

The Best of Delfini

Selections from www.delfini.org

Evidence- and Value-based Solutions for Health Care™
Clinical Improvement Consults, Content Development, Training & Seminars, Tools



The EBM Information Quest: Is it true? Is it useful? Is it usable?™



Delfini Co-founders

Michael E Stuart MD, President & Medical Director
Sheri Ann Strite, Managing Director & Principal

Delfini is a **public service entrepreneurship** founded to help people improve health care decision-making through "**applied**" **evidence-based clinical quality improvement and communications** with a focus on **value** and **patient-centered care**.

We are evidologists, medical information scientists & evidence-based clinical improvement (EBCQI) experts.

Among other things, **what we do—**

- Evaluate medical evidence & do systematic reviews
- Train others in EBCQI including critical appraisal of the medical literature
- Facilitate EBCQI projects including clinical guidelines
- Provide training in communicating with patients

The *Delfini* Mission

Our mission is to improve health care quality and use of resources by assisting medical leaders, health care professionals and others interested in and affected by health care decisions by—

- Bringing **science into medical practice** in an **easy-to-understand** way.
- Using **simplified methods** to help navigate the complexities of such areas as evidence-based medicine, clinical improvement and other topics.
- Building **competencies** and **confidence** in improving medical care through our consultations, training programs and tools.
- Providing **inspiration** to others to improve medical care and help bring about needed change.

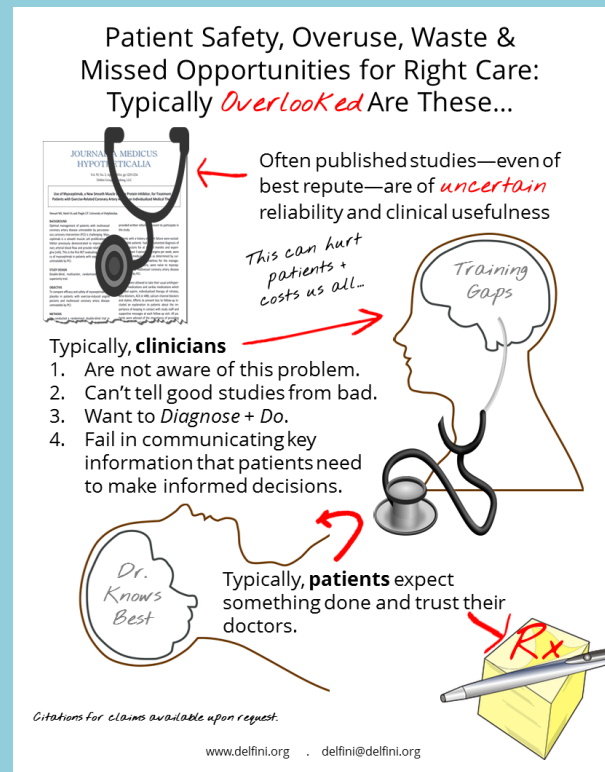
In this document, are some of our most important or most popular selections from our website at **www.delfini.org** and which is available online at—

<http://www.delfini.org/BestOfDelfini.pdf>

A key focus for our mission is to deal with a common and pervasive set of problems that is well-documented—and yet, receives scant attention. We have taken to calling this problem "The Medical Misinformation Mess," and it is big.

The Medical Misinformation Mess is characterized by four key problems:

1. Much published medical research is **not reliable or is of uncertain reliability**. Or it is of questionable benefit to patients.
2. Most clinicians **are not aware of this** problem.
3. Even if they were aware of this problem, they **lack skills** in being able to evaluate evidence quality and usefulness.
4. They frequently **fail to communicate** key information to patients partly due to these problems (you cannot communicate what you do not know)—and partly due to typical omissions in presenting information patients need.



For downloadable full text publication, click here → "How To Survive the Medical Misinformation Mess"

The Best of Delfini Menu

Here are directions—within this document—to some selections from our website, and most of them are free...

1. [Importance of Critical Appraisal of the Medical Literature](#)
2. [Critical Appraisal Resources](#)
 - a. [Books](#)
 - b. [Tools](#)
 - c. [Training](#)
3. [Evidence-Based Clinical Quality Improvement \(EBCQI\) Activities Including Guidelines](#)
4. [Evidence-Based Committee Help](#)
5. [Communication Aids + Patient-Centered Resources](#)
6. [More](#)

1. Importance of Critical Appraisal & The Great Need to Do So (What We Often Refer to as the *Medical Misinformation Mess*)

Publication: "How To Survive the Medical Misinformation Mess" by John P. A. Ioannidis, Michael E. Stuart, Shannon Brownlee, Sheri A. Strite, published in the *European Journal of Clinical Investigation*.

PubMed PMID: 28881000: [Link to Full Text](#)

<http://onlinelibrary.wiley.com/doi/10.1111/eci.12834/abstract>

Key Information & Documentation including Critical Appraisal Pre-Test Failure Rates

<http://www.delfini.org/delfiniFactsCriticalAppraisal.htm>



The Case for an Evidence-Based Medicine Approach: PDF of Slide Deck

http://www.delfini.org/Delfini_Case_for_EBM_Approach.pdf

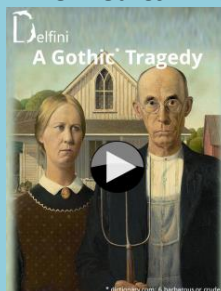
Delfini Fliers



Do You Need Help with Overuse & Patient Satisfaction?

<http://www.delfini.org/DELFINI%20FLIER%20Overuse%20Satisfaction.pdf>

"The Medical Misinformation Mess" Videos



"Medical Misinformation Mess" Solutions— Communicating Reliable & Useful Evidence Must be at the Heart of Clinical Quality Improvement for Good Outcomes, Value & Informed Consent

11 min

https://youtu.be/CFD7_yr908M



The Medical Misinformation Mess—Problems; Solutions

<http://www.delfini.org/DELFINI%20FLIER%20MMM%20Problem%20Visual%20Print.pdf>



Critical Appraisal Matters—Stories: COX2s—The Power of Reliable and Useful Evidence to Improve Outcomes, Value & Informed Consent

20 min

<https://youtu.be/-xZMII88Mg8>



Ways You Need Help With Overuse & Patient Safety You Probably Didn't Even Know About

<http://www.delfini.org/DELFINI%20FLIER%20Flight.pdf>



Orientation to Critical Appraisal

Video – 19 min

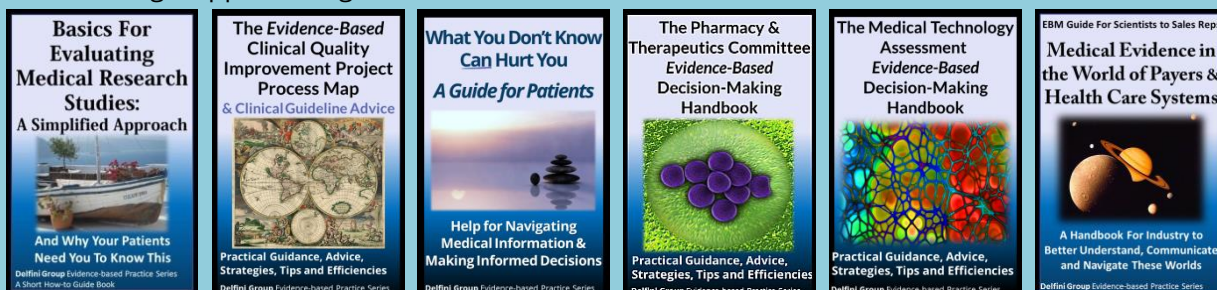
<https://www.youtube.com/watch?v=lyiIHwiQSF4>

http://www.delfini.org/0_Delfini_Critical%20Appraisal%20Orientation.pdf

2. Critical Appraisal Resources

a. Books

<http://www.delfinigrouppublishing.com>



b. Tools for Critical Appraisal & Evidence-Based Clinical Quality Improvement

<http://www.delfini.org/delfiniTools.htm>

Utility Tools: Searching, Sources and Terms

<http://www.delfini.org/delfiniTools.htm#utiltool>

Critical Appraisal Tools (selections to follow)

<http://www.delfini.org/delfiniTools.htm#catool>

Selections from Critical Appraisal Tools

Primary Studies Critical Appraisal Tools

Primer (not fully comprehensive, but a good starting point)

1-Page—Pearls: Basics of Evaluating Evidence in Superiority Trials for Therapies

http://www.delfini.org/Delfini_Pearls_Basics_Therapy_Superiority.pdf

Professional 1-Page Checklist

http://www.delfini.org/Delfini_Tool_StudyValidity_Short.pdf

Details

http://www.delfini.org/Delfini_Tool_StudyValidity_Usability.pdf

Secondary Studies Critical Appraisal Tool

http://www.delfini.org/Delfini_Tool_SR.pdf

Secondary Sources Critical Appraisal Tool

For sources that utilize primary or secondary studies—

http://www.delfini.org/Delfini_Pearls_Basics_Secondary%20Sources.pdf

c. Training

Critical Appraisal Training



Training Opportunities

Live training opportunities, or we will travel to you and customize a program for your group: academic faculty, government, health plans, health systems, evidence-based work groups and committees, medical librarians, medical writers, content developers, industry, more...

"Sheri and Mike, thank you again for a great experience. I truly learned a lot and had so much fun."

"Just wanted to share with you again how much I enjoyed and learned from the workshop. It is an awesome program!"

"impressive...terrific conference...impressive tools...already using in real life... valuable, fun, memorable...made hard stuff easy to understand... helped us change... real success... improved patient care... invaluable..."

"...thanks for presenting this valuable information in a fun and memorable way..."

"...I thought the subject was going to be boring and not much use...I was very wrong...I cannot thank you and Sheri enough."

"I know a couple hundred people...who have got to hear your message!"

"Best one-day educational program I've experienced in 25 years!"

Delfini evidence reviews are consistently praised as useful, rigorous and transparent. Delfini average training program scores are 4.8 out of 5.0.

"... gifted facilitators and passionate educators... have rarely encountered presenters so well-prepared and well-versed in their subject matter... both are engaging, up-beat and empowering... extremely generous with their knowledge and expertise..."

Testimonials from industry leaders for industry-sponsored programs:
<http://www.delfini.org/delfiniReferenceLetters.htm#industrycv>

- **Online Critical Appraisal Help Including Videos**

http://www.delfini.org/page_Good_EBM_Tips.htm

- **Example of a Critical Appraisal with Training Information**

http://www.delfini.org/delfiniClick_QI.htm#delfinicalcriticalappraisal_gerd

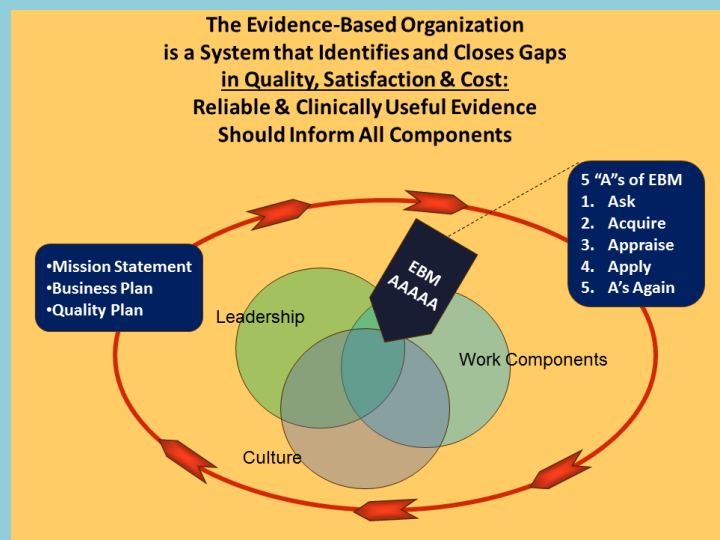
- **Example of a Critical Appraisal with Advisories for Industry**

<http://www.delfini.org/DelfiniCriticalAppraisalAdvisoryEnzalutamideScher12.pdf>

Training is also available for all other aspects of **evidence-based clinical quality improvement** and **clinical communications**.

3. Evidence-Based Clinical Quality Improvement Activities (EBCQI) Including Guidelines

Delfini has expertise in **performing, facilitating and teaching** evidence-based clinical quality improvement with a focus on screening, diagnostic and therapeutic interventions. Our approach is organized in 10 phases. We have training materials and practical tools for all phases of this work, including **clinical guideline development**.

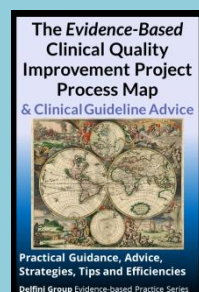


The 10 Phases of EBCQI

- Phase 1: Organizational Readiness
- Phase 2: Clinical Improvement Project & Team Selection
- Phase 3: Project Preparation & Outline
- Phase 4: Evidence Review
- Phase 5: Clinical Content Development
- Phase 6: Impact Assessment
- Phase 7: Communication Tools Development
- Phase 8: Implementation: Create, Support and Sustain Change
- Phase 9: Measure and Report
- Phase 10: Update and Improve

Evidence-Based Clinical Quality Improvement Demonstration Project

We facilitated several EBCQI projects for Kaiser Permanente Hawaii. Here is one example—
http://www.delfini.org/Showcase_Project_VTE.htm



Book: The Evidence-Based Clinical Quality Improvement Project Process Map & Clinical Guideline Advice

<http://www.delfinigrouppublishing.com>

EBCQI Tools

<http://www.delfini.org/delfiniTools.htm#ebmorgtool>

- Includes our 2-page **EBCQI Compass**—
http://www.delfini.org/Delfini_Pearls_Basics_EBMORG_EBCQI.pdf
- And **Health Care Quality System Assessment Tool**—
http://www.delfini.org/Delfini_Tool_HealthSystemAssessment.pdf

Clinical quality improvement project management help—

<http://www.delfini.org/delfiniTools.htm#cpgtool>

4. Evidence-Based Committee Help

We have done a tremendous amount of work helping evidence-based committees—pharmacy & therapeutics, medical technology assessment, clinical improvement project teams and guideline teams. This has included advising on structures, leadership, processes, deliberations, reporting and more. Our experience is summarized in our **books**—

<http://www.delfinigrouppublishing.com>



Evidence-Based Committee Tools

<http://www.delfini.org/delfiniTools.htm#formulary>

Publication

Process steps and suggestions for creating **drug monographs** and **drug class reviews** in an evidence-based formulary system—

http://www.delfini.org/Showcase_Publication_Formulary.htm

Training and consultative help is available including **preparing monographs, class reviews and other committee materials**.

5. Clinical Communication Aids + Patient-Centered Resources

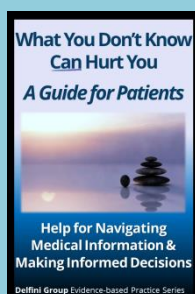
Various Resources

<http://www.delfini.org/delfiniTools.htm#pted>

<http://www.delfini.org/delfiniSamePage.htm>

These have been big areas of focus of ours in our efforts to help clinicians and patients. We won't go into everything here, but among the things we have—

- **Evidence Messaging Scripts** (short evidence-based communication samples)—
http://www.delfini.org/page_SamePage_RxMessagingScripts.htm
- **Our Patient Encounter Map & GLIDE Tool** for clinician communications with patients—
http://www.delfini.org/Delfini_Tool_PatientEncounterMap.pdf
- Our **book for patients** (of value to clinicians too)—



Book: What You Don't Know Can Hurt You—A Guide for Patients
Help for Navigating Medical Information & Making Informed Decisions
<http://www.delfinigrouppublishing.com>

Book Website

http://www.delfinigrouppublishing.com/patients_book.htm

1. Why this book is so **unique**—
http://www.delfinigrouppublishing.com/patients_stories.htm
2. **Video about** the book—
<http://youtu.be/CpKJ7hhu9CM>
3. ...or **slide show** only—
http://www.delfinigrouppublishing.com/patients_slideshow.pdf
4. To **providers of care**—
<http://www.delfinigrouppublishing.com/providers.htm>

6. More....

More at—

http://www.delfini.org/index_DelfiniShowcase.htm

http://www.delfini.org/index_Resources.htm

...and much more at <http://www.delfini.org>...

CONTACT US for advice, consulting, training, project facilitation, content development and more...