

What is a Systematic Review?

- Systematic review is a **focused literature review**
 - Synthesises **all relevant documents** for a particular **research question**
- Must adhere to strict guidelines and protocol (for reproducibility)
- Guide clinical decisions and inform policy (**recommendation**)
 - **Cornerstone** of evidence based medicine
- My research focuses on ***medical* systematic reviews**

- 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.*