

How to improve journal club presentations OR I can present that paper in under 10 minutes.

Following is a 10 step guideline in how to make brief journal club presentations that aim to help condense an article down to its core while systematically reviewing its validity and telling a compelling story.

1. Describe the case or problem that attracted you to this paper  
Briefly explain how the article is relevant.

2. Explain how you came across this article  
Briefly describe the search strategy used to track down this particular article.

3a Describe the study ...

What type of question was asked, what type of study (method) was used, where was the study done (if relevant, any other outstanding features.

3b ... and the research question:

The research question or hypothesis to be tested. (PICO)

**P**opulation—who was studied?

**I**ntervention or exposure—what therapy, risk factor, tests, etc.?

**C**omparison or control—what alternative to intervention or exposure?

**O**utcome—clinical, functional, economic, etc.?

4. State the importance/relevance/context of this question

This information can usually be found in the author's introduction where they put their study in the context of other literature.

5. Describe the methods by giving more detail on the question components

Briefly describe the methods - Patients, Intervention, Comparison, and Outcomes (PICO) related to the question:

6. State your answers to the critical appraisal questions on validity

Briefly answer the appropriate critical appraisal questions on validity, and elaborate with some explanation, questions, or concerns if needed.

Remember, "The conclusions givith but the methods taketh away! Caveat lector—reader beware!"

7. Summarise the primary results

When browsing a journal our eyes go from the title (if it sounds interesting) to the conclusions in the abstract. The inner question is, "If this is true (valid) would it be interesting or important to me?"

8. Describe why you think the results can or cannot be applied to your patients/situation

Finish with an assessment of the study's external validity—can you apply these results to your patients? How much might you have to adjust the study findings due to differences between the study's patients or setting and your own?

9. Conclude with your own decision about the utility of the study in your practice—resolve the case or question with which you began. Try to apply the study's findings to your patient or problem. Give the listeners a sense of closure.

10. Finally, prepare a 1 page summary of the outline above as a handout

The summary will serve as your notes for the presentation and will help guide the group's attention. It also provides a storable record of the article.

Presentation times: 10 minutes easy, 5 minutes with very tight editing, and 2–3 minutes hitting just the highlights.

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Available at: <http://ebm.bmj.com/content/12/3/66.2.full>