This guide provides an overview of the Cochrane Library and discusses when best to use this resource. It outlines the content of the individual databases included in the site, and offers guidance on how to effectively search for the information you need.

The guide also demonstrates how to access, manage, and reference your search results.

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The Databases

The Cochrane Library consists of several databases, each separately accessible from search results.

Cochrane Database of Systematic Reviews (CDSR)
A systematic review identifies an intervention for a specific disease or other problem in health care, and determines whether or not this intervention works. To do this authors locate, appraise and summarise evidence from as many relevant scientific studies as possible. They summarise conclusions about effectiveness, and provide a unique collation of the known evidence on a given topic.

Systematic reviews differ from other types of review in that they adhere to a strict design in order to make them more comprehensive, thus minimising the chance of bias, and ensuring their reliability. Rather than reflecting the views of the authors, or being based on a partial selection of the literature, (as is the case with many articles and reviews that are not explicitly systematic), they contain all known references to randomized and other controlled trials and other types of evidence on a particular intervention and a comprehensive summary of the available evidence. The reviews are therefore also valuable sources of information for those receiving care, as well as for doctors, decision makers and researchers.

Cochrane Central Register of Controlled Trials (CENTRAL)
CENTRAL includes details of published articles taken from bibliographic databases (notably Medline and Embase), and other published and unpublished sources. CENTRAL records include the title of the article, information on where it was published (bibliographic details) and, in many cases, a summary of the article. They do not contain the full text of the article.

Cochrane Clinical Answers
Cochrane Clinical Answers (CCAs) are designed to provide digestible, clinically-focussed information on a topic. Each CCA addresses a specific clinical question, and aims to provide the relevant evidence to healthcare professionals, assisting in decision making at the point-of-care.

Epistemonikos
Epistemonikos is a health evidence database that provides another useful source for systematic reviews and the linked primary studies. Accessible when using the Basic Search or browsing by topic, results from Epistemonikos appear under the Other Reviews tab of search results.

What is the Cochrane Library?

The Cochrane Library is a database of systematic reviews and other good quality evidence based healthcare information. A review is an attempt to synthesise the results and conclusions of two or more publications on a subject. A systematic review is a review which aims at a comprehensive overview of all the literature on a subject. It will pull together the results and conclusions of any studies in the field that satisfy certain standards of scientific rigour and technique.

The Cochrane Library is described as the best single source of reliable information on the effects of interventions in health care. It is designed to provide information and evidence to support decisions taken in health care and to inform those receiving care.
When to use the Cochrane Library

The whole of the Cochrane Library is concerned with the effectiveness of interventions for a given health care problem or in a particular health care situation.

The Cochrane Library is useful for answering the following types of queries:

- **What is the effectiveness of treatment X in condition Y?**  
  What is the effectiveness of aspirin in vascular dementia?

- **Is treatment A better than treatment B?**  
  Is there any evidence that clozapine is more effective in the treatment of schizophrenia than standard anti-psychotics?

- **What is an effective intervention to achieve outcome Z?**  
  What are the most effective strategies for stopping smoking?

The Cochrane Library is not useful for these types of questions:

- **General health care information**  
  Are there any new drugs for manic depression?

- **Statistical information**  
  What is the teenage pregnancy rate?

- **Cause, prognosis, epidemiology or risk factors for an illness**  
  What are the health effects of unemployment?

- **Guidelines**

- **Current research** (apart from systematic reviews and randomised controlled trials)

1. Accessing the Cochrane Library

The Cochrane Library is freely available on the web, and can be accessed at [https://www.cochranelibrary.com/](https://www.cochranelibrary.com/)
Alternatively look for the link to the Cochrane Library on SGUL Library’s A-Z list of databases https://libguides.sgul.ac.uk/az.php

2. Registering with the Cochrane Library

If you want to be able to save your searches for future reference you will need to register with the Cochrane Library.

Click to Sign In, and on the following pop up screen, click Register: A new window will open with a new user registration form.
3. The Homepage

From the Cochrane Library homepage enter keywords to perform a search (See page 8 for more details), or click on Browse to view Cochrane Reviews by Topic (See page 6 for more details).

The About tab includes links to more information about the Cochrane Library and about Cochrane Reviews.

The Help tab provides more information on how to search and provides contact details in case you encounter any problems.

In the middle section of the homepage there are links to Highlighted Reviews, Editorials and Special Collections.
4. Browsing the Cochrane Library

There are several ways of finding relevant material in the Cochrane Library. In order to demonstrate how to browse or search the Cochrane Library we will use the following search scenario as our example:

**Search Scenario**

**Ear infection** is common in **children**, but can occur at any age. The main symptoms are earache and feeling unwell. Painkillers are the main treatment. Antibiotics are not usually needed but are prescribed in some cases. The infection, which is present in the **middle ear**, usually clears within a few days.

In this worksheet we are looking for information on the effectiveness of **antibiotics** for **children** with **ear infections** (also known as **otitis media** or **acute otitis media**).

Does the research evidence base suggest that children who are prescribed antibiotics for otitis media benefit from this treatment?

Within the Cochrane Library, the **Cochrane Database of Systematic Reviews** can be browsed by **Topic**. This is the simplest way to look for relevant items, produced by different review groups.

In the top right of the homepage click on the link to **Browse**. This will open a list of topics.

Select **Ear, nose & throat** to view a list of results, and then use the **Topics** filters on the left of the page to refine your results as necessary. In this case, selecting **Ear** will provide more relevant results.
This will provide a further subset of narrower topics, from which you should choose the topic which most closely matches your enquiry. In this case, we are interested in **Acute otitis media**.

Clicking the link will let you see all reviews that have been carried out on this topic. If necessary, further limits such as publication date can be applied to the results. Clicking the title of a review will open the full-text in another window.
5. Searching the Cochrane Library (Basic Search)

On the right hand side of the homepage you will see a search box which can be used to carry out a basic search of the whole Cochrane Library. Type your chosen terms into the box and select the magnifying glass button. (This is a keyword or “free-text” search)

For our example you might try antibiotic* and “otitis media” and child* (See page 12 for search tips)

The search results page displays relevant Cochrane Reviews as default, and provides a separate tab for viewing results from the other databases such as CENTRAL (Trials) or CCAs.

The number of records found in each database is displayed in brackets. (For example there are 23 Cochrane Reviews on our topic)

Other reviews is where you will find systematic reviews from Epistemonikos.

Search Tips

- Use this truncation symbol: * to search on the stem of a word, for example antibiotic* will find antibiotic or antibiotics
- Use double-quotes to search for phrases, for example “otitis media” will look for those two words only when they appear directly next to each other
- Use AND to narrow your search to results where all terms appear
- Use OR to broaden your search to include alternative terms, for example “ear infection*” or “otitis media”
- Use the drop down menu on the right to specify where you want to search, for example Record title will search for the terms in review titles only.
6. Viewing and navigating your results

When you find a review that you want to look at more closely, click on the title.

This will open a new page with further bibliographic details, to the right of which you will see links to different sections of the Review.

The default display is the Abstract, which outlines what the review is about. Below this is a Plain Language Summary which can be very useful for gaining a quick summary of a review and its findings.

Reviews are large documents so it is best to use the links to view specific parts of the review. If you do wish to print out the full review there is an option for this above the navigation links.

7. Exporting your results

To export your results as a file that you can save on your PC, tick the box to the left of the reference(s) of interest or click on Select All to select all results found, and click on Export selected citations.

From the resulting dialogue window that opens, select the preferred format for your citations and click Download.
You can also download citations for individual reviews whilst viewing them, by using the Cite this Review link.

8. Advanced search options

The Cochrane Library is a relatively small database and a basic search will probably suffice in most cases. Should you wish to explore the more advanced search options, however, the following pages give an introduction on how to use them.

The Advanced Search option is located underneath the basic search box on the Cochrane Library Homepage. Click on this to see advanced search options.

The following page will appear, with three tabs to choose from.
Search
This default tab can be used to build a search by combining search terms using AND or OR. (See page 12 for explanation of combining terms)

Search Manager
Use this for complex searches. It also enables you to include MeSH terms in your strategy and to save your search.

Medical Terms (MeSH)
The Cochrane Library utilises a thesaurus, developed by the National Library of Medicine, called MeSH (Medical Subject Headings). The thesaurus is a set of terms used to describe medical concepts, and its hierarchical nature helps to define the relationship between the terms. Indexing articles in this way allows you to perform a more targeted search.

9. Searching the Cochrane Library (Advanced search)
The default option in Advanced search is the Search Tab. This allows you to carry out more complex searches than the basic search option.

Under the Search tab, type “otitis media” OR “ear infection” into the search box. This will search for either of these terms within the Title and Abstract and look for them as keywords.

Click on the + icon underneath the left hand side of the search box to include another term in your search.

Select AND or OR to combine your first and second line of searches

In our example we type antibiotic* into the second search box and combine with AND as we are interested in records that talk about otitis media AND antibiotics.

Use the second drop down menu to specify what part of the record you want the database to search. It is usually most helpful to search within Title Abstract Keyword.

We can add a third line to specify we are interested in only articles that deal with infection in children, using child*. Our complete search would look like the example below:
Click on **Search limits** to see options for limiting your search.

You can limit by:

- **publication date**, for example, articles published between 2008 and 2018
- **content type** for example, Cochrane Reviews only

### 9. Combining search terms and further advanced search tips

**Combining search terms**

**AND** / **OR** are used by databases and search engines to combine your search terms. The diagrams below explain how and when to use **AND** / **OR**

![Combining search terms diagram](image)

**Articles including both child AND adult**
Further Search tips

- Some alternative spellings are automatically searched (for example, tumor/tumour), but to be certain of catching them, use internal truncation, for example, isch*mic to find ischaemic or ischemic.

- Use brackets to control the order in which the search executes, if you are using a combination of AND and OR, for example, magnesium AND (eclampsia OR perinatal asphyxia)

- NEAR can be used instead of AND to narrow your search. For example smoking NEAR pregnancy will find the two words within 6 words of each other in either order, so is more specific than using AND. NEAR/n will find the words within n words of each other in either order, for example, NEAR/4.

10. Using search manager

Using the Search Manager allows you to more easily build and save complex search strategies.

Enter your first search term and then click Continue. On the right hand side, you will see the number of results that match your criteria, and an additional line will automatically be added for you to type your next search term.

Combine results by typing the number of the search with an operator (e.g., AND or OR). If we want results including all of the terms in the above search, we would type #1 AND #2 AND #3

To view the results for a search, click on the number to the right of the search line.

Below your search you will see the option to Save this search. Give your search a name, make any comments you want and click Save this search (You must have registered and be logged in to the Cochrane Library to do this. See page 4).
Once you have saved a search, you will be able to access it by clicking on View saved searches.

11. Using Medical terms (MeSH) search

What are Medical Subject Headings (MeSH terms)?

MeSH terms are assigned to Cochrane reviews within the Cochrane Library. These are controlled index terms and can be very effective in searching for very precise and targeted results. (They are also used in other databases such as Medline and Pubmed)

The MeSH search allows searching using the MeSH terms and the tree structures. When you search with a MeSH term the database will bring back all articles that have been indexed as being about that term.

The MeSH Thesaurus is organized hierarchically in “trees”, with the lower levels of the trees containing more specific terms.

To search using MeSH, once in Advanced search, click on the Medical Terms (MeSH) tab.

Type your search term into the box. If you click your cursor into the Select subheadings / qualifiers box, you will be provided with common search filters.

You can filter your search term using these MeSH qualifiers if you wish. However, to keep your search as broad as possible simply click Look up.
This will display lots of information on your chosen MeSH term. You may wish to click on a link to search with a broader or narrower term as appropriate.

Use the MeSH trees section to “explode” (widen) or narrow your search: In our example Explode all trees will expand the search to look for articles indexed under Otitis media or any of the 4 narrower terms underneath.

Selecting Single MeSH term (unexploded) will search for articles under Otitis Media only and omit any indexed under the narrower terms.

On the right hand side of the page you can see your Search results, below which you can see in advance the number of results from each database.

To combine your MeSH term with other terms in your search click Add to Search Manager. (See page 13)

To view the results of your MeSH search click View Results, or you can save your search if you are logged in to the Cochrane Library. (see page 4)

**12. Locating a review in the Cochrane Library identified from a search elsewhere**

If when searching another database, such as Medline, you retrieve a reference to a systematic review originally published in the Cochrane Library, you can visit the Cochrane Library and retrieve the full review.

Fortanier AC, Venekamp RP, Boonacker CWB, Hak E, Schilder AGM, Sanders EAM, Damoiseaux RAMJ. **Pneumococcal conjugate vaccines for preventing otitis media.**
In the Search box, type in a few words from the title and change the drop down menu to search within the Record Title. To locate the above item, search for Pneumococcal conjugate vaccines.

13. Referencing from the Cochrane Library

From the main page of any systematic review, clicking on the Cite this Review link to the right of the title and author details will provide the necessary details to reference the review.

Further help and support

For further help or advice, contact a member of the NHS Liaison team on the details below.

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