

A guide to *The Cochrane Library*

What is The Cochrane Library?

The Cochrane Library is a set of seven databases that focus on health care interventions. The main feature of The Cochrane Library is *The Cochrane Database of Systematic Reviews*, which provides access to the full text of systematic reviews produced by The Cochrane Collaboration. The Cochrane Collaboration is an international organization that is committed to providing timely access to relevant, unbiased, good quality information about health care interventions.

What can I do with it?

You can use this resource to access systematic reviews that evaluate interventions for specific conditions. You can also identify citations for articles and systematic reviews published by researchers who are not involved with the Cochrane Collaboration.

How do I get to it?

To get to The Cochrane Library:

- 1) Go to www.shirp.ca
- 2) Click on the “Search for Articles on Your Topic” link under the heading “Find an Article”
- 3) Scroll down to the bottom of the page until you see the heading “Clinical Decision Support Tools”
- 4) Click on “The Cochrane Library”



The main search screen for The Cochrane Library is made up of:

1) Search: the search box allows you to do a basic search of the Cochrane library. There is a link to the advanced search that allows you to do MeSH searches and access the Search History.

2) Browse: allows you to browse through reviews by topic. The “Other Browse Options” link also allows you to browse the reviews by currency or alphabetically.

3) Highlighted New & Updated Reviews: lists the newest additions to the Cochrane Database of Systematic Reviews.

The screenshot shows the Cochrane Library homepage. At the top left is the logo and the text "THE COCHRANE LIBRARY Independent high-quality evidence for health care decision making". To the right, it says "from The Cochrane Collaboration". Below this is a search bar with a dropdown menu set to "Title, Abstract or Keywords" and a "GO" button. A red box labeled "1" highlights the search input field. To the right of the search bar are navigation links: HOME, SIGN UP, LEARN, ACCESS, and HELP. Below the search bar is a link to "Advanced Search". A yellow notice banner is present, stating: "Notice to all users: The April issue of The Cochrane library is now live (14 April 2010). Please note: there is a delay in the April publication of the Cochrane Central Register of Controlled Trials (CENTRAL). We anticipate publication in the next 7 -14 days. Users can still search records published in the January issue. We apologise for any inconvenience this may cause." Below the notice are three main sections: "BROWSE COCHRANE DATABASE OF SYSTEMATIC REVIEWS" with a list of topics like "Anaesthesia & pain control (143)", "Blood disorders (94)", "Cancer (252)", "Consumers & communication (29)", "Dentistry and oral health (107)", "Developmental, psychosocial, and learning problems (70)", "Ear, nose, & throat (92)", "Effective practice/health systems (59)", and "Endocrine & metabolic (89)". An "expand" button and "Other Browse Options" link are at the bottom of this list. A red box labeled "2" highlights this section. "SPECIAL COLLECTIONS" includes "World Malaria Day (25 April 2010)", "World Asthma Day (4 May 2010)", and "Cochrane Evidence Aid: resources for Chile and Haiti earthquakes". "EDITORIAL" features a snippet about corticosteroids with a "Read more | View archive" link. A red box labeled "3" highlights this section. At the bottom is "HIGHLIGHTED NEW AND UPDATED COCHRANE REVIEWS" with a list of titles: "Legislative smoking bans for reducing secondhand smoke exposure, smoking prevalence and tobacco consumption", "Aspirin with or without an antiemetic for acute migraine headaches in adults", "Combined chiropractic interventions for lowback pain", and "Self-monitoring and self-management of oral anticoagulation".

The following example illustrates how to look for information on **sleep apnoea** using the “Browse by Topic” feature for Cochrane Reviews, the keyword search box on, and the MeSH Search.

Browsing by Topic

Check the list of topics on the left hand side of the screen. Click on “expand” to see the complete listing.

BROWSE COCHRANE DATABASE OF SYSTEMATIC REVIEWS

- [Anaesthesia & pain control](#) (143)
- [Blood disorders](#) (94)
- [Cancer](#) (252)
- [Consumers & communication](#) (29)
- [Dentistry and oral health](#) (107)
- [Developmental, psychosocial, and learning problems](#) (70)
- [Ear, nose, & throat](#) (92)
- [Effective practice/health systems](#) (59)
- [Endocrine & metabolic](#) (89)

[expand](#)

SPECIAL COLLECTIONS

- [World Malaria Day](#) (25 April 2010)
- [World Asthma Day](#) (4 May 2010)
- [Cochrane Evidence Aid: resources for Chile and Haiti earthquakes](#)

[View all](#)

HIGHLIGHTED NEW AND UPDATED COCHRANE REVIEWS

- [Legislative smoking bans for tobacco consumption](#)
- [Aspirin with omega-3 fatty acids for cardiovascular disease](#)

EDITORIAL

"Inadequate control despite regular treatment with inhaled corticosteroids." It's a scenario repeated all over the world in surgeries and outpatients departments, anywhere where people with asthma are routinely treated. Health professional and patients are faced with a familiar problem: increase the dose of corticosteroids or add a new agent, such as an inhaled long-acting beta-agonist (LABA). Which is best?...

Cochrane Journal Club
Join the discussion

Podcasts from The Cochrane Library

Click on the subject you are interested in to get a list of subtopics. Click on the subtopic you are interested in to bring up a list of related reviews.

[Lungs & airways](#) (448)

- [Aspiration pneumonia](#) (1)
- [Asthma \(acute\)](#) (22)
- [Asthma \(chronic\)](#) (106)
- [Bronchiectasis](#) (19)
- [Chronic cough](#) (12)
- [Chronic obstructive pulmonary disease \(exacerbations\)](#) (11)
- [Chronic obstructive pulmonary disease \(stable\)](#) (30)
- [Cystic fibrosis](#) (42)
- [Exercise-induced bronchoconstriction](#) (4)
- [Idiopathic pulmonary fibrosis](#) (2)
- [Interstitial lung disease](#) (3)
- [Lung cancer](#) (25)
- [Pulmonary hypertension](#) (3)
- [Respiratory infections](#) (111)
- [Sarcoidosis](#) (2)
- [Sleep apnoea](#) (9)
- [Smoking cessation](#) (53)

[Anaesthesia & pain control](#) (143)

[Blood disorders](#) (94)

[Cancer](#) (252)

[Consumers & communication](#) (29)

[Dentistry and oral health](#) (107)

[Developmental, psychosocial, and learning problems](#) (70)

[Ear, nose, & throat](#) (92)

[Effective practice/health systems](#) (59)

[Endocrine & metabolic](#) (89)

[Eyes & vision](#) (78)

[Gastroenterology](#) (258)

[Genetic disorders](#) (82)

[Gynaecology](#) (291)

[Heart & circulation](#) (336)

[Infectious disease](#) (407)

[Kidney disease](#) (114)

[Lungs & airways](#) (448)

[Mental health](#) (321)

[Methodological & diagnostic](#) (17)

[Neonatal care](#) (263)

[Neurology](#) (477)

[Orthopaedics & trauma](#) (297)

[Pregnancy & childbirth](#) (366)

[Public health](#) (40)

[Rheumatology](#) (176)

[Skin](#) (91)

[Tobacco, drugs, & alcohol dependence](#) (104)

[Urology](#) (96)

[Wounds](#) (65)

Choose a review from the list and click on the link to bring up the document.

SEARCH THE COCHRANE LIBRARY

Title, Abstract or Keywords

or try an [Advanced Search](#)

CATEGORISED REVIEWS: SLEEP APNOEA

- [Adenotonsillectomy for obstructive sleep apnoea in children](#)
- [Continuous positive airway pressure delivery interfaces for obstructive sleep apnoea](#)
- [Continuous positive airways pressure for obstructive sleep apnoea in adults](#)
- [Drug therapy for obstructive sleep apnoea in adults](#)
- [Educational, supportive and behavioural interventions to improve usage of continuous positive airway pressure machines for adults with obstructive sleep apnoea](#)
- [Lifestyle modification for obstructive sleep apnoea](#)
- [Oral appliances for obstructive sleep apnoea](#)
- [Pressure modification for improving usage of continuous positive airway pressure machines in adults with obstructive sleep apnoea](#)

The table of contents is listed on the left and the text is shown on the right. Click on the headings in the table of contents to see a specific section of the review. If you want to print the review, go to the PDF version (links are provided above the table of contents).

Wiley InterScience home | The Cochrane Library home | My Profile | Log In

THE COCHRANE LIBRARY
Independent high-quality evidence for health care decision making

Save Title to My Profile

from The Cochrane Collaboration

BROWSE
Cochrane Reviews: [By Topic](#) | [New Reviews](#) | [Updated Reviews](#) | [A-Z](#) | [By Review Group](#)
Other Resources: [Other Reviews](#) | [Clinical Trials](#) | [Methods Studies](#) | [Technology Assessments](#) | [Economic Evaluations](#)

SEARCH
Enter search term Title, Abstract or Keywords
[Advanced Search](#) | [MeSH Search](#) | [Search History](#) | [Saved Searches](#)

[Intervention Review]
Continuous positive airway pressure delivery interfaces for obstructive sleep apnoea

PDF
• [Summary](#) (60 K)
• [Standard](#) (269 K)
• [Full](#) (313 K)

• [Abstract](#)
• [Plain language summary](#)

Quick links
• [What's new](#)

The review
• [Background](#)
• [Objectives](#)
• [Methods](#)
• [Results](#)
• [Discussion](#)
• [Authors' conclusions](#)
• [Acknowledgements](#)
• [References](#)

[Figures](#)
[Tables](#)

[Intervention Review]
Continuous positive airway pressure delivery interfaces for obstructive sleep apnoea

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Editorial group: [Cochrane Airways Group](#).
Publication status and date: New search for studies and content updated (no change to conclusions), published in Issue 2, 2009.
Review content assessed as up-to-date: 8 January 2009.

Citation: Chai CL, Pathinathan A, Smith B. Continuous positive airway pressure delivery interfaces for obstructive sleep apnoea. *Cochrane Database of Systematic Reviews* 2006, Issue 4. Art. No.: CD005308. DOI: 10.1002/14651858.CD005308.pub2.

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Abstract

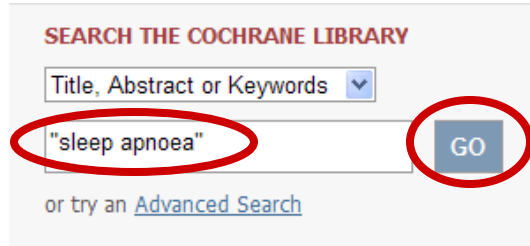
Background
Continuous positive airway pressure (CPAP) is the mainstay of therapy for moderate to severe obstructive sleep apnoea (OSA). However, compliance with CPAP has been less than ideal. There are many different CPAP interfaces now available for the treatment of OSA. The type of CPAP delivery interface is likely to influence a patient's acceptance of CPAP therapy and long term compliance.

Objectives
This review aims to compare the efficacy of the various CPAP delivery interfaces available for the treatment of obstructive sleep apnoea.

[Next >](#)

Keyword Searching

To do a keyword search, type the terms you are looking for into the search box at the top of the page. In this case, we are looking for a phrase so we put the search terms in quotation marks (""). Quotation marks make the computer look for those two words together, in that order within the database records. Click on the "Go" button.



SEARCH THE COCHRANE LIBRARY

Title, Abstract or Keywords

"sleep apnoea" GO

or try an [Advanced Search](#)

The search results are displayed database by database. The number of records retrieved from each database is shown in the blue shaded area under the heading "Search Results". In this case there are:

- 14 Cochrane Reviews
- 5 Other Reviews (published by people outside of the Cochrane Collaboration)
- 337 Clinical Trials
- 2 Methods studies
- 8 Technology Assessments, and
- 8 Economic Evaluations

To read a Cochrane review, click on the title of the review. To see results from one of the other databases, click on the link for that database.

Search Results



Show Results in:

Cochrane Reviews [14] | Other Reviews [5] | Clinical Trials [337] | Methods Studies [2] | **Technology Assessments [8]** | Economic Evaluations [8] | Cochrane Groups [0]

There are 14 results out of 6153 records for: ""sleep apnoea" in Title, Abstract or Keywords in Cochrane Database of Systematic Reviews"

View: 1-14

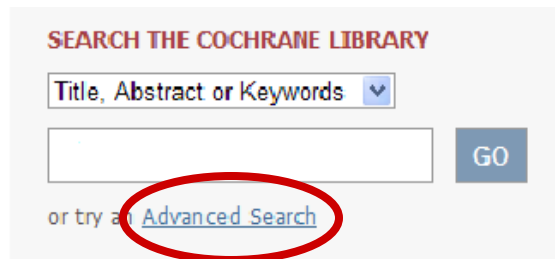
[Export All Results](#)

Record Information Issue: [Current](#) | [All](#) Restrict to: [Reviews](#) | [Protocols](#) Sort by: [Record Title](#) | [Match %](#) | [Date](#)

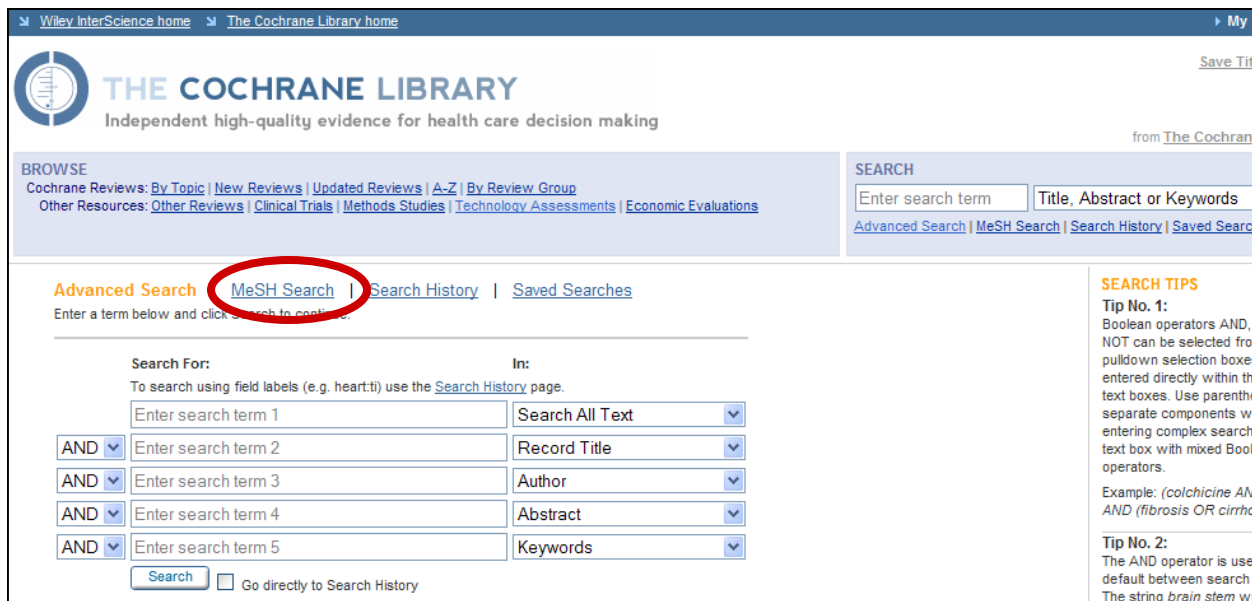
<input type="checkbox"/>	Adenotonsillectomy for obstructive sleep apnoea in children Jerome Lim, Michael C McKean April 2009 Review
<input type="checkbox"/>	Surgery for obstructive sleep apnoea in adults Supriya Sundaram, Jerome Lim, Toby J Lasserson January 2009 Review
<input type="checkbox"/>	Continuous positive airways pressure for obstructive sleep apnoea in adults Gemma L Giles, Toby J Lasserson, Brian Smith, John White, John J Wright, Christopher L Coates October 2008 Review
<input type="checkbox"/>	Drug therapy for obstructive sleep apnoea in adults Ian Smith, Toby J Lasserson, John J Wright July 2009 Review
<input type="checkbox"/>	Educational, supportive and behavioural interventions to improve usage of continuous positive airway pressure machines for adults with obstructive sleep apnoea Ian Smith, Vidya Nadig, Toby J Lasserson July 2009 Review
<input type="checkbox"/>	Continuous positive airway pressure delivery interfaces for obstructive sleep apnoea Ching Li Chai, Anna Pathinathan, Brian Smith April 2009 Review

MeSH Searching

The MeSH search is similar to the “Suggest Subject Term” and “Map Term to Subject Heading” options in other databases. To get to the MeSH search, click on the “Advanced Search” link under the search box.

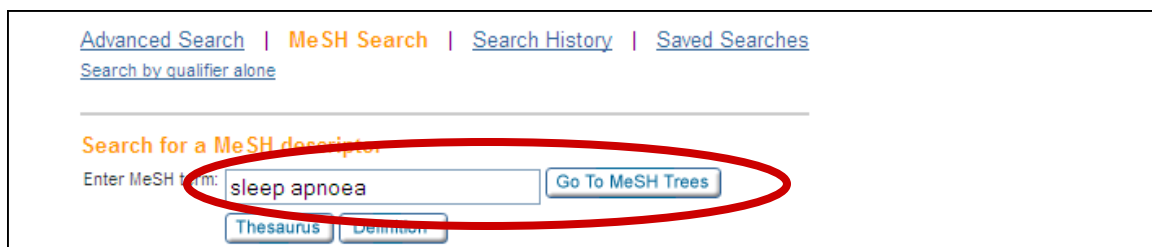


Click on the “MeSH Search” link above the keyword search boxes



Type your search term into the box labeled “Search for a MeSH Descriptor”, and click on the “Go to MeSH trees” button.

IMPORTANT NOTE: - you can only search for one concept at a time. If you have two concepts you want to look for- such as sleep apnoea and continuous positive airway pressure- search for the two concepts separately and link them in the Search History afterwards.
- quotation marks (“”) cannot be used in a MeSH search.



If what you typed is not the MeSH term used in the database, you will get a list of terms to choose from. Click on the link for the term that best fits what you are looking for.

Search for a MeSH descriptor
Enter MeSH term:

Select the appropriate MeSH descriptor:

- Adjustment Sleep Disorder
see: [Dyssomnias](#)
- Advanced Sleep Phase Syndrome
see: [Sleep Disorders, Circadian Rhythm](#)
- African Sleeping Sickness
see: [Trypanosomiasis, African](#)
- Apnea, Sleep**
see: [Sleep Apnea Syndromes](#)
- Apnea, Sleep, Central
see: [Sleep Apnea, Central](#)
- Arousal Disorders, Sleep
see: [Sleep Arousal Disorders](#)
- Behavior Disorder, Rapid Eye Movement Sleep
see: [REM Sleep Behavior Disorder](#)

A new screen will show you where the term fits in the database classification scheme. As you move down the list and to the right, the terms become more specific.

Click on the “View Results” button to run the search.

[Advanced Search](#) | [MeSH Search](#) | [Search History](#) | [Saved Searches](#)
[Search by qualifier alone](#)

Search for a MeSH descriptor
Enter MeSH term:

Search The Cochrane Library content
 Go directly to Search History

Add qualifier restriction:

	Explode	Tree Number 1
All	<input checked="" type="checkbox"/>	Respiratory Tract Diseases [+15]
		Respiration Disorders [+13]
		Apnea [+1]
Tree Number 1	<input checked="" type="checkbox"/>	Sleep Apnea Syndromes [+2]
		Sleep Apnea, Central
Tree Number 2	<input checked="" type="checkbox"/>	Sleep Apnea, Obstructive [+1]

The number of records retrieved from each database is shown in a new screen in the blue shaded area under the heading “Search Results”. This time the results are different:

- 10 Cochrane reviews
- 28 other reviews (published by people outside of the Cochrane Collaboration)
- 770 Clinical Trials
- 39 technology Assessments, and
- 60 Economic Evaluations

To read a Cochrane review, click on the title. To see results from one of the other databases, click on the link for that database.

BROWSE
Cochrane Reviews: [By Topic](#) | [New Reviews](#) | [Updated Reviews](#) | [A-Z](#) | [By Review Group](#)
Other Resources: [Other Reviews](#) | [Clinical Trials](#) | [Methods Studies](#) | [Technology Assessments](#) | [Economic Evaluations](#)

SEARCH
Enter search term Title, Abstract or Keywords
[Advanced Search](#) | [MeSH Search](#) | [Search History](#) | [Saved Searches](#)

Search Results

Show Results in:
Cochrane Reviews [10] | [Other Reviews \[28\]](#) | [Clinical Trials \[770\]](#) | [Technology Assessments \[39\]](#) | [Economic Evaluations \[60\]](#)

There are 10 results out of 6153 records for: "MeSH descriptor Sleep Apnea Syndromes explode all trees in Cochrane Database of Systematic Reviews" [Save Search](#)
[Edit Search](#)

View: 1-10
[Export All Results](#)

Record Information Issue: [Current](#) | [All](#) Restrict to: [Reviews](#) | [Protocols](#) Sort by: [Record Title](#) | [Match %](#) | [Date](#)

- [Adenotonsillectomy for obstructive sleep apnoea in children](#)
Jerome Lim, Michael C McKean
April 2009
[Review](#)
- [Continuous positive airway pressure delivery interfaces for obstructive sleep apnoea](#)
Ching Li Chai, Anna Pathinathan , Brian Smith
April 2009
[Review](#)
- [Continuous positive airways pressure for obstructive sleep apnoea in adults](#)
Tammie L Giles, Toby J Lasserson, Brian Smith, John White, John J Wright, Christopher J Cates
October 2008
[Review](#)
- [Drug therapy for obstructive sleep apnoea in adults](#)
Ian Smith, Toby J Lasserson, John J Wright
July 2009
[Review](#)
- [Educational, supportive and behavioural interventions to improve usage of continuous positive airway pressure machines for adults with obstructive sleep apnoea](#)
Ian Smith, Vidya Nadig, Toby J Lasserson
July 2009
[Review](#)

You can combine this search with other searches. If you want to look for articles about sleep apnoea and continuous positive airway pressure, do a search for continuous positive airway pressure using the same technique as above. Then click on the “Search History” link under the search box at the top of the results page.

SEARCH
Enter search term Title, Abstract or Keywords
[Advanced Search](#) | [MeSH Search](#) | [Search History](#) | [Saved Searches](#)

The Search History keeps track of all of the searches you've done in the current session. When you are in the Search History you can edit, delete, combine, or view the results of previous searches.

To combine the searches for "Sleep Apnea Syndromes" (search #1) and "Continuous Positive Airway Pressure" (search #2), type #1 AND #2 in the search box above the Search History list, and click on the "Go" button.

Advanced Search | MeSH Search | Search History | Saved Searches

Search For:
#1 AND #2

Restrict by product:
Ctrl-click (Windows) or Command-click (Mac) to select
All Cochrane products (default)
Cochrane Reviews
Other Reviews
Clinical Trials

Restrict by record status:
 All
 New
 Conclusions Changed
 Commented
 New Search
 Major Change
 Withdrawn
 Commented
(Choose one or more specific statuses above and use this option to limit these selections to commented articles.)

Date Range (4-digit year): [] - []

Current Search History

ID	Search	Hits	Edit	Delete
#1	MeSH descriptor Sleep Apnea Syndromes explode all trees	907	edit	delete
#2	MeSH descriptor Continuous Positive Airway Pressure explode all trees	326	edit	delete

Save Search Strategy Clear History

The new search and the number of records retrieved will be added at the bottom of the list. To see the results click on the blue link that describes your search.

Current Search History

ID	Search	Hits	Edit	Delete
#1	MeSH descriptor Sleep Apnea Syndromes explode all trees	907	edit	delete
#2	MeSH descriptor Continuous Positive Airway Pressure explode all trees	326	edit	delete
#3	(#1 AND #2)	205	edit	delete

Save Search Strategy Clear History

The number of records retrieved from each database is shown in a new screen in the blue shaded area under the heading “Search Results”. The results for the combined search this time are:

- 4 Cochrane reviews
- 7 other reviews
- 173 Clinical Trials,
- 4 technology Assessments and
- 17 Economic Evaluations

To see results from one of the other databases—such as “Clinical Trials”, click on the link for that database.

The screenshot shows the 'Search Results' page for the Cochrane Database of Systematic Reviews. The search criteria are '#1 AND #2'. The results are filtered to show 4 records out of 6153. The 'Technology Assessments' category is highlighted with a red circle. The results list includes:

- [Continuous positive airway pressure delivery interfaces for obstructive sleep apnoea](#)
Ching Li Chai, Anna Pathinathan, Brian Smith
April 2009
[Review](#)
- [Educational, supportive and behavioural interventions to improve usage of continuous positive airway pressure machines for adults with obstructive sleep apnoea](#)
Ian Smith, Vidya Nadig, Toby J Lasserson
July 2009
[Review](#)
- [Oral appliances for obstructive sleep apnoea](#)
Jerome Lim, Toby J Lasserson, John Fleetham, John J Wright
July 2009
[Review](#)
- [Pressure modification for improving usage of continuous positive airway pressure machines in adults with obstructive sleep apnoea](#)
Ian Smith, Toby J Lasserson
October 2009
[Review](#)

To read an abstract for a clinical trial article, click on the title.

The screenshot shows the 'Search Results' page for the Cochrane Central Register of Controlled Trials. The search criteria are '#1 AND #2'. The results are filtered to show 173 records out of 608405. The 'Clinical Trials' category is highlighted with a red circle. The results list includes:

- [A randomized controlled trial of nurse-led care for symptomatic moderate-severe obstructive sleep apnea.](#)
Antic NA, Buchan C, Esterman A, Hensley M, Naughton MT, Rowland S, Williamson B, Windler S, Eckermann S, McEvoy RD
2009
- [Assessment of the test-retest reliability of laboratory polysomnography.](#)
Levendowski DJ, Zack N, Rao S, Wong K, Gendreau M, Kranzier J, Zavora T, Westbrook PR
2009
- [Comparison of manual titration and automatic titration based on forced oscillation technique, flow and snoring in obstructive sleep apnea.](#)
Galefke W, Randerath WJ, Stieglitz S, Laumanns C, Anduleit N, Richter K, Schäfer T
2009
- [Compliance in sleep apnoea therapy: influence of home care support and pressure mode.](#)
Damjanovic D, Fluck A, Bremer H, Müller-Quernheim J, Idzko M, Sorichter S
2009
- [Continuous positive airway pressure treatment for obstructive sleep apnoea reduces resting heart rate but does not affect dysrhythmias: a randomised controlled trial.](#)
Craig S, Pepperell JC, Kohler M, Crosthwaite N, Davies RJ, Stradling JR
2009