

# NAVIGATING SCIENTIFIC PUBLICATIONS

Scientific publications can provide helpful information when you are looking to learn more about a topic that is meaningful to you or your family's needs. While doctors often use scientific publications to educate themselves when making a treatment decision, you don't need a medical background to read one. Use this resource to familiarize yourself with the elements and terms that are commonly seen in different types of publications. Please be sure to discuss any questions you have with your healthcare provider.

First, it's important to understand the different parts that a publication may include.

## TITLE

The title is an overview of what the publication or study is related to and typically includes the disease studied and the treatments used.

## ABSTRACT

The abstract is a short summary that provides a brief background about the study including how it was designed and what the key findings were.

## INTRODUCTION

This provides the reader with background information about the disease or category that is being studied and what the main focus of the study was.

## METHODS

This section includes information about how the study was designed, such as how many participants were involved and how long the study lasted.

## RESULTS

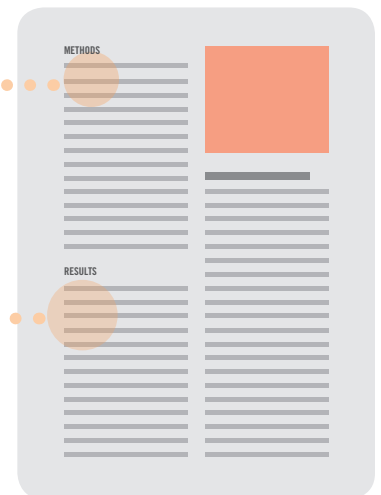
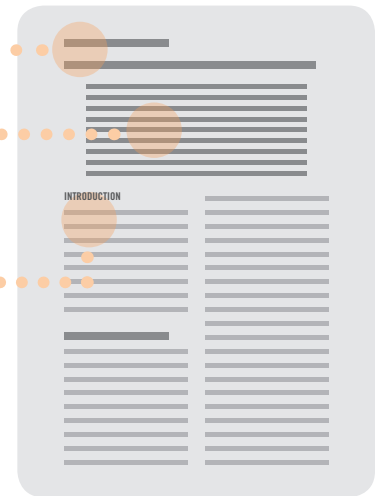
This is where the data and results from the study are provided, often shown in graphs, charts, tables, or other figures. This section also details any side effects or tolerability issues that were experienced by participants during the study.

## CONCLUSION/DISCUSSION

In this section, the author interprets the data gathered and explains what impact the findings will have.

## REFERENCES

These are a list of all the sources the author (or authors) cited throughout the publication and may be of interest to you for further reading.



Now that we've identified the different parts of a scientific publication, **let's outline a helpful method for reviewing the different sections.**

## GETTING STARTED

There are many different ways to review a publication. Below we've outlined one way that may be helpful for you. It can also be helpful to take notes or write down any questions you have as you read.



1

### Take it from the top

Read the title to understand if this is a subject that seems relevant to you.

START

2

### Find a date

Look at the date to learn when the article was published. Articles published more recently are likely to include the most up-to-date information.

2019

3

### Get introduced

Read the introduction to learn what is being studied and why.

4

### Have a look around

Your publication may include graphs and tables that can help show the similarities and differences in what was studied.

5

### Data dive

Read the methodology and results sections. They describe important information about the patients studied and explain what was observed.

6

### Jump to conclusions

Read the conclusion or discussion section at the end of the article to learn what the research found and how it may affect patient care.

7

### Finish at the beginning

Read the abstract (or summary) section at the very beginning. This ties together everything that you have read.

Once you've finished, take a look at your notes to see if there are topics or questions you want to learn more about.

These notes can help guide your review of additional publications, in addition to helping you prepare any questions you may have for you or your loved one's healthcare provider.