title,Abstract,Keywords)。您可使用星號(*)、雙引號(“ ”)搭配布林運算式(AND、OR、NOT)調整或擴大檢索範圍。可選擇檢索視窗在特定欄位，如全文(Search All text)、作者(Author)、摘要(Abstract)、關鍵字(Keywords)等。
- 2 點選+/-可以增減檢索視窗，最多可在您的檢索中新增五行；並且選擇不同的布林邏輯(And, or, not)檢索。
- 3 在您輸入關鍵詞時，Cochrane Library 資料庫會出現常見的檢索字詞。建議可採納「PICO*」方式搜尋。
- 4 Search limits 可透過不同條件做檢索限制，依特定資料庫、文獻狀態或發表日期限制檢索。
- 5 完成檢索詞後，點選Run Search，可查詢資料結果。

(2) Search manager



- ① 點選+/-可以增減檢索視窗。
- ② 可選擇檢索特定欄位，如全文(Search All text)、作者(Author)、摘要(Abstract)、關鍵字(Keywords)等。
- ③ 可使用MeSH的方式在Search manger中查詢。
- ④ Search limits可透過不同條件做檢索限制，依特定資料庫、文獻狀態或發表日期限制檢索。
- ⑤ 若有個人化帳號，點選Save this search可將檢索策略儲存起來。

(3) Medical Terms(MeSH)

The screenshot shows the MeSH search interface.
A: The search bar contains 'Neoplasms'.
B: The search results show 'drug therapy - DT x |'.
C: The 'Thesaurus Matches' section includes 'Exact Term Match' for 'Neoplasms' and 'Phrase Matches' for 'Cancer Care Facilities'.
D: The 'MeSH Trees' section shows 'MeSH term - Neoplasms' with options to 'Explode all trees', 'Single MeSH term (unexploded)', or 'Explode selected trees'. It also lists 'Tree number 1' with categories like 'Neoplasms [+15]', 'Cysts [+26]', 'Hamartoma [+3]', etc.
E: The 'Search Results' section displays 22640 results, including 'Trials' (22410) and 'Cochrane Reviews' (230). Buttons for 'Add to search manager', 'Save search', and 'View results' are available.

- A 在此輸入檢索詞，點選Look up，將會自動在Medical Terms 醫學圖書館標題表當中校正為正確的用法。
- B 您可使用限定條件功能。選擇MeSH字詞時，下拉式功能表內會將有效的限定條件以選項形式提供，使用者可依此調整研究方向。
- C 該檢索詞提供《Exact Term Match》正確拼法、《Phrase Matches》同義詞或相似詞、《Any Word Match》提供有關該關鍵字的相關性詞組。
- D 檢索包含或不含擴充字詞的所有樹狀目錄或特定樹狀目錄。
- E 使用此區域將MeSH Search(MeSH檢索)新增到您的Search Manager(檢索管理員)，檢視您的結果，或儲存個別MeSH 檢索。

六、檢索結果

The screenshot shows a search result for 'Yoga for asthma' in the Cochrane Database of Systematic Reviews. The result is for a Cochrane Systematic Review - Intervention, published on 27 April 2016. The abstract is available in English, Español, Français, 日本語, and 繁體中文. The right side of the screen displays a detailed menu with numbered callouts:

- 1** Top right corner: A red box highlights the 'View PDF' button and other sharing options like 'Cite this Review', 'Request Permissions', and 'Comment on Review'.
- 2** Below the abstract: A red box highlights the language options for the abstract.
- 3** To the right of the abstract: A red box highlights the 'Abstract' section, which includes links to 'Plain language summary', 'Authors' conclusions', 'Summary of findings', 'Background', 'Objectives', 'Methods', 'Results', 'Discussion', 'Appendices', 'Information', 'Authors', 'History', and 'Keywords'.
- 4** Further down the right sidebar: A red box highlights the 'Translation notes', 'References', 'Characteristics of studies', and 'Data and analyses' sections.
- 5** At the bottom right: A red box highlights the 'Figures and tables', 'Download statistical data', and 'Related content' sections.

- 1** 文獻本體資料，包含：標題、作者群。
3 可提供PDF全文下載；匯出書目資料。
5 資料圖表下載

- 2** 摘要內容可提供不同語言版本閱讀。
4 HTML閱讀目錄列表

A screenshot of the 'View PDF' download options. It shows three choices: 'Full' (All content), 'Standard' (Excludes data and analyses, and appendices), and 'Summary' (Abstract and plain language summary only). A large red arrow points from this screenshot to a callout box explaining the types of PDF downloads.

PDF下載提供三種類型：
1. Full：包含所有內容。
2. Standard：全文但不包含資料、分析及附錄。
3. Summary：只有摘要、研究總結。

影音教材網址：<http://www.customer-support.com.tw/training/sris/>
<https://www.cochranelibrary.com/help/training>

