

BÖLÜM 13

SİSTEMATİK DERLEME VE META-ANALİZLER (PRISMA)

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GİRİŞ

Kanıt dayalı tıp (KDT), sistematik ve geçerli tıbbi arařtırmalarla elde edilmiř kanıtların, hastanın deęerleri-düřünceleri, saęlık profesyonellerinin tecrübeleri ile harmanlanarak karar verme sürecini optimize eden tıbbi uygulamalardır. KDT, meta-analiz, sistematik derleme, randomize kontrollü arařtırmalar gibi çalıřmalardan elde edilen yüksek kalitede kanıtların öncülüęünde bireysel tıbbi kararlar verme süreci ile bařlamakta olup, verilen kararları mantıklı, řeffaf ve nesnel hale getirerek daha güvenli, daha iyi ve maliyet-etkin saęlık hizmeti sunulmasına yardımcı olmaktadır (1, 2). Beř basamaktan (sormak, en iyi kanıtın bulunması, kanıtın deęerlendirmesi, karar verip uygulanması ve etki-perfonmasın deęerlendirilmesi) oluřan KDT'nin, 2. ve 3. basamaęında yoğun bir literatür taramak, en geçerli, güncel kanıtı bulmak ve bulunan kanıtın kullanılabilirlięini sorgulamak gerekmektedir (3, 4).

Günümüzde hem arařtırma sayılarının artması hem de internet kullanımının yaygınlařması gibi nedenlerden dolayı kanıtlara ulařım hızlanmıřtır. Ancak günlük pratikte mevcut sorunlara ait tüm birincil yayınların takip edilmesi pek mümkün deęildir. Bu nedenle aynı konuda yapılan arařtırmaları inceleyerek oluřturulan sistematik derleme, meta-analiz gibi ikincil bilgi kaynakları oluřturulmaktadır (4).

Sistematik derleme ve meta analiz çalıřmaları arařtırma sonuçlarının sentezlendięi, kanıtların doęru ve güvenilir řekilde özetlendięi bilimsel, kantitatif arařtırmalardır. Bu arařtırmalarda iyi tanımlanmıř bir soruyu/problemi ele alarak, řeffaf, güncel ve tekrarlanabilir olmak amaçlanmaktadır. Sistematik derleme, meta-analiz süreci;

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