



Eviscore Foundation Course

Module 3 – APPRAISE

Worksheet 3A : Therapy Study Appraisal

Estimated Time: 20–30 minutes

Difficulty: ★★☆☆ Foundation

Name: _____

Date: _____

Article Title: _____

Learning Objectives

After completing this worksheet, you should be able to:

- Identify whether a therapy study is trustworthy.
 - Interpret the main findings.
 - Decide whether the evidence applies to your patient.
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Before You Begin

Use the article you selected in Worksheet 2D.

Read the Abstract before answering the questions.

PART 1 – Identify the Study

What is the title of the article?

What year was it published?

Which journal published it?

What type of study is it?

- ☐ Randomized Controlled Trial (RCT)
 - ☐ Systematic Review
 - ☐ Cohort Study
 - ☐ Case-Control Study
 - ☐ Unsure
-

PART 2 – Can I Trust This Study?

Tick the best answer.

Were participants randomly assigned to treatment groups?

- ☐ Yes
- ☐ No
- ☐ Not Reported

Were the groups similar before treatment?

- ☐ Yes
- ☐ No
- ☐ Not Reported

Were most participants followed until the end of the study?

- ☐ Yes
- ☐ No
- ☐ Not Reported

Were the outcomes measured consistently for all participants?

- ☐ Yes
- ☐ No
- ☐ Not Reported

Overall

Do you think this study is reasonably trustworthy?

- ☐ Yes
- ☐ Partly
- ☐ No

Why?

PART 3 – What Did the Study Find?

What treatment was studied?

What was it compared with?

What was the main outcome?

What did the researchers conclude?

PART 4 – Can I Apply This Evidence?

Think about the patient from Module 1.

Is your patient similar to those included in the study?

- ☐ Yes
- ☐ No
- ☐ Unsure

Would this treatment be available in your hospital or clinic?

- ☐ Yes
- ☐ No
- ☐ Unsure

Do the expected benefits appear greater than the harms?

- ☐ Yes
- ☐ No
- ☐ Unsure

Would you consider using this evidence for your patient?

- ☐ Yes
- ☐ Maybe
- ☐ No

Explain your decision.

PART 5 – My Evidence Summary

Complete the summary below.

Clinical Question

Study Design

Main Finding

Can I Trust It?

- ☐ Yes
- ☐ Partly
- ☐ No

Will I Use It?

- ☐ Yes
 - ☐ Maybe
 - ☐ No
-

Reflection

What was the most difficult part of appraising this article?

- ☐ Understanding the methods
 - ☐ Understanding the results
 - ☐ Deciding whether to trust it
 - ☐ Applying it to my patient
 - ☐ Other
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-

Self-Assessment

- ☐ I can identify the study design.
 - ☐ I can recognize important features of a trustworthy therapy study.
 - ☐ I can summarize the main findings.
 - ☐ I can judge whether the evidence applies to my patient.
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Evidence Pearl

A published study should not be accepted automatically. Before using it in patient care, ask three questions: Can I trust it? What did it find? Can I apply it?

Faculty Notes

Suggested Discussion Points

Rather than asking learners to memorize methodological terms, encourage them to think like clinicians. Guide the discussion around three simple questions:

1. Can I trust this study?
 - Was it designed fairly?
 - Were participants treated similarly?
 - Was follow-up adequate?
2. What did the study find?
 - What treatment was evaluated?
 - What happened?
 - Was the difference clinically meaningful?
3. Can I apply this evidence?

- Does it fit my patient?
- Is the intervention available?
- Do the likely benefits outweigh the harms?

Common Beginner Difficulties

- ☐ Confusing the study conclusion with the actual results.
- ☐ Focusing only on statistical significance instead of clinical importance.
- ☐ Assuming every randomized trial is automatically trustworthy.
- ☐ Ignoring whether the study population resembles their patient.

Evidence Traffic Light

Colour	Meaning
 Green	Trustworthy evidence that appears applicable to my patient.
 Yellow	Some concerns—interpret with caution or seek additional evidence.
 Red	Major concerns—do not rely on this study alone for clinical decisions.