

# Importance of Systematic Reviews

- Medical professionals (e.g. clinicians or doctors) rely on evidence based medicine to **make recommendations** for diagnosis and treatment
- Systematic reviews inform evidence based medicine
  - They provide a (hopefully) unbiased synthesis of all relevant clinical literature

# Example

- **Research Question:**

- *Are cardioselective beta-blockers a safe and effective treatment in patients with chronic obstructive pulmonary disease?*

- **Recommendation:**

- *Beta-blocker treatment reduces mortality in patients with cardiovascular disease. The available data from controlled trials indicate that cardioselective beta-blocker use in patients with chronic obstructive pulmonary disease has no significant adverse effects on FEV1, respiratory symptoms or response to beta2-agonists, even for those with severe chronic airways obstruction.*