

# PTNow: Your Clinical Practice Companion

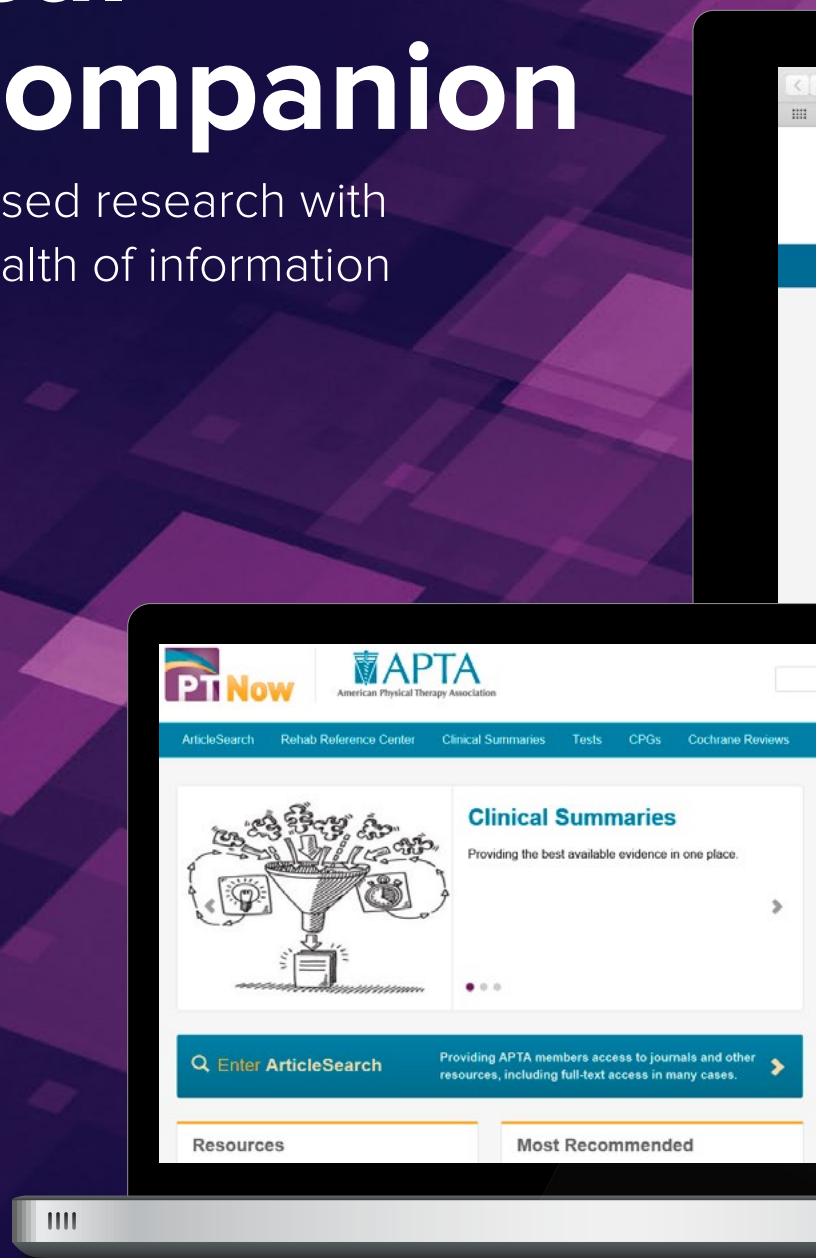
Stay on top of evidence-based research with PTNow, your portal to a wealth of information and tools.

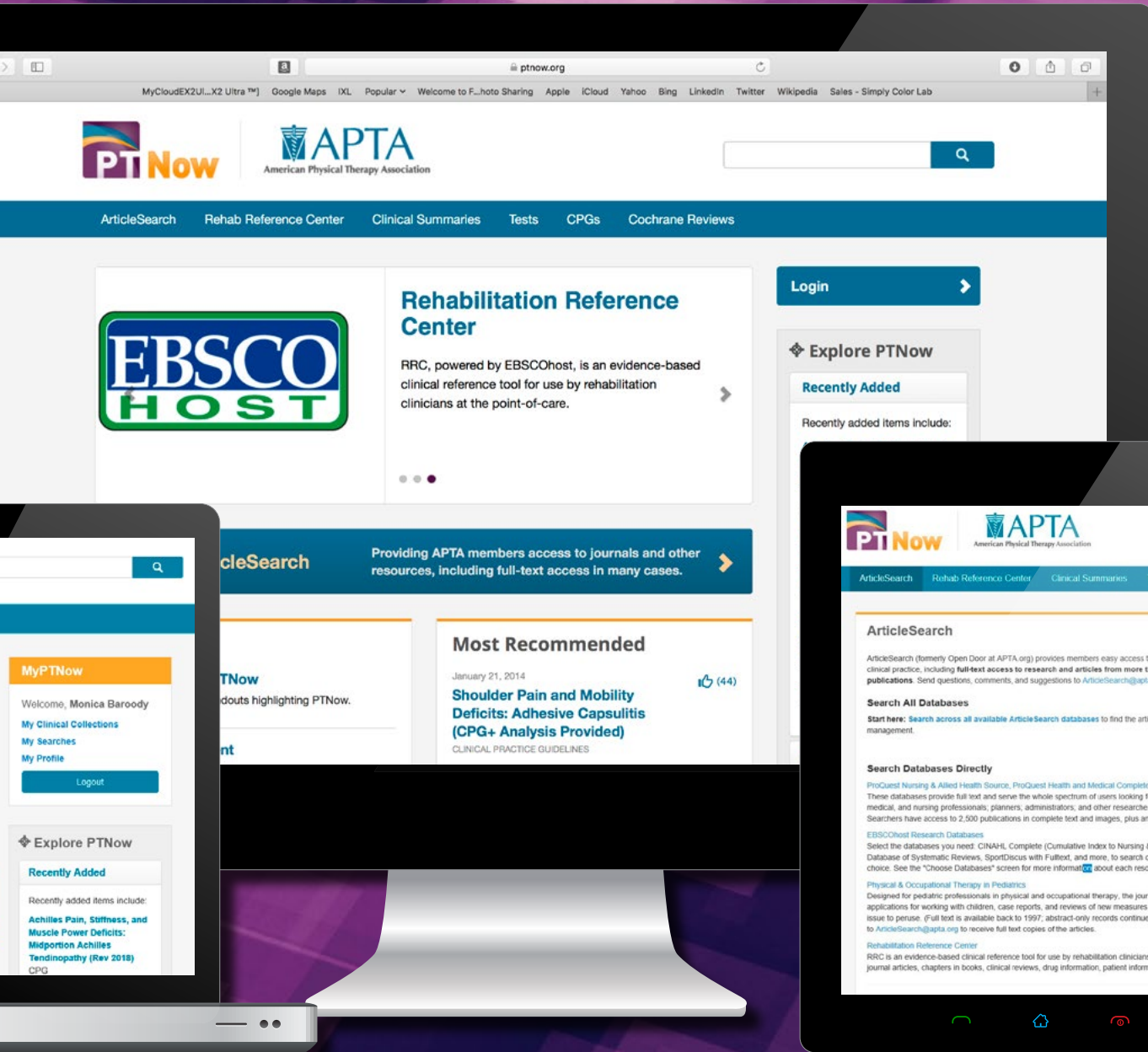
By Gini Blodgett

**G**raduation was months ago. You passed your exams and found a great job in your specialty area. But this is no time to sit back and take it easy. It's important to stand out from among your peers, and one of the best ways to do this is by staying current on physical therapy research and resources and incorporating these resources into your daily work.

PTNow, free and exclusive to APTA members, is the association's portal of evidence-based tools to advance physical therapy practice.

More than a single database, PTNow, [www.ptnow.org](http://www.ptnow.org), combines member-written clinical summaries on health conditions with clinical cases, research databases, clinical practice guidelines (CPGs), Cochrane systematic reviews, assessment





- ArticleSearch
- Rehab Reference Center
- Clinical Summaries
- Tests
- CPGs
- Cochrane Reviews



### Rehabilitation Reference Center

RRC, powered by EBSCOhost, is an evidence-based clinical reference tool for use by rehabilitation clinicians at the point-of-care.

Login

#### Explore PTNow

##### Recently Added

Recently added items include:

ArticleSearch Providing APTA members access to journals and other resources, including full-text access in many cases.

#### Most Recommended

January 21, 2014 (44)

##### Shoulder Pain and Mobility Deficits: Adhesive Capsulitis (CPG+ Analysis Provided)

CLINICAL PRACTICE GUIDELINES

#### MyPTNow

Welcome, Monica Baroody

- My Clinical Collections
- My Searches
- My Profile

Logout

#### Explore PTNow

##### Recently Added

Recently added items include:

- Achilles Pain, Stiffness, and Muscle Power Deficits: Midportion Achilles Tendinopathy (Rev 2018) CPG

PTNow APTA American Physical Therapy Association

ArticleSearch | Rehab Reference Center | Clinical Summaries | Tests | CPGs

### ArticleSearch

ArticleSearch (formerly Open Door at APTA.org) provides members easy access to journals and other resources for clinical practice, including full-text access to research and articles from more than 4,500 clinical and academic publications. Send questions, comments, and suggestions to [ArticleSearch@apta.org](mailto:ArticleSearch@apta.org).

**Search All Databases**  
Start here: Search across all available ArticleSearch databases to find the articles you need for clinical practice management.

**Search Databases Directly**  
ProQuest Nursing & Allied Health Source, ProQuest Health and Medical Complete  
These databases provide full text and serve the whole spectrum of users looking for health care research, medical, and nursing professionals, planners, administrators, and other researchers in health care. Searchers have access to 2,500 publications in complete text and images, plus another 400 in abstracts.  
EBSCOhost Research Databases  
Select the databases you need: CINAHL Complete (Cumulative Index to Nursing & Allied Health Literature), Database of Systematic Reviews, SportDiscus with Fulltext, and more, to search one at a time, or all together. See the "Choose Databases" screen for more information about each resource, including full-text availability.  
Physical & Occupational Therapy in Pediatrics  
Designed for pediatric professionals in physical and occupational therapy, the journal publishes research, applications for working with children, case reports, and reviews of new measures. Search inside the journal to peruse. (Full text is available back to 1997; abstract-only records continue back to 1980.)  
Rehabilitation Reference Center  
RRC is an evidence-based clinical reference tool for use by rehabilitation clinicians at the point-of-care. RRC includes journal articles, chapters in books, clinical reviews, drug information, patient information, and evidence-based clinical practice guidelines.

PTNow APTA American Physical Therapy Association

Clinical Practice Guidelines (CPGs)

Search for a CPG by keyword or by topic.

Search Results

1 - 1 of 1 results

1. Achilles Pain, Stiffness, and Muscle Power Deficits: Midportion Achilles Tendinopathy (Rev 2018) CPG

measures, and point-of-care tools under 1 umbrella. This collection of time-saving, evidence-based practice tools can help you stay on schedule and current with the most effective treatments—allowing you to focus on patient care. Here’s a guide to help you find the resources you need quickly.

## Know Your Resources

**ArticleSearch.** This is your resource page for literature searches. Members have access to literature databases 2 ways under the PTNow ArticleSearch tab: (1) search across the literature databases, Rehabilitation Reference Center, and selected evidence websites, by accessing the Discovery service via the “Search All Databases” option on the ArticleSearch page; or (2) search the databases directly by selecting the database of your choice under the “Search Databases Directly” option.

Which database in ArticleSearch is the right one to use? Each literature database has its own unique profile and coverage. The databases collectively cover the wide spectrum of health care. Mini-profiles of the databases containing the most full-text article coverage follows. Additional information is available inside each database from the searching screens.

Find it at: *PTNow>ArticleSearch.*

**CINAHL Complete.** The Cumulative Index to Nursing & Allied Health Literature (CINAHL) is the most comprehensive source of full-text articles for nursing and allied health journals, covering more than 1,300 journals. This database, consisting of articles from

1937 to the present, covers rehabilitation research from around the world more predominantly than any other on the market. Start here if you’re unsure where to look for your topic.

Find it at: *PTNow>Article Search>Search Databases Directly>EBSCOhost Research Databases.*

### **Cochrane Database of Systematic Reviews.**

The Cochrane database contains full-text articles of systematic reviews, as well as protocols, focused on the effects of health care. The evidence-based data presented may be combined statistically (with meta-analysis). Only the most recent version of a systematic review is included in PTNow; turn to PubMed to look for historical bibliographic records. Check the search strategies in the appendices for terms and search tips. Check included (and excluded) studies for more details about articles reviewed, and check out the bibliographies for additional sources.

Find it at: *PTNow>ArticleSearch>Search Databases Directly>EBSCOhost Research Databases.*

Alternatively, you can search more than 550 Cochrane reviews already vetted for you by the PTNow team.

Find these at: *PTNow>Cochrane Systematic Reviews.*

### **ProQuest Health & Medical Complete and ProQuest Nursing & Allied Health Source**

(combined). These databases offer journal coverage of clinical and biomedical topics, consumer health, and health administration, including journals, videos, dissertations, reference books, and more. Searchers have access to more than 3,300 publications in complete text and images. Search these databases directly for best results.

Find it at: *PTNow>ArticleSearch>Search Databases Directly>ProQuest Nursing & Allied Health Source, ProQuest Health and Medical Complete.*

Here you’ll also find APTA’s *PT Magazine* (January 1999-September 2009), *PT in Motion* magazine (October 2009-present), and Medcom videos (access via the “Browse” tab, then Video Training Programs).

**Rehabilitation Reference Center.** Rehabilitation Reference Center (RRC) is a clinical reference tool designed for use by physical therapists (PTs), occupational therapists, and speech-language pathologists at the point of care. It provides several different resources under 1 site, allowing you to maximize your time with patients. See the “Where to Start?” section below for details about clinical reviews, drug information, patient handouts, exercise images, and more.

Find it at: *PTNow>Rehab Reference Center.*

**SportDiscus.** A comprehensive database covering

## SAMPLE SEARCH

**I need the latest systematic review-level research on low back pain. Which database do I use?**

Select the Cochrane Database of Systematic Reviews to start your search. Start by checking the systematic reviews already loaded on the PTNow site under the Cochrane Reviews tab, and select the Health Conditions term “Low Back Pain: from the pull-down menu. Alternatively, search the database yourself using PTNow ArticleSearch.

## SAMPLE SEARCH

### Where can I find the test form for the Berg Balance Scale?

Click on the Tests tab and run a keyword search for “Berg” using the search field below the gold Filter Results bar. Select the appropriate health condition associated with the test (eg, Berg Balance Scale for Stroke).

sports and sports medicine journals from around the world, SportDiscus provides full-text articles for 550 journals with coverage from 1985 to the present. If you're thinking about movement, search SportDiscus.

Find it at: *PTNow>ArticleSearch>Search Databases Directly>EBSCO Research Databases.*

## Where to Start?

Wondering where to start? It depends on what you need to find. Just like when you go to a public library or a grocery store, you already may know what you're looking for—a magazine, book, DVD, dictionary or vegetables, fruit, ice cream, and so forth. What you need determines the document you retrieve: clinical practice guideline, systematic review, research article, test/measure, and so forth.

**Books.** A small collection of electronic books are accessible in their entirety thru RRC, including a medical dictionary; visit the Practice Resources tab for details. When searching the CINAHL Complete and SportDiscus databases, limit your results to “Full text,” and under “Source types” choose “Books” to find books on your search topic. When using the ProQuest databases, use the Advanced search feature and limit your results to “Books” under “Source type.”

**Clinical practice guidelines.** CPGs selected for PTNow are based on a systematic review methodology and were published by national organizations from around the globe, including almost 2 dozen by APTA specialty sections. Search via keywords below the gold “Filter Results” bar or by selecting a “Health Condition” or “Age” range from the pull-down menus.

Find them at: *PTNow>CPGs.*

**CPG+.** CPG+ saves you time by repackaging lengthy guidelines into concise reports with brief recommendations. Identified member experts in research methodology review selected CPGs and grade them based on the AGREE II tool. The result? A quality ranking of the guideline with highlights, plus a “Check Your Practice” list describing how you can incorporate the guideline into your clinical care. View the complete CPG for more details.

Find them at: *PTNow>CPGs.*

**Clinical summaries.** PT-authored clinical summaries on more than 3 dozen conditions are posted under “Clinical Summaries.” The clinical summaries and related “Clinician QuickTakes” synthesize evidence on managing specific conditions in different populations. Several also have short “Portable Summaries” downloadable in PDF format when you're on the go.

Find them at: *PTNow>Clinical Summaries.*

**Clinical reviews.** RRC contains more than 800

clinical reviews on research topics germane to physical therapy, occupational therapy, and speech-language pathology. These reviews are connected with other point-of-care tools in RRC: patient handouts, exercise images, research articles, and more.

Find them at: *PTNow>Rehab Reference Center>Diseases & Conditions.*

**Continuing education.** APTA members have free access to 150 CEU modules from CINAHL Information Systems via PTNow's RRC. Each module is 0.1 CEU and is aligned with a current clinical review on the same topic. Submit a keyword search on your topic and click on “CEUs” tab for results.

Find it at: *PTNow>Rehab Reference Center>Diseases & Conditions>CEUs* (after running a subject search)

**Drug information.** Looking for why a patient isn't improving sufficiently? Check this resource by AHFS Drug Information Essentials, which contains information on 11,700 medicines, plus manufacturers of drug products, drug interactions, cautions, and toxicity.

Find it at: *PTNow>Rehab Reference Center>Drug Information.*

**Exercise images.** More than 9,800 exercise images from Visual Health Information (VHI) are available thru RRC. Each image includes text explaining how to perform the exercise, plus spaces for the number of repetitions and frequency. Custom-print options let you add personal care notes, plus order and sort exercises based on a treatment plan.

Find it at: *PTNow>Rehab Reference Center>Exercise Images.*

**Health news.** Read Health Day News stories via RRC to stay current on the health stories your clients are reading and seeing in the news media.

Find it at: *PTNow>Rehab Reference Center>Health News.*

## SAMPLE SEARCH

### **One of my pediatric patients has been diagnosed with Fragile X Syndrome; how do I stay current about the condition?**

Set up an email alert by following the instructions in the ArticleSearch database or databases of your choice. For example, in the “Search across all databases” search engine, create a search using “Fragile X Syndrome” AND “physical therapy”. From the results page, click Search History and check the box for this search, click the “Save Searches/Alerts” option, and follow the directions on the screen. You will have to create a free registration with the database for this personalized service.

**Journals.** Looking for full-text articles in a particular journal? “Publications” features supplied by the ArticleSearch literature databases and Discovery search engine make your quest easier. In the Search All Databases search engine, click on the “Publications” link in the top blue menu bar, and enter the publication title (or portion of it), subject, or International Standard Serial Number, then click the search button. Results display on a new page showing the availability of full text across the resources. Follow the same procedure when you access the EBSCO Research Databases. In the ProQuest resources, click on the “Publications” link above the search field to find full text.

**Patient handouts.** RRC provides more than 1,500 evidence-based patient handouts in English and Spanish; a custom-print feature allows members to add personalized care notes. Content is easy to read, and it has anatomical images and user-friendly formatting.

Find it at: *PTNow>Rehab Reference Center>Patient Info.*

**Tests and measures.** Evaluate a patient’s condition and track progress during treatment. Although many tests and measures are easy to administer, few are easy to find in their published formats. PTNow offers members licensed access to some 270 instruments for use in the clinic, with another dozen postings in development. Search by keyword or use pull-down menus to search by health condition, practice area, ICF domain, G-codes, and body region.

Find them at: *PTNow>Tests.*

## SAMPLE SEARCH

### **I’m working on my searching skills, but I can’t always find the clinical research I need. Is there a form I can use to help me obtain better results?**

PICO Search provides quick and easy fill-in-the-blank searching for clinical research. Go to ArticleSearch, use “Search across all databases” search engine, and click PICO Search under the search field. Complete each line in the popup box—Problem/Population, Intervention, Comparison, Outcome (PICO)—with concise terms to run a clinical search. Boolean connectors (OR, AND, NOT) are not required if you restrict yourself to 1 concept per field, but they may be used for multiple concepts in a field.

## Need More Help?

**Tutorials.** Short video tutorials for the various search engines within ArticleSearch are available on the ArticleSearch page. Scroll down to the Research Assistance section and select the EBSCO or ProQuest option.

**Ask-A-Librarian.** You’re not alone. Assistance is available when you have questions about search terms, full-text access to a publication, the best literature database to use, and more. Look for the Ask-A-Librarian links in the databases and email your PTNow Librarian or directly email [articlesearch@apta.org](mailto:articlesearch@apta.org).

**Clinical questions.** If you have specific clinical questions, you can email them to [ptnow@apta.org](mailto:ptnow@apta.org). ■

---

*Gini Blodgett is APTA’s lead information resources specialist. She can be reached at [giniblodgett@apta.org](mailto:giniblodgett@apta.org).*