



Tannlegepraksis i informasjonsalderen

*Asbjørn Jokstad
Institutt for klinisk odontologi
Universitetet i Oslo*

En nyutdannet tannlege

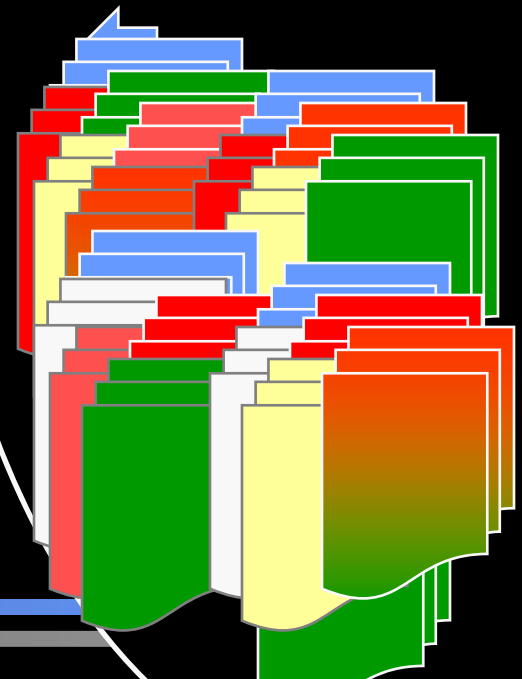


Reklame

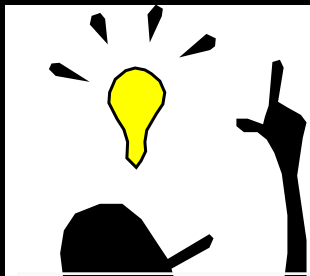
- produsent
- kollegaer

Lærere
"Pensum"

"Viten
skap"



En nyutdannet tannlege



Reklame

- produsent
- kollegaer

“Viten

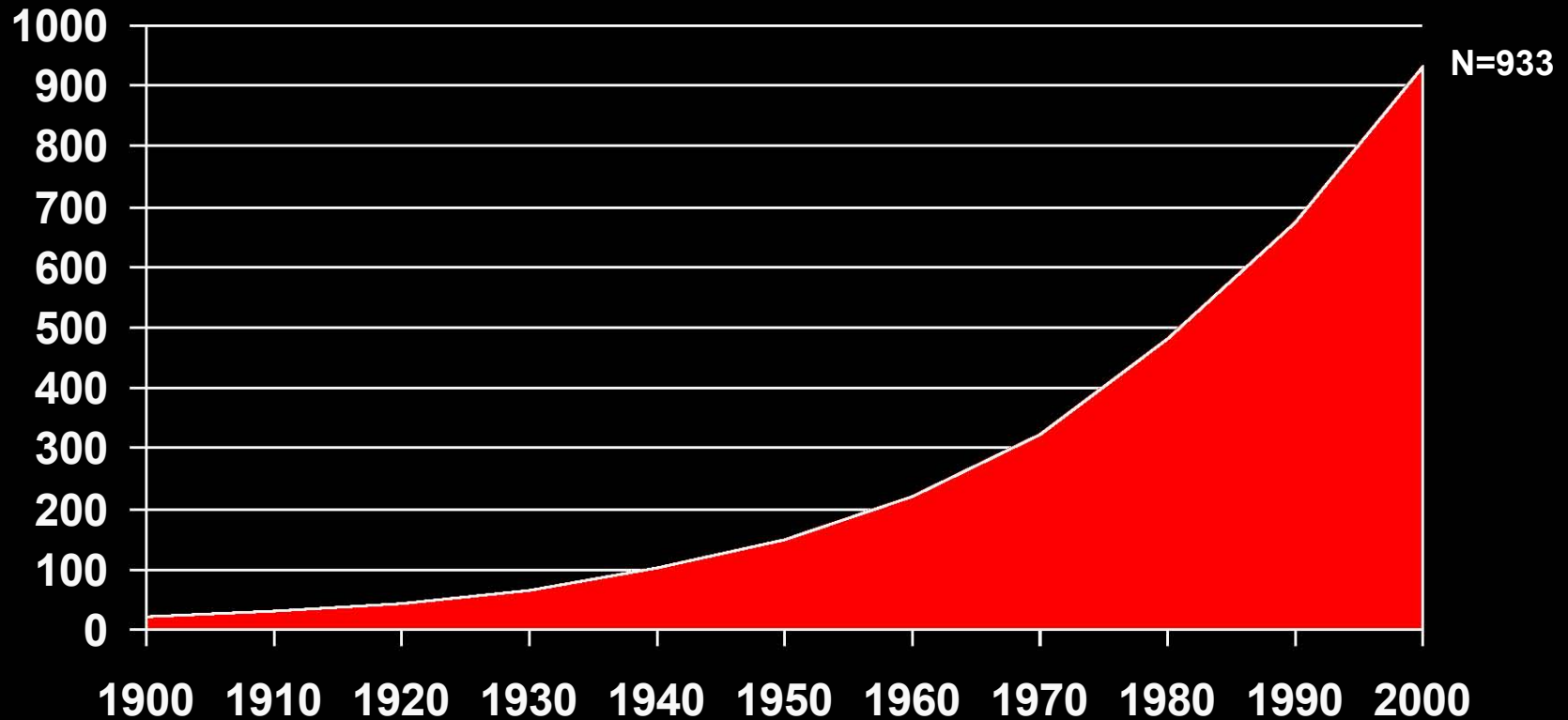
- Prosedyrer som beherskes er velprøvde
 - ikke nødvendigvis de mest moderne
- Ingen erfaring med mange vanlige prosedyrer
 - hvorfra tilegne seg mer kunnskap?
- Teoretisk på topp, fra nå er det mindre tid
 - et spørsmål om prioritering
- Fra dag 1 skjer det en videreutvikling i faget
 - hvordan holde seg oppdatert ?

Informasjonsekspløsjonen

Enorm vekst av vitenskapelige og biomedisinske publikasjoner - inkludert odontologi

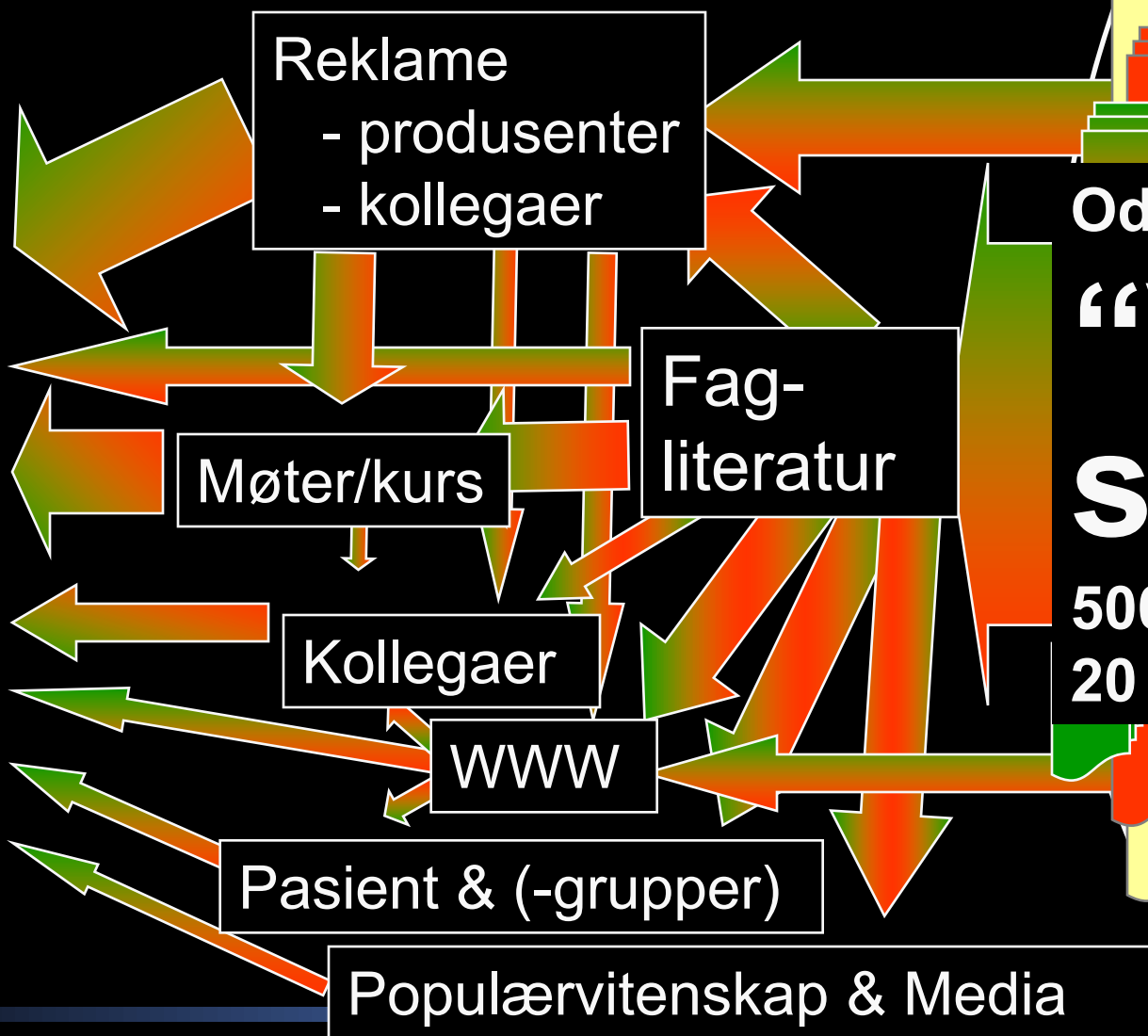
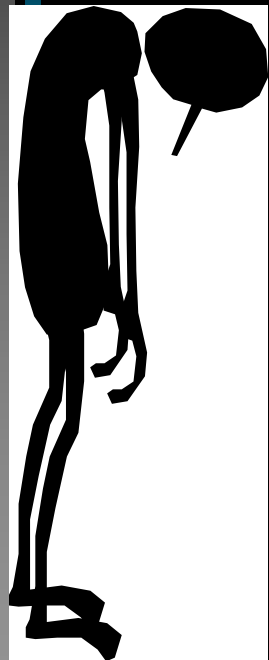
- Antall publikasjoner fordobles hvert 10. år
- Antall tidsskrift øker kontinuerlig
- Antall helsepersonnel og forskere stiger
 - Antall publikasjoner er nøkkelen til penger og ære

Dental journals in circulation today



Source: Ulrich's International Periodicals Directory

Informasjonsflommen



Odontologisk

**“Viten
skap”**

500 tidsskrift:
20 000 art./år

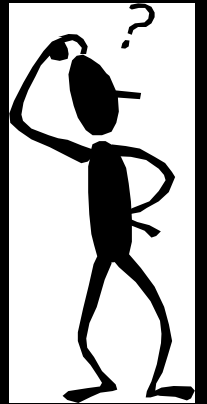
Vi må ikke bare ta stilling til

**mengden av informasjon vi
mottar**

men også

**kvaliteten på denne
informasjonen.**

Hva gjør du hvis ...



En 32 år gammel kvinne ringer deg fire timer etter en visdomstannoperasjon og klager over blødning, smerter og hevelse. Hun ønsker umiddelbart smertestillende og antifebril medisin samt antibiotika



..eller hvis...

en 66 år gml kvinne oppsøker deg fordi hennes forrige tannlege ikke har klart å hjelpe henne med stadige plager med oral lichen planus. Hun vil gjerne diskutere nyere behandlingsmuligheter hun har lest om i bladet "Kvinner og Klær" med deg....



Hvilken strategi velges når du er usikker?

- Patofysiologi -strategien: dette virker logisk ...
- Ekspert eller "hvordan jeg er opplært" -strategien: jeg lærte engang at dette virket / ikke virket ...
- Anekdote -strategien: dette virket/virket ikke sist gang jeg forsøkte ...

Hvilken strategi velges når du er usikker?

- Konsultasjon -strategien: kan jeg kanskje spørre en kollega?
- Faglitteratur -strategien: er bøkene mine ajour og tidsskriftartiklene mine systematiserte?
- Tilstå at man ikke vet hva som kan gjøres
- Gjøre noe - gjerne med intrykk av stor entusiasme - og håpe på det beste ...
- eller ulike kombinasjoner av disse ...

Rammevilkårene for dagens tannleger

Tradisjonelt:

- opplært i basale behand.metoder
- møter og kurs
- artikler i fagtidsskrift
- kan i varierende grad konsultere

Utsikt fremover:

- informasjonsbølge
 - bare en liten andel direkte klinisk anvendbart
 - dårlig utrustet til å fordøye og syntetisere informasjonen
- hektisk arbeidsdag
- krav til inntjening

Hvilken strategi velges når du er usikker?

Identifisere viktig og relevant informasjon selv

1. Kan jeg oppsøke et bibliotek?
2. Har jeg tilgang til en datamaskin?
3. Kan jeg finne svar på Internett?

Kan jeg finne svarene på Internett?

- **Medisinsk informasjon - “webmedisin”**

Search! [input field]

Get personalized e-mail when you reserve a Web address!



Search for: [input field] any language Search Help | Customize Settings | Family Filter is Off

lichen +planus [input field] any language Search

Search these results Spell check: did you mean planus?

- Related Searches: - oral lichen planus - erosive lichen planus - what is lichen planus

AltaVista Recommends

Find products for: lichen +planus

Find Results In: 6,943 pages found.

- Products News Business Web Pages Images MP3/Audio Video Directories

lichen planus - Click here for a list of Internet Keywords related to lichen planus

See editor-selected sites in: Lichen Planus | Flat Feet or Pes Planus

Shop now... Books Music Amazon.com GO!

1. Lichen Planus & GWS Anybody else have it ? [Follow Ups] [Post Followup] [Gulf War Vets Discussion Board] Posted by A.W. on March 02, 1999 at... URL: gulfwarvets.com/board/board/messages/1079.html Translate More pages from this site Related pages

2. Enkelte aspekter ved lichen planus ... URL: www.odont.uio.no/medisin/lichen%20planus/ppframe.htm Translate More pages from this site Related pages

still searching? Select One... 15

All the Web, All the Time™



Search for the exact phrase lichen planus FAST Search

Help Customize Advanced Search

7377 documents found - 0.2550 seconds search time

Search Restrictions: Offensive content reduction is On

- 1 [Skin care products for relief and treatment of skin disorders. - lichen planus red skin psoricon](#)
Skin care products for relief and treatment of skin disorders. anasilskin anasilskinanasilskinsoriasis treatmentIntracelbad breath causedandruff reliefTable of Contents Sincerely, Richard Faiola MD, With your help, however, "fairly Psoricon becomes
<http://eczema.sawy-health.com/>
- 2 [Lichen Planus Treatment Program on the Internet](#)
Lichen Planus is a chronic skin disorder that finds a promising treatment with homeopathy. Homeopathy is slightly lesser know but rapidly growing alternative health therapy. Homoeopathy India Foundation has designed an on-line Treatment Protocol (OTP) for
<http://www.lichenplanus.com/>
- 3 [Lichen Planus Treatment Program on the Internet](#)
Click here for Case studies Introduction: Lichen Planus, an obstinate skin disorder has baffled not only the patients but also the practitioners equally. The cases of Lichen Planus have been observed all over the world, irrespective of the race, skin color
<http://www.lichenplanus.com/what.htm>
- 4 [Lichen Planus : The causes and on-line Treatment Program](#)
What cases Lichen Planus? It is one of those conditions where the exact cause remains unknown till the date. There are theories. In some cases there are obvious links with the facts such as : 1. Contact with certain chemicals (paraphenylenediamine), drugs
<http://www.lichenplanus.com/cause.htm>
- 5 [Lichen Planus Treatment Program on the Internet](#)
Out Medical Team: About Dr.Rajesh Shah,LCEH(Bom.): Dr.Rajesh practices in Bombay. He has studied homeopathy intensively for last eighteen years. He has vast clinical experience. Dr. Rajesh is an internationally acclaimed teacher and clinician. His generous
<http://www.lichenplanus.com/team.htm>

Lycos webmedisin -bilder



LYCOS MULTIMEDIA All Pictures Audio Video POWERED BY

lichen planus

LOCATION: [Lycos](#) > [Multimedia](#) > All Results [Parental Controls are OFF](#)

PICTURES

[[PICTURES](#) | [AUDIO](#) | [VIDEO](#)]

49 Pictures were found in a search of the complete Lycos Web catalog.



dimensions: 156x101
file size: 12.4
[full size photo](#)



dimensions: 270x178
file size: 27.3
[full size photo](#)



dimensions: 156x117
file size: 17.6
[full size photo](#)

[46 [More Pictures](#) of lichen+planus]

AUDIO

[[PICTURES](#) | [AUDIO](#) | [VIDEO](#)]

0 Audio files were found in a search of the complete Lycos Web catalog.

Sorry, no audio files are available for 'lichen planus' at this time.

VIDEO

[[PICTURES](#) | [AUDIO](#) | [VIDEO](#)]

0 Video files were found in a search of the complete Lycos Web catalog.

Sorry, no video files are available for 'lichen planus' at this time.

planetfeedback
Send complaints, compliments, questions and suggestions here!

Halloween's Happenin'...
What Are You Gonna Be?
LYCOS SHOP

Keep it.
LYCOS FREE
Internet Access.

Informasjon \neq kunnskap!

- Søkingen blir oftest uspesifik
- Det tar ofte mye tid

Er dette så bra som det kan få blitt?

Kan jeg finne svarene på Internett?

- Medisinsk informasjon - “webmedisin”
- **Medisinske-metabaser**



The Megasite Project: A Metasite Comparing Health Information Megasites & Search Engines



P. F. Anderson, Nancy Allee, Jean Chung, Brian Westra, University of Michigan



Abstract Comparisons



Methodology Survey



Criteria Best of the Best



Unique Features Site Map



Bibliography About This Site

1999 Update!: New Search Test



Informasjon \neq kunnskap!

- Søkingen blir oftest uspesifik
- Det tar ofte mye tid
- Kvaliteten varierer enormt
- Mye “lærebokpreg” på det som finnes
- Vanskelig å finne svar på konkrete problem

Er dette så bra som det kan få blitt?

Kan jeg finne svarene på Internett?

- Medisinsk informasjon - “webmedisin”
- Medisinske-metabaser
- Medisinsk forskningsliteratur, databaser

Ulike medisinske databaser

Address <http://gateway1.ovid.com/ovidweb.cgi?T=JS&PAGE=dblist&checkipval=yes> Go


O V I D

Choose a database

? Help

select a database
to searchselect more than one
database to search

-- To **begin a search**, click the name of the desired database.

-- To **get more information** about a database, click the information icon: 

-- Click the **select more than one database to search** tab to search up to 5 databases at once.

-- [Logoff](#)

-  [Medline](#) 1997 to December Week 2 2000
-  [Journals@Ovid Full Text](#) October 18, 2000
-  [EBM Reviews - Best Evidence](#) 1991 to July/August 2000
-  [EBM Reviews - Cochrane Database of Systematic Reviews](#) 3rd Quarter 2000
-  [EBM Reviews - Database of Abstracts of Reviews of Effectiveness](#) 1st Quarter 2000
-  [CINAHL](#) 1982 to August 2000
-  [EMBASE](#) 1988 to 2000 Week 40
-  [EMBASE](#) 1980 to 2000 Week 40
-  [EMBASE](#) 1980 to 1987
-  [Pre-Medline](#) October 18, 2000
-  [Medline](#) 1966 to 1996
-  [Medline](#) 1993 to 1996
-  [Medline](#) 1987 to 1992
-  [Medline](#) 1975 to 1986
-  [Medline](#) 1966 to 1974
-  [Medline](#) December 2000 Week 2 2000

Kan jeg finne svarene på Internett?

- Medisinsk informasjon - “webmedisin”
- Medisinske-metabaser
- Medisinsk forskningsliteratur, databaser
 - Medline



PubMed

NLM's search service to access the 9 million citations in MEDLINE and Pre-MEDLINE (with links to participating on-line journals), and other related databases.

- [Overview](#)
- [Help / FAQs](#)
- [New/Noteworthy](#) NEW
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- [Consumer Health](#)

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- [Journal Browser](#)
- [MeSH Browser](#)
- [Citation Matcher](#)
- [Loansome Doc](#)
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Search for:

Number of documents to display per page:

Entrez Date limit:

- Enter one or more search terms.
- Author names should be entered in the form Smith JB, but initials are optional.
- Journal titles may be entered in full, as valid MEDLINE abbreviations, or as ISSN numbers (see Journal Browser for more information).

Questions or comments? Write to the [Help Desk](#).

NCBI PubMed PubMed QUERY PubMed ?

Details impacted teeth third molar pain postoper. Search Clear

Docs Per Page: 20 Entrez Date limit: No Limit

citations 1-20 displayed (out of 152 found), page 1 of 8

Display Abstract report for the articles selected (default all).

Order documents on this page through Loansome Doc

- [Dionne RA](#) [\[See Related Articles\]](#)
Additive analgesic effects of oxycodone and ibuprofen in the oral surgery model.
J Oral Maxillofac Surg. 1999 Jun;57(6):673-8.
PMID: 10368091; UI: 99294557.
- [Zacharias M, et al](#) [\[See Related Articles\]](#)
Effectiveness of preoperative analgesics on postoperative dental pain: a study.
Anesth Prog. 1996 Summer;43(3):92-6.
PMID: 10323113; UI: 99256489.
- [Bouloux GF, et al](#) [\[See Related Articles\]](#)
Bupivacaine versus lidocaine for third molar surgery: a double-blind, randomized, crossover study.
J Oral Maxillofac Surg. 1999 May;57(5):510-4; discussion 515.
PMID: 10319823; UI: 99251541.
- [Wenzel A, et al](#) [\[See Related Articles\]](#)
Evaluation of a new radiographic technique: outcome following removal of mandibular third molars.
Dentomaxillofac Radiol. 1998 Sep;27(5):264-9.
PMID: 9879214; UI: 99095287.
- [Bastian H, et al](#) [\[See Related Articles\]](#)
Comparative study of pain control by cryotherapy of exposed bone following extraction of wisdom teeth.

Informasjon \neq kunnskap!

- Søkingen blir for uspesifik
- Det tar for mye tid
- Kvaliteten varierer
- Mye “lærebokpreg” på det som finnes
- Vanskelig å finne svar på konkrete problem
- Husker ikke hvordan man søker
- MEDLINE indekserer ca. 4000 tidsskrift; en distinkt minoritet
- Får ikke tak i originalartikkelen /lene
- Har ikke tid til å lese alt i alle tilfeller

Er dette så bra som det kan få
blitt?

Informasjonsflommen

Et paradoks

**Til tross for
informasjonsflommen**

er bare en liten fraksjon direkte
appliserbart i klinisk hverdag

vi er dårlig utrustet til å fordøye og
syntetisere ny informasjon

Populærvitenskap & Media

logisk

ten

p”

skrift:

t./år

Konsekvens av situasjonen

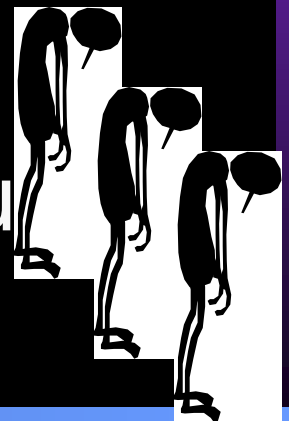
1. Vi trenger informasjon daglig, men våre behov blir sjelden oppfylt



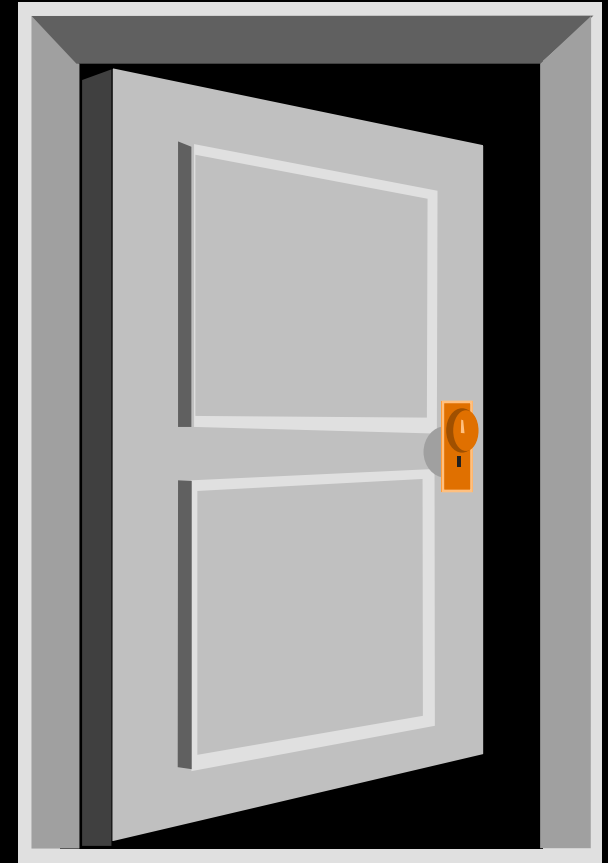
2. Som et resultat blir våre kliniske kunnskaper og behandling dårligere.



3. Tradisjonelle etterutdanningskurs forbedrer sjelden våre kliniske kunnskaper og behandling



Kanskje kan
dette nye
“EBM” hjelpe
meg?



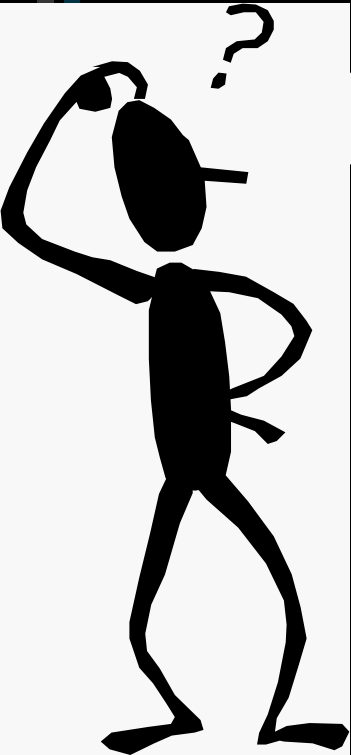
Evidens basert medisin - hensikt

- Hvordan løse daglige kliniske problemstillinger?
 - praktisk spørsmål
- Hvordan være rimelig sikker på at det jeg anbefaler og utfører er det beste pasienten kan motta?
 - etisk spørsmål

Evidens basert medisin - metode

1. Hvordan effektivt finne ny og meningsfull informasjon
2. Hvordan anvende denne nye informasjon

Evidens basert medisin -mål

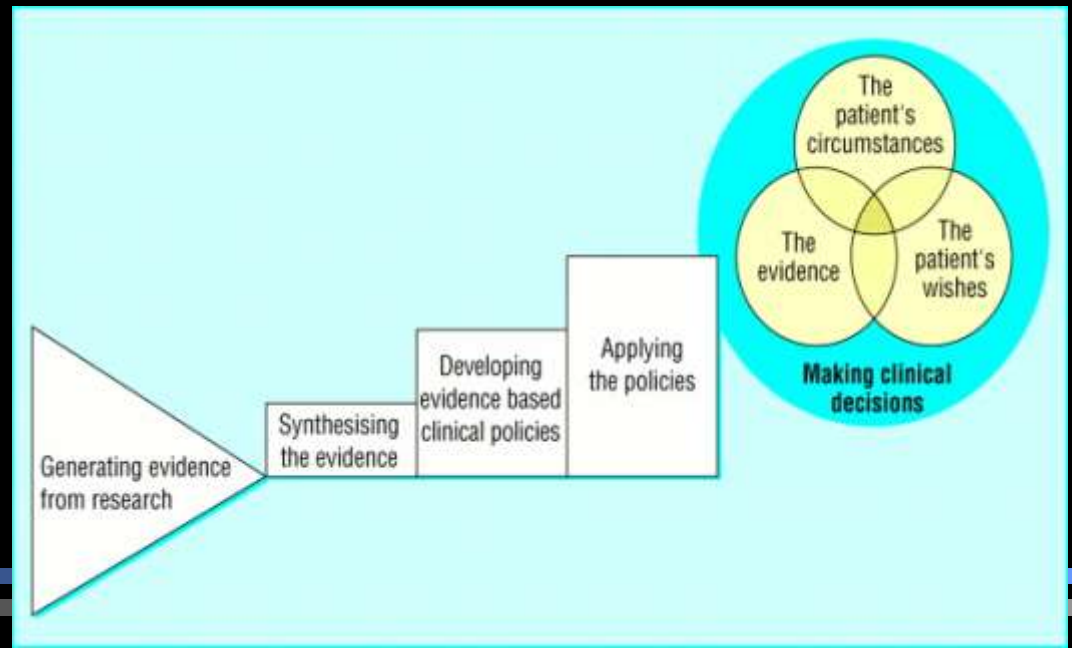


En strategi for hvordan vi skal forholde oss til kontinuerlige forandringer

...uten at vi vet riktig svar.

How can we apply EBD in our daily practice?

1. By accepting and applying practice protocols, policies and guidelines based on evidence-based principles



STAKES Main Page - Please read text



*Knowledge for
welfare and health*

National Research and Development
Centre for Welfare and Health (STAKES)

- ▶ *Facts about STAKES*
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- ▶ *Unit for International
Development Collaboration*



▶ *In Finnish* ▶ *In Swedish*

National Research and Development Centre for Welfare and Health (STAKES)

Welcome to STAKES webpages!

STAKES, the National Research and Development Centre for Welfare and Health, is committed to promoting the well-being and health of people, and to securing equal access for all to high-quality and effective welfare and healthcare services.

STAKES produces information and know-how in the field of welfare and health and forwards them to decision-makers and other actors in the field. As a centre of expertise overseen by the Ministry of Social Affairs and Health, STAKES bases its functions on research, development and information resources.



Established 1.12.1992

Director General, Professor,
MD Vappu Taipale

250 employees



Welcome to SBU

- Information
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- Projects
- Reports
- Newsletter
- Conferences
- Links
- Ambassador
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På Svenska

NEWS FROM SBU

Findings by SBU Alert

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- Trastuzumab (Herceptin) for Metastasized Breast Cancer. [Read more...](#)
- Genetic Test in Screening for Hereditary Hemochromatosis. [Read more...](#)
- EMDR – Psychotherapy in Posttraumatic Stress Syndrome in Young People. [Read more...](#)

New issue of Medical Science and Practice

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SBU – The Swedish Council on Technology Assessment in Health care
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Website revised June 28, 2001

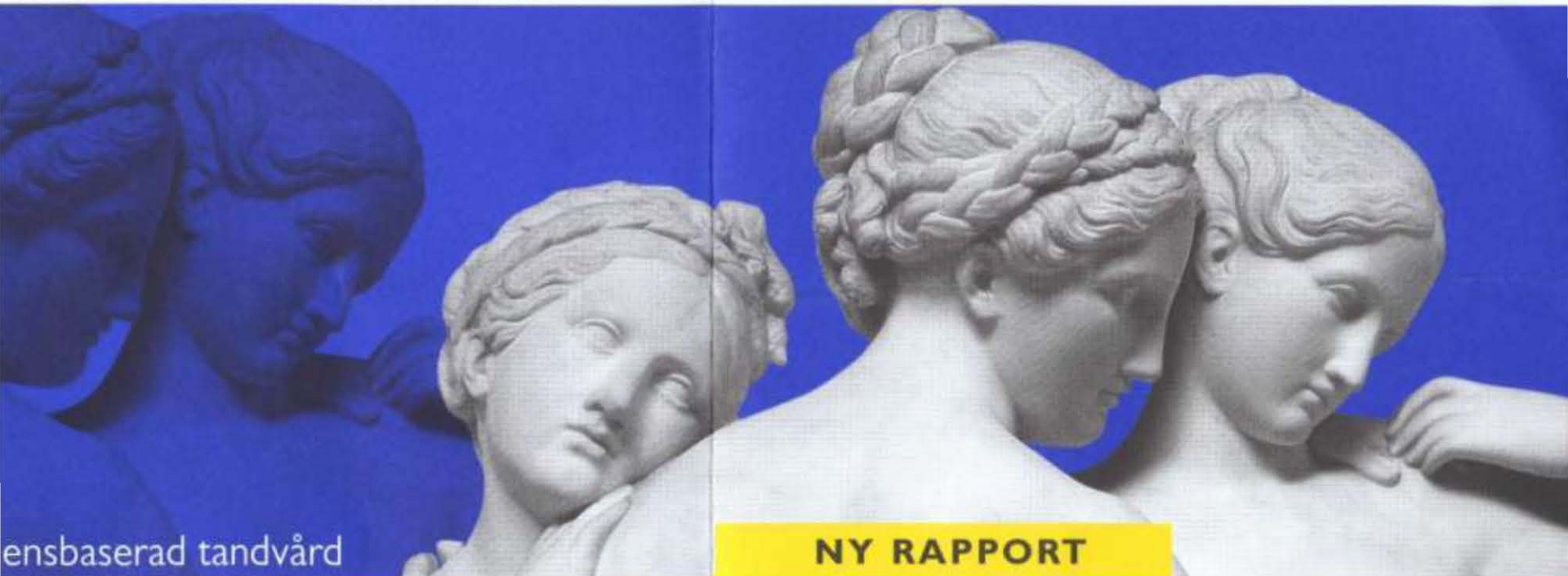


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S-0, 114 86 Stockholm • Besöksadress: Tyrgatan 7
Tel: 08-412 32 00 • Fax: 08-411 32 60
E-mail: [www.sbu.se](mailto:info@sbu.se) • E-mail: info@sbu.se



Ansvarig för tandvårdsområdet: Susanna Axelsson, tandläkare, e-mail: axelsson@sbu.se

Evidensbaserad **TANDVÅRD**



Evidensbaserad tandvård

NY RAPPORT

Vetenskapligt underlag finns för att jämföra olika metoder? Vilka områden är särskilt angelägna för utvärdering? SBU utvärderar sjukvårdens och tandvårdens metoder. Beställ nya SBU-rapporten

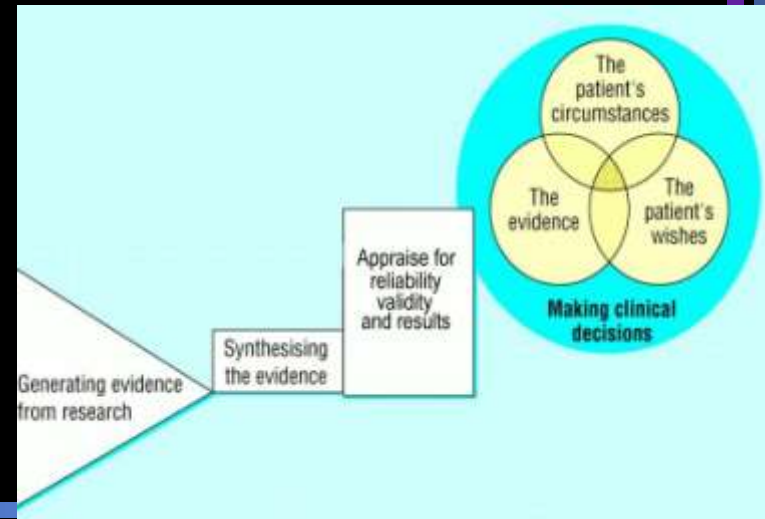
Behov av utvärdering i tandvården på medföljande svarskupong. Du kan också försäkra dig om kontinuerlig information från SBU genom att anmäla dig till SBU:s adresslista.

Behov av utvärdering i tandvården

How can we apply EBD in our daily practice?

1. By accepting and applying practice protocols, policies and guidelines based on evidence-based principles
2. By seeking and applying evidence-based dentistry summaries generated by others

- Journals that critically appraise primary studies
- Systematic reviews
 - Cochrane Collaboration
 - NHS R&D
 - Literature





Specialist Journals	Nature	Nature Publishing Group	Macmillan	Macmillan Reference	
 nature publishing group					
HOME	INFORMATION	SUBSCRIBE	REGISTER	SEARCH	HELP
<p>Journal home</p> <p>For readers</p> <ul style="list-style-type: none"> • Content • E-alert • Search content • Related journals <p>For authors</p> <ul style="list-style-type: none"> • Editor • Call for contributors • Aims and criteria <p>Customer services</p> <ul style="list-style-type: none"> • Subscribe • Prices • Order sample copy • Order reprints • Request permissions • Contact us 	<h2>Evidence-Based Dentistry</h2>  <p>ISSN 1462-0049 2001 Volume 3 Published quarterly</p> <p>View tables of contents</p> <p>A central resource for the most cutting-edge and relevant issues concerning the evidence-based approach in dentistry today. A <i>British Dental Journal</i> and Nature Publishing Group publication.</p> <p>Audience</p> <p><i>Evidence-Based Dentistry</i> is aimed at general dental practitioners to help them keep abreast of the best available evidence on the latest developments in various aspects of clinical dentistry. In addition, it is an invaluable tool for the specialist practitioners needing to maintain an awareness of new approaches outside their branch of dentistry.</p>				
Copyright © Nature Publishing Group 2001					


Online secondary publication - EBDP:

Journal of Evidence-Based Dental Practice TDC, July 2001 - Netscape

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JEBDP Home	Table of Contents	All Issues	Order	About this Journal	<< Issue	>> Issue






Table of Contents for
July 2001 • Volume 1 • Number 1

 Free Items  Paid Items

Statement of purpose and methods 3A

[FULL TEXT](#) [PDF](#)

Editorials TOP

A letter from the Editor-in-Chief and the Publisher 1

Michael G. Newman, DDS, Cynthia L. Baudendistel

[FULL TEXT](#) [PDF](#)

A new perspective...Two steps back: Integration of the evidence-based method in a general practice residency program 3

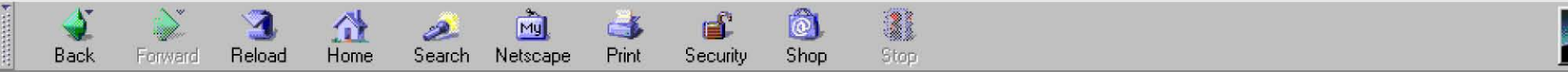
Elliot Abt, DDS, MS

[FULL TEXT](#) [PDF](#)

Evidence-based information is not a conspiracy to limit insurance benefits 5

Maxwell Anderson, DDS

Document: Done



Search [MeSH](#)

[Options](#) [History](#)

Cochrane Oral Health Group

This document should be cited as: Shaw WC, Worthington HV, Harrison J, Clarkson JE, Chan ES-Y, Antczak-Bouckoms A, Tavender EJ, Bickley SR. Cochrane Oral Health Group. In: *The Cochrane Library*, Issue 3, 2001. Oxford: Update Software.

Contact address :

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Telephone: +44 161 275 7818
Facsimile: +44 161 275 7815
E-mail: emma.tavender@man.ac.uk

What's new

NEW REVIEWS

Interventions for the treatment of burning mouth syndrome

NEW PROTOCOLS

Pulp treatment for extensive decay in primary teeth

THE UNIVERSITY OF YORK

EFFECTIVENESS *Matters*

NHS Centre for Reviews and Dissemination, The University of York
Vol 3, Issue 2, October 1998

of Impacted Third Molars:

Prophylactic Removal of is it Justified?

the UK are disease free.

g term benefit to the patient is expected.

ill develop pathological changes if they are not removed.

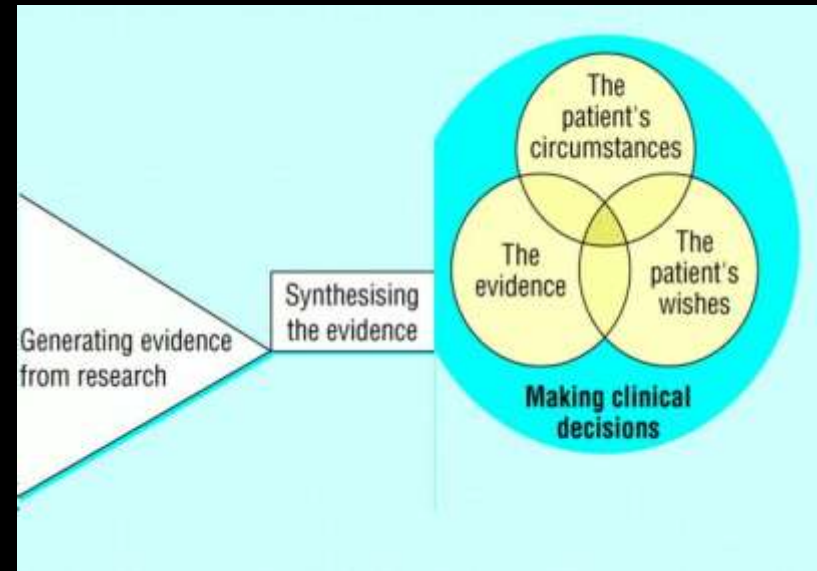
n outcome of early removal with retention of pathology free third molars.

- Third molar surgery rates vary widely across the UK.
- Around 35% of third molars removed for prophylactic purposes in the UK.
- Surgical removal of third molars can only be justified when clear long term benefit to the patient is expected.
- It is not possible to predict reliably whether impacted third molars will develop pathological changes if they are not removed.
- There are no randomised controlled studies to compare the long term outcome of early removal with retention of pathology free third molars.

How can we apply EBD in our daily practice?

3. By learning how to practice evidence-based dentistry ourselves

- Books
- Seminars
- Internet
 - Online link banks
 - Online courses
 - Online resources





Cochrane Oral Health Group

Welcome to our web-site

Cochrane Collaboration

Cochrane Collaboration is an international organisation that aims to help people make well-informed decisions about healthcare by identifying, appraising, maintaining and promoting the accessibility of systematic reviews of the effects of healthcare interventions. The main work of the Collaboration is done by approximately fifty Collaborative Review Groups, within which Cochrane Reviews are prepared and maintained. The Cochrane Oral Health Review Group aims to produce systematic reviews which primarily include all randomised control trials (RCT's) of oral health. Oral health is broadly conceived to include the prevention, treatment and rehabilitation of oral, dental and craniofacial diseases and disorders.

[Back to Home Page](#)

[Cochrane Collaboration](#)

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[Reviews & Protocols](#)

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Welcome

The Cochrane

The Cochrane Collaboration is an international organisation that aims to help people make well-informed decisions about healthcare by identifying, appraising, maintaining and promoting the accessibility of systematic reviews of the effects of healthcare interventions. The Cochrane Oral Health Review Group aims to produce systematic reviews which primarily include all randomised control trials (RCT's) of oral health. Oral health is broadly conceived to include the prevention, treatment and rehabilitation of oral, dental and craniofacial diseases and disorders.

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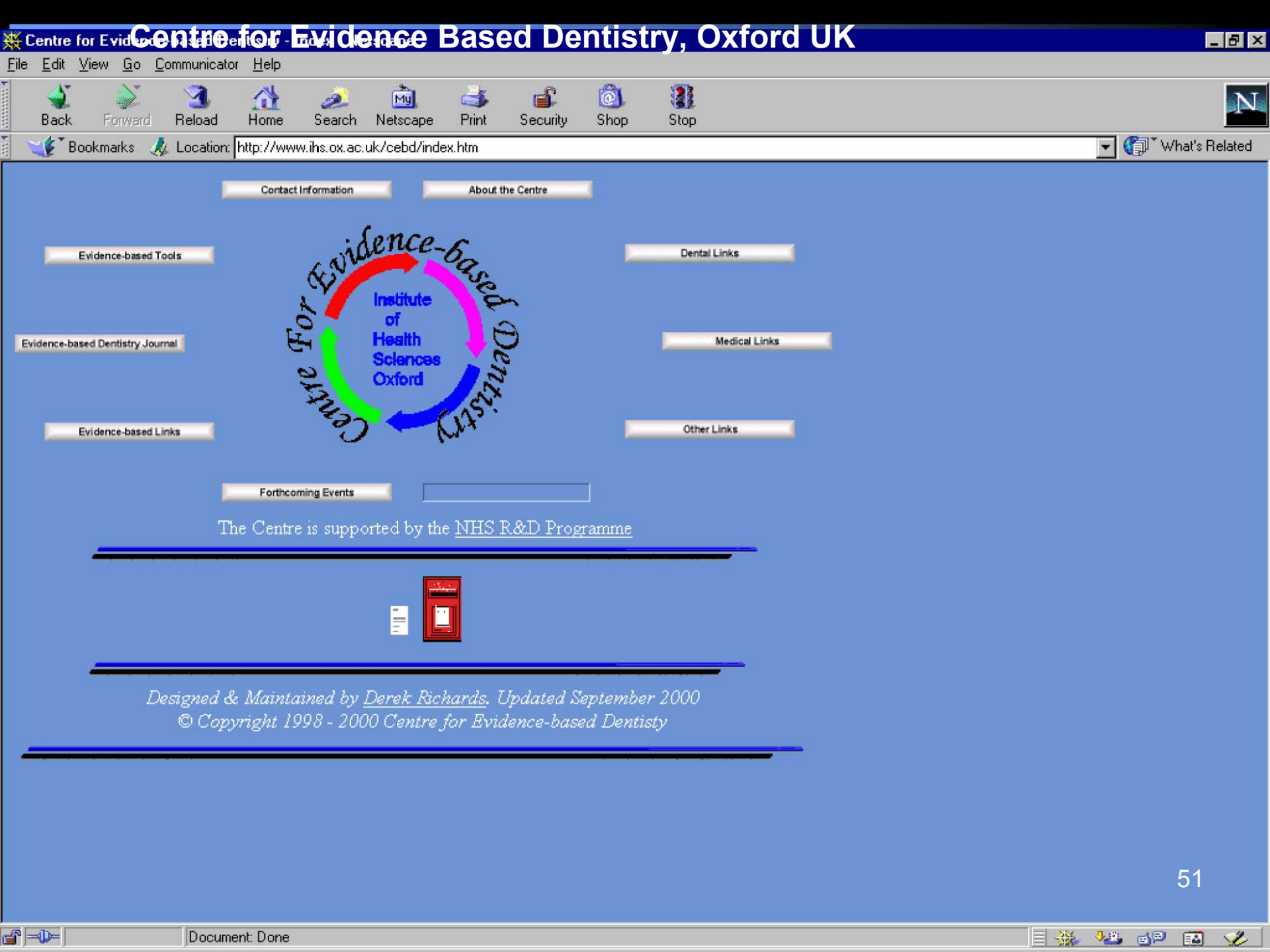
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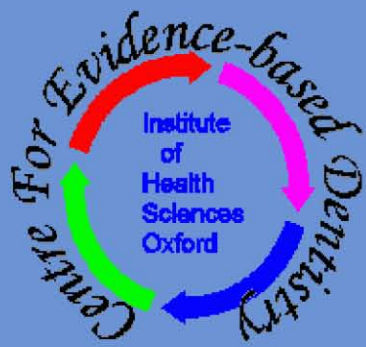
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Creada en Junio del 2000

Última actualización 2 de abril del 2001.

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