

Timeplan  
Evidence Based Dentistry.  
2 November 2000, Jønkøping

13.00-14.00	1. Innledning – hva er EBM? <ul style="list-style-type: none"><li>• Hvor finnes informasjon?</li><li>• Hvordan formulere kliniske problemstillinger+</li></ul>
14.10-14.40	2. Gjennomgang, formulering av kliniske problemstillinger
14.50-16.00	3. Kritisk analyse av vitenskapelige arbeider

Ad 3. Følgende artikler skal være lest og kritisk analysert (etter synkende prioritering):  
Skjema for kritisk analyse av de to typer artikler er vedlagt.

1. Browning WD, Johnson WW, Gregory PN. Reduction of postoperative pain: a double blind randomised controlled clinical trial. JADA 1997;128:1661-7. (RCT studie)
2. Dao TT, Lavigne GJ. Oral splints: the crutches for temporomandibular disorders and bruxism? Crit Rev Oral Biol Med. 1998;9(3):345-61. (review)
3. Quarnstrom F, McDade NE, McLean K, Munk A, Nicholls J. A randomized clinical trial of agents to reduce sensitivity after crown cementation. Gen Dent. 1998 Jan-Feb;46(1):68-74. (RCT studie)
4. Letzel H, Van 'T Hof MA, Marshall GW, Marshall SJ. The Influence of the Amalgam Alloy on the Survival of Amalgam Restorations: A Secondary Analysis of Multiple Controlled Clinical Trials. J Dent Res 1997; 76: 1787-1798. (RCT studie)
5. Randall RC, Wilson NH. Glass-ionomer restoratives: a systematic review of a secondary caries treatment effect. J Dent Res. 1999 Feb;78(2):628-37. (review)

Ad. 2. Formuler kliniske gode spørsmål på grunnlag av følgende scenarier, og kom med forslag om hvor relevant informasjon er lokalisert.

På det siste lokalforeningsmøtet fortalte en kollega at den offentlige tannhelsesektoren hadde sluttet å fissurforsegle molarene på alle seksåringene i distriktet. Han visste ikke om det var tvil om effekten eller om det bare var på grunn av kostnadsinnsparinger (eller begge deler). Imidlertid mente han da å huske at vi lærte engang i tiden at fissurforsegling var et bra tiltak?

En av mine trofaste pasienter gjennom 30 år har hatt Oral lichen planus i lang tid. Imidlertid har nå lesjonene begynt å bli symptomatiske. Hun har lest i et populærvitenskapelig helseblad at plagene kunne forsvinne ved hjelp av en ny spesiell urtekur fra Korea. Hun lurte på om jeg trodde denne kuren var bedre enn andre behandlinger?

Etter mange år i den offentlige tannhelsetjenesten har du fått ansvaret for å organisere tannhelsen på et aldershjem i et distrikt. Du konstaterer raskt at tannhelsesituasjonen er katastrofalt dårlig, og bestemmer deg for at opplæringstiltak må iverksettes. Men hvilke tiltak kan være effektive?

Selgeren fra ditt tannlegedepot har med seg prøver på membraner til bruk rundt tenner som har hatt festetap etter periodontitt. Han hevder "Guided tissue regeneration" er en vel innarbeidet teknikk som gir utmerkede resultat, også blandt allmennpraktiserende tannleger. Siden membranene er relativt kostbare ønsker du å få bakgrunnsinformasjon til bruk i diskusjoner med pasienter om behandlingsvalg, og du bestemmer deg for å undersøke hvilke data som foreligger.

I en liten notis i Dagsavisen står det at helt nye internasjonale studier har vist at det nå finnes fullgode erstatninger for amalgam. Pasienten som du i forrige uke hadde frarådet å skifte ut alle sine amalgamfyllinger har også lest notisen. I telefonen virker hun litt skeptisk til ditt kunnskapsnivå, så du bestemmer deg for å oppdatere deg litt om fyllingsterapi før pasientens neste konsultasjon.

Min 18 år gamle datter har tilbrakt et år på high school i California og skal nå komme hjem. Entusiastisk ringer hun hjem en kveld og sier at alle hun kjente for tiden fikk bleket tennene sine hos den lokale tannlegen med en ny laserteknikk. Ryktet fortalte at tennene skulle bli så nydelige etter behandlingen. Det var vel umulig å få noe slikt gjort i Skandinavia, så det ville vel være synd å ikke benytte den enestående sjansen før hun reiste hjem? Siden metoden var helt ny kostet behandlingen ganske mye, faktisk alle pengene hun egentlig skulle bruke til å kjøpe klær og suvenirer for før hun skulle reise hjem om to dager. Det var jo litt synd å prioritere slikt, men jeg var vel enig? Tross alt hadde jeg vært tannlege i mange år, så jeg visste vel såpass om blekemetoder at jeg forsto hvor bra resultatene ble med laser og at dette var en riktig prioritering av henne? Hvilket råd kan jeg gi min datter?

Eva Karlsson er en 45 år gammel kvinne som har fått fjernet alle sine amalgamfyllinger og erstattet dem med ikke-metalliske materialer. Hun har en tannluke i som hun ønsker å få lukket med en bro. Hun vil gjerne ha din oppfatning om fordelene og ulempene med å velge en broløsning uten metall (som hun primært ønsker).

# Evidens-Basert Oral Medisin

*Asbjørn Jokstad*

*Institutt for klinisk odontologi*

**Universitetet i Oslo**

**Web-adresse: <http://www.odont.uio.no/protetikk/jonkoping>**

# Tidsplan

- |             |  |
|-------------|--|
| 13.00-14.00 | 1. Innledning – hva er EBM?<br>Hvor finnes informasjon?<br>Hvordan formulere kliniske<br>problemstillinger |
| 14.10-14.40 | 2. Gjennomgang, formulering<br>av kliniske problemstillinger   |
| 14.50-16.00 | 3. Kritisk analyse av<br>vitenskapelige arbeider   |

# En nyutdannet tannlege



Reklame

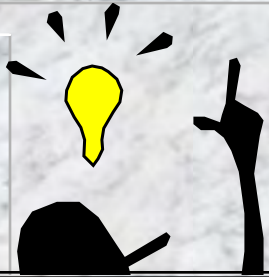
- produsent
- kollegaer

Lærere  
“Pensum”

“Viten  
skap”



# En nyutdannet tannlege



Reklame

- produsent
- kollegaer

- Prosedyrer som beherskes er velprøvde
  - ikke nødvendigvis de mest moderne
- Ingen erfaring med mange vanlige prosedyrer
  - hvorfra tilegne seg mer kunnskap?
- Teoretisk på topp, fra nå er det mindre tid
  - et spørsmål om prioritering
- Fra dag 1 skjer det en videreutvikling i faget
  - hvordan holde seg oppdatert ?

# Informasjonsekspløsjonen

Enorm vekst av vitenskapelige og biomedisinske publikasjoner inkludert odontologi

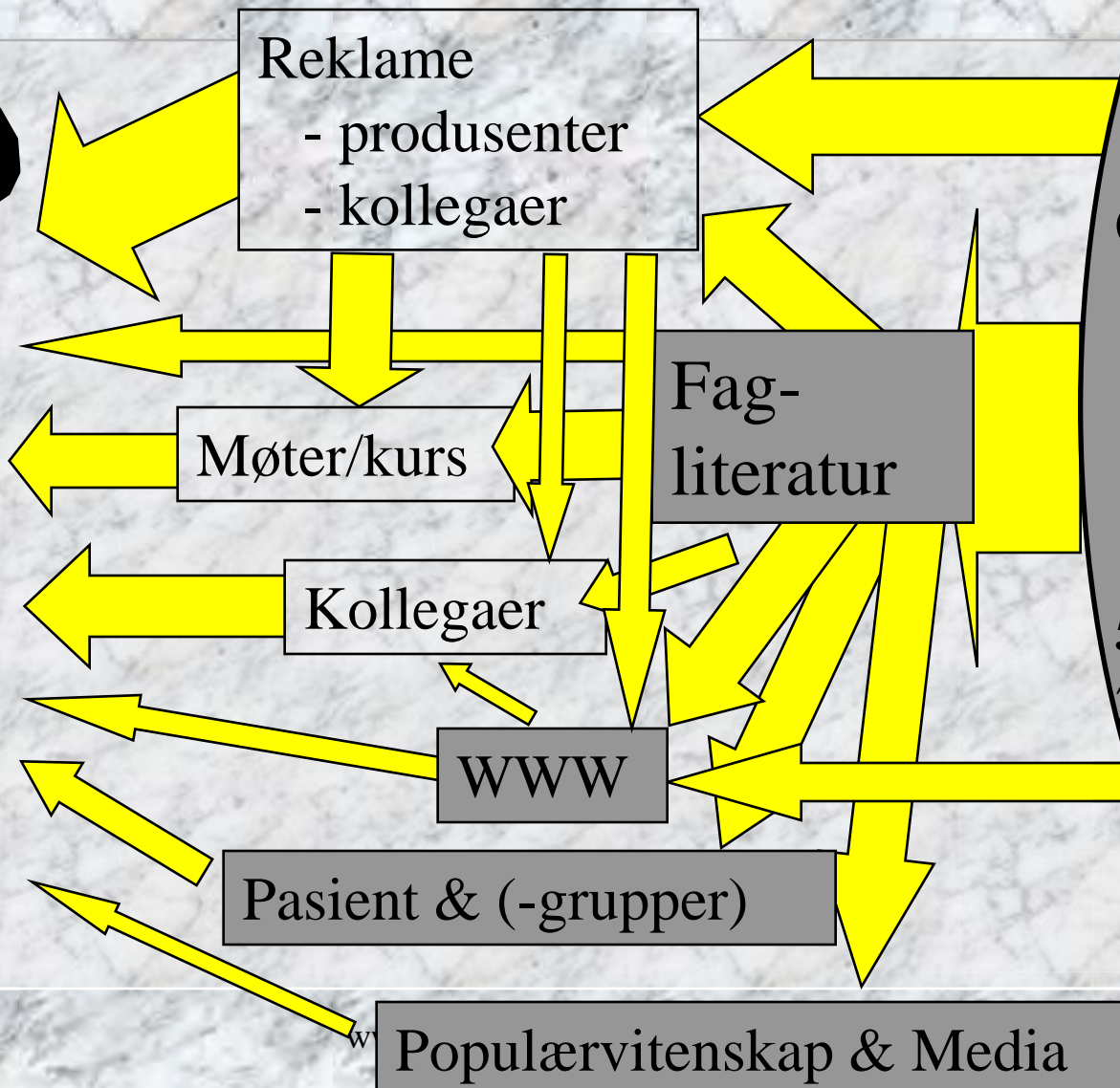
- **Antallet publikasjoner fordobles hvert 10. år**
- **Antallet tidsskrift øker kontinuerlig**
- **Relatert til antall helsepersonnel og forskere**
  - antallet publikasjoner er nøkkelen til penger og ære

# Informasjonsekspløsjonen

- 20.000 biomedisinske tidsskrift
- 2.000.000 artikler/år innen biomedisin
- 500 odontologiske tidsskrift
- 50.000 artikler/år innen odontologi
- En må lese 35 artikler/time/1500 t. årsverk  
hvis man skal rekke å lese alle artiklene som  
publiseres innen odontologi



# Informasjonsflommen



Odontologisk

“Viten  
skap”

500 tidsskrift:  
20 000 art./år

Vi må ikke bare ta stilling til

mengden av informasjon vi  
mottar

**men også**

**kvaliteten på denne  
informasjonen.**

# Hva gjør du hvis ...

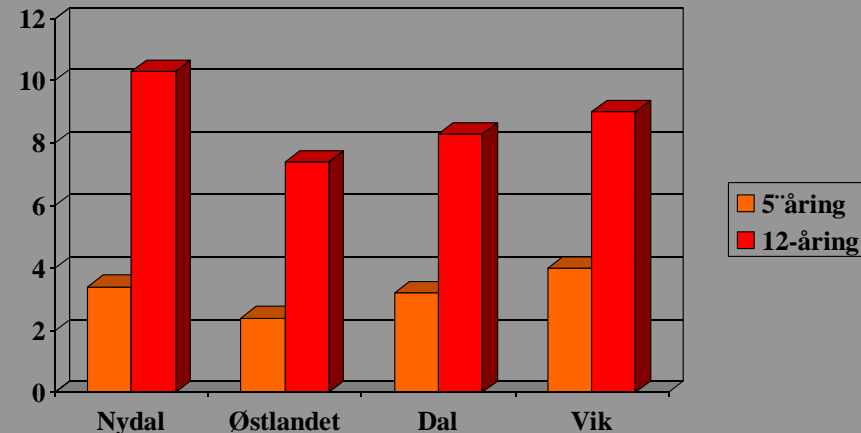
En 32 år gammel kvinne ringer deg fire timer etter en visdomstannoperasjon og klager over blødning, smerter og hevelse. Hun ønsker umiddelbart smertestillende og antifebril medisin samt antibiotika ....





# ..eller hvis...

du som ny overtannlege i et Tandvårdsdistrikt registrerer høy kariesprevalens og dårlig munnhelse blant pasientene, og en rask strategi må iverksettes for å forbedre situasjonen...





## ..eller hvis...

en 66 år gml kvinne oppsøker deg fordi hennes forrige tannlege ikke har klart å hjelpe henne med stadige plager med oral lichen planus. Hun vil gjerne diskutere nyere behandlingsmuligheter hun har lest om i bladet “Kvinner og Klær” med deg....



# Hvilken strategi velger du når du usikker?

- Patofysiologi -strategien: dette virker logisk ...
- Ekspert eller "hvordan jeg er opplært" - strategien: jeg lærte engang at dette virkt / ikke virket ...
- Anekdote -strategien: dette virket/virket ikke sist gang jeg forsøkte ...

# Klinisk erfaring = klinisk kunnskap ?

*"The expression "it works in my hands" seems to serve as a standard of validity for some people, despite the fact that a positive clinical response may be obtained either because of, in spite of, or irrespective of the treatment rendered."*

*(Charles Greene, 1976)*



# Hvilken strategi velger du når du usikker?

- Konsultasjon -strategien: kan jeg kanskje spørre en kollega?
- Faglitteratur -strategien: er bøkene mine ajour og tidsskriftartiklene mine systematiserte?
- Tilstå at man ikke vet hva som kan gjøres
- Gjøre noe - gjerne med intrykk av stor entusiasme - og håpe på det beste ...
- eller ulike kombinasjoner av disse ...



# Rammevilkårene for dagens tannleger

## Tradisjonel opplært

- opplært i basale behand.metoder
- møter og kurs
- artikler i fagtidsskrift
- kan i varierende grad konsultere

## Utsikt fremover:

- informasjonsbølge
  - bare en liten andel direkte klinisk anvendbart
  - dårlig utrustet til å fordøye og syntetisere informasjonen
- hektisk arbeidsdag
- krav til inntjening

# Konsekvensen av denne situasjonen

1. Vi trenger informasjon daglig, men våre behov blir sjelden oppfylt



2. Som et resultat blir våre kliniske kunnskaper og behandling dårligere.



3. Tradisjonelle etterutdanningskurs forbedrer sjelden våre kliniske kunnskaper og behandling

# Hva kan jeg gjøre i dag hvis jeg er usikker?

- Førsteinstinkt: den programmerte strategien
- Identifisere viktig og relevant informasjon selv
  - Kan jeg oppsøke et bibliotek?
  - Har jeg tilgang til en datamaskin?
    - Kan jeg finne svarene på Internett?



# **Kan jeg finne svarene på Internett?**

- **Medisinsk informasjon - “webmedisin”**



## søk i web:

BIBSYS

Britannica  
onlineBritannica  
online

Atekst

NTB arkiv

NTB nytt

WebSPIRS

ISI

FirstSearch

IBZ online

PCI

Medline

NLN

Patrologia Latina

MATH

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Online

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tidsskrifter

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søkeverktd

**Databaser@ub.uio.no** samler alle databaser i digital form som UiO har kjøpt eller abonnerer på. Det dreier seg om over 90 referanse/bibliografiske databaser, noen av dem i fulltekst. Databasene er koblet til UiOs nett, og kan brukes av samtlige ansatte og studenter ved UiO. [UBOs IT-seksjon](#) har ansvar for tjenesten og driften av databasene. Generelle spørsmål/feilmeldinger kan sendes til [databaser@ub.uio.no](mailto:databaser@ub.uio.no)

#### Elektroniske tidsskrifter i fulltekst:

- [Swetsnet](#) gir tilgang til 180 realfagtidsskrifter og 32 humaniora og samfunnsfag tidsskrifter. ([Mer informasjon](#))
- [Science online](#) tilsvarer det trykte uke-magasinet *Science*
- Tidsskrifter i fulltekst fra Springer ([Mer informasjon](#))
- Tidsskrifter i fulltekst fra Wiley. ([Mer informasjon](#))
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[Lichen Planus Treatment Program](#)

*WebCrawler, DirectHit:* **Lichen Planus** website for information, research, on-line treatment. Signs, symptoms, diagnosis, treatment options, on-line management, FAQs, etc.

*Google:* ... **Lichen Planus** is a chronic skin disorder that finds a promising treatment with homeopathy.

*Internet Keyword:* **Lichen Planus** Treatment Program: Click on this Internet Keyword to go directly to the site at lichenplanus.com. Click on this Internet Keyword to go directly to the **Lichen Planus** Treatment Program We...

999, <http://www.lichenplanus.com/> ([WebCrawler](#), [Direct Hit](#), [Google](#), [Internet Keyword](#)) | [More Like This](#)

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[Patient Information - Lichen Planus](#)

*WebCrawler, DirectHit:* **Lichen Planus** information for patients. NZ DermNet is an online dermatology resource for patients, GPs and dermatologists

*Google:* ... If you can see this text, please follow THIS LINK. Home | Skin conditions | Patient

737, <http://www.dermnet.org.nz/dna.lichen.planus/info.html> ([WebCrawler](#), [Direct Hit](#), [Google](#)) | [More Like This](#)

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Inside Yahoo! Matches

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Web Page Matches (1 - 20 of about 2650)

- [Lichen Planus](#)  
 ... **Lichen Planus**. **Lichen Planus** (pronounced LY-kin-PLAN-us) is a rather uncommon skin disease. It affects about one percent of the general population. What is ...  
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- [Interventions for treating oral lichen planus \(Cochrane Review\)](#)  
 ... Interventions for treating oral **lichen planus** (Cochrane Review).  
 Chan ES-Y, Thornhill M, Zakrzewska J. ABSTRACT ...  
<http://www.update-software.com/abstracts/ab001168.htm> [\[More results from www.update-software.com\]](#)
- [Lichen Planus](#)  
 ... **Lichen planus**. **Lichen planus** is a skin condition characterized by itchy bumps in ...  
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**1 [Skin care products for relief and treatment of skin disorders. - lichen planus red skin psoricon](#)**

Skin care products for relief and treatment of skin disorders. anasilskin anasilskinanasilskinsoriasis treatmentIntracelbad breath causedandruff reliefTable of Contents Sincerely, Richard Faiola MD, With your help, however, "fairly Psoricon becomes  
<http://eczema.sawy-health.com/>

**2 [Lichen Planus Treatment Program on the Internet](#)**

Lichen Planus is a chronic skin disorder that finds a promising treatment with homeopathy. Homeopathy is slightly lesser know but rapidly growing alternative health therapy. Homoeopathy India Foundation has designed an on-line Treatment Protocol (OTP) for  
<http://www.lichenplanus.com/>

**3 [Lichen Planus Treatment Program on the Internet](#)**

Click here for Case studies Introduction: Lichen Planus, an obstinate skin disorder has baffled not only the patients but also the practitioners equally. The cases of Lichen Planus have been observed all over the world, irrespective of the race, skin color  
<http://www.lichenplanus.com/what.htm>

**4 [Lichen Planus : The causes and on-line Treatment Program](#)**

What cases Lichen Planus? It is one of those conditions where the exact cause remains unknown till the date. There are theories. In some cases there are obvious links with the facts such as : 1. Contact with certain chemicals (paraphenylenediamine), drugs  
<http://www.lichenplanus.com/cause.htm>

**5 [Lichen Planus Treatment Program on the Internet](#)**

Out Medical Team: About Dr.Rajesh Shah,LCEH(Bom.): Dr.Rajesh practices in Bombay. He has studied homeopathy intensively for last eighteen years. He has vast clinical experience. Dr. Rajesh is an internationally acclaimed teacher and clinician. His generous  
<http://www.lichenplanus.com/team.htm>



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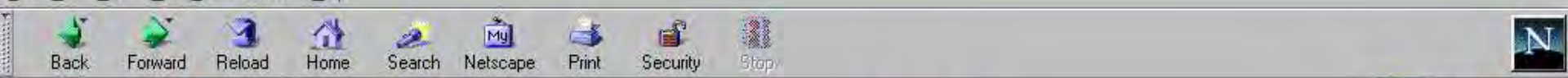
# Informasjon $\neq$ kunnskap!

- Søkingen blir oftest uspesifik
- Det tar ofte mye tid

Er dette så bra som det kan få blitt?

# Kan jeg finne svarene på Internett?

- Medisinsk informasjon - “webmedisin”
- **Medisinske-metabaser**



The Megasite Project:  
A Metasite Comparing Health Information Megasites  
& Search Engines



P. F. Anderson, Nancy Allee, Jean Chung, Brian Westra, University of Michigan



*Abstract Comparisons*

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1999 Update!: New Search Test







# OMNI: Organising Medical Networked Information

The UK's gateway to high quality biomedical Internet resources

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## Recent key developments

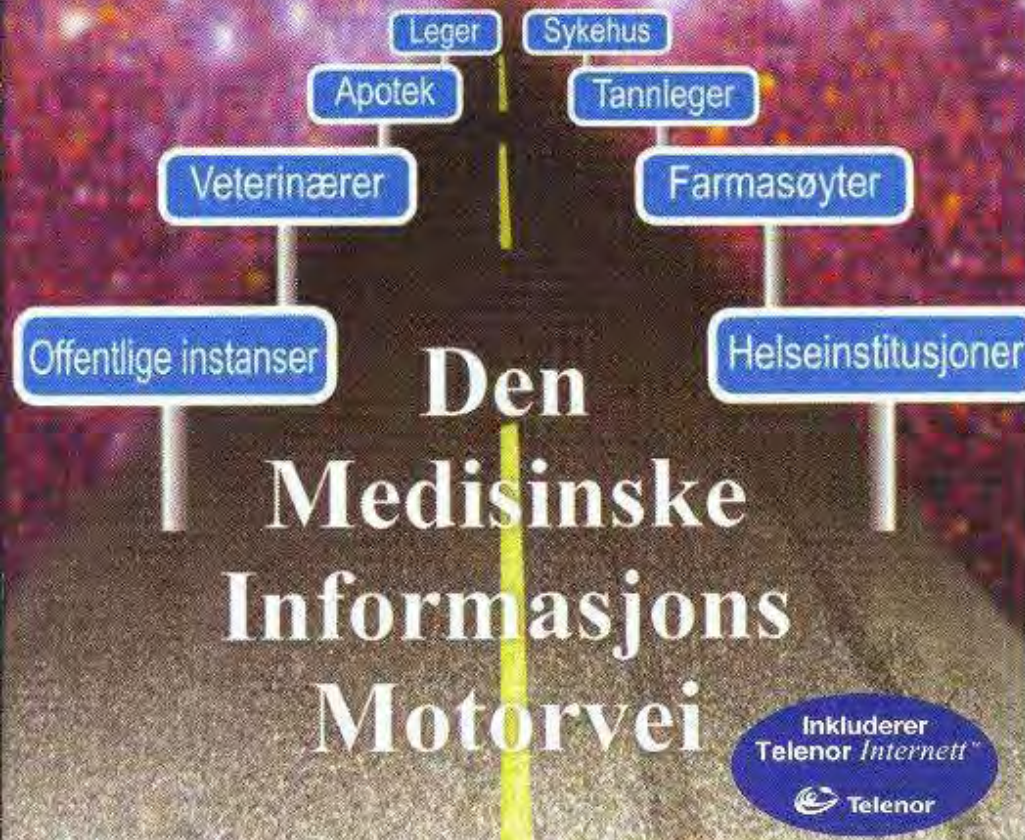
The OMNI databases were updated on Sunday, 05 September, 1999 . [15 new records](#) were added. We now describe 4456 records.

- 3rd September The position of [BIOME Service Manager](#) is now available. The closing date for applications is Thursday, 30th September.
- 3rd September Information on [BIOME](#), the Hub that will subsume the OMNI service, is now available from <http://biome.ac.uk/>
- 7th July The latest edition of the OMNI newsletter, [issue 27](#), is now available.
- 4th June OMNI now hosts [psci-com](#). A gateway to public understanding of science and science communication information on the Internet.

## Help us build OMNI

OMNI relies on the constant addition of unbiased, high quality, Internet-based resources that are of relevance to the wider UK medical,

*Pharma@Net*  
www.PharmaNet.no



# Pharmanet Norge 1999 - 2000



# Informasjon $\neq$ kunnskap!

- Søkingen blir oftest uspesifik
- Det tar ofte mye tid
- Kvaliteten varierer enormt
- Mye “lærebokpreg” på det som finnes
- Vanskelig å finne svar på konkrete problem

**Er dette så bra som det kan få blitt?**




# Kan jeg finne svarene på Internett?

- Medisinsk informasjon - “webmedisin”
- Medisinske-metabaser
- **Medisinsk forskningslitteratur, databaser**

O V I D

## Choose a database

 Helpselect a database  
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-  [Medline](#) 1997 to December Week 2 2000
-  [Journals@Ovid Full Text](#) October 18, 2000
-  [EBM Reviews - Best Evidence](#) 1991 to July/August 2000
-  [EBM Reviews - Cochrane Database of Systematic Reviews](#) 3rd Quarter 2000
-  [EBM Reviews - Database of Abstracts of Reviews of Effectiveness](#) 1st Quarter 2000
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-  [EMBASE](#) 1980 to 2000 Week 40
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# Kan jeg finne svarene på Internett?

- Medisinsk informasjon - “webmedisin”
- Medisinske-metabaser
- **Medisinsk forskningslitteratur, databaser**
  - **Medline**



### Medline

1996 to November 1999 Week 1



#	Search History	Results	Display
1	Molar/ or Tooth extraction/	2238	<a href="#">Display</a>
2	Molar, third/ or Postoperative complications/ or Tooth extraction/ or Tooth, impacted/	23675	<a href="#">Display</a>
3	Tooth extraction/ and Tooth, impacted/	101	<a href="#">Display</a>
4	Molar, third/ and Pain, postoperative/ and Tooth extraction/	44	<a href="#">Display</a>

- Run Saved Search
- Save Search History
- Delete All Searches

Enter **Keyword** or phrase:  Map Term to Subject Heading



**Limit to:**

- Full Text Available
- EBM Reviews
- Human
- English
- Reviews
- Abstracts
- Latest Update

From:  To:

Results of your search: **Molar, third/ and Pain, postoperative/ and Tooth extraction/**

Citations available: **44**

Citations displayed: **1-10**



Citations in "Titles Display" format



## Search MEDLINE: PubMed and Internet Grateful Med

For consumer health information, consider using [MEDLINEplus](#). Health consumers are encouraged to discuss search results with their health care professional.

NLM offers [PubMed](#) and [Internet Grateful Med](#), two free systems to search MEDLINE. They both:

- Provide an easy way to search the 11 million references and abstracts in the MEDLINE database;
- Use PubMed's retrieval engine to link to about 400 journals for full text of articles (some publishers may require a subscription) and provide pre-computed sets of relevant MEDLINE articles;
- Offer NLM's Medical Subject Headings for searching, and
- Use Loansome Doc for document delivery services (there may be local charges).

### PubMed

### Internet Grateful Med

- Also has links to molecular biology databases of DNA/protein sequences and 3-D structure data.
- Also provides access to other NLM databases on AIDS, bioethics, history of medicine, toxicology, health services research, and other topics.

---

[U.S. National Library of Medicine](#), 8600 Rockville Pike, Bethesda, MD 20894

[National Institutes of Health](#)

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Last updated: 2 August 1999





# PubMed

NLM's search service to access the 9 million citations in MEDLINE and Pre-MEDLINE (with links to participating on-line journals), and other related databases.

- [Overview](#)
- [Help / FAQs](#)
- [New/Noteworthy](#) NEW
- [Clinical Alerts](#)
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---

- [Advanced Search](#)
- [Clinical Queries](#)
- [Journal Browser](#)
- [MeSH Browser](#)
- [Citation Matcher](#)
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Search  for:

Number of documents to display per page:

Entrez Date limit:

- Enter one or more search terms.
- Author names should be entered in the form Smith JB, but initials are optional.
- Journal titles may be entered in full, as valid MEDLINE abbreviations, or as ISSN numbers (see Journal Browser for more information).

Questions or comments? Write to the [Help Desk](#).

Details impacted teeth third molar pain postoper. Search Clear

Docs Per Page: 20 Entrez Date limit: No Limit

**citations 1-20 displayed (out of 152 found), page 1 of 8**

Display Abstract report for the articles selected (default all).

Order documents on this page through Loansome Doc

 [Dionne RA](#) [\[See Related Articles\]](#)

Additive analgesic effects of oxycodone and ibuprofen in the oral surgery model.  
J Oral Maxillofac Surg. 1999 Jun;57(6):673-8.  
PMID: 10368091; UI: 99294557.

 [Zacharias M, et al](#) [\[See Related Articles\]](#)

Effectiveness of preoperative analgesics on postoperative dental pain: a study.  
Anesth Prog. 1996 Summer;43(3):92-6.  
PMID: 10323113; UI: 99256489.

 [Bouloux GF, et al](#) [\[See Related Articles\]](#)

Bupivacaine versus lidocaine for third molar surgery: a double-blind, randomized, crossover study.  
J Oral Maxillofac Surg. 1999 May;57(5):510-4; discussion 515.  
PMID: 10319823; UI: 99251541.

 [Wenzel A, et al](#) [\[See Related Articles\]](#)

Evaluation of a new radiographic technique: outcome following removal of mandibular third molars.  
Dentomaxillofac Radiol. 1998 Sep;27(5):264-9.  
PMID: 9879214; UI: 99095287.

 [Bastian H, et al](#) [\[See Related Articles\]](#)

Comparative study of pain control by cryotherapy of exposed bone following extraction of wisdom teeth.



# PubMed

## Clinical Queries using Research Methodology Filters

This specialized search is intended for clinicians and has built-in search "filters" based largely upon [Haynes RB et al.](#) Four study categories--therapy, diagnosis, etiology, prognosis--are provided, and you may indicate whether you wish your search to be more sensitive (i.e., include most relevant articles but probably including some less relevant ones) or more specific (i.e. including mostly relevant articles but probably omit a few). See [this table](#) for details regarding filtering.

### Indicate the category and emphasis below:

Category:  therapy  diagnosis  etiology  prognosis

Emphasis:  sensitivity  specificity

Enter subject search (do not repeat any of the words above):

NOTE: If you want to retrieve everything on a subject area, you should not use this page. The objective of filtering is to reduce the retrieval to articles that report research conducted with specific methodologies, and retrieval will be greatly reduced.

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[Help](#)

[New/Noteworthy](#)

[PubMed 2.0](#)

[Clinical Alerts](#)

[Basic Search](#)

[Advanced Search](#)

[Clinical Queries](#)

[Journal Browser](#)

[Internet Grateful Med](#)

[NLM Home](#)





## Dr Felix's Free MEDLINE® Page

Links to web sites where you can search MEDLINE® for free.

Updated 26th October 1998

The Original And Best!

Welcome to our permanent location on the [Docnet site](#). Those outside Europe might like to try our [US Mirror Site](#) instead



**CAVEAT:** Do we really know what we're getting for free? Some of these sites only provide free access to certain parts of the vast MEDLINE database. Some permit quite detailed searching, others simple keywords only. Some have usage restrictions, though so far there have been no problems accessing US-only sites from the UK, France and elsewhere.

**There are currently two evaluation projects under way, under the auspices of [NAHRS](#) in the USA and [OMNI](#) in the UK. More details as they become available.**

[NLM Supplement \(PubMed/IGM\)](#)


[Foreign language MEDLINE®](#)

[MEDLINE® Chat Room](#)  
(experimental)

[MEDLINE® Bulletin Board](#)  
(experimental)

[ [CINAHL® Tutorials](#) | [MEDLINE® Tutorials](#) | [More MEDLINE® lists](#) | [Low-price & Demos](#) | [Bibliography](#) | [Other free databases](#) | [Help for Authors](#) | [feedback](#) ]

## Free MEDLINE® SITES AT A GLANCE

<a href="#">AVICENNA</a> 	<b>REGISTRATION REQUIREMENTS</b> Free & immediate: <a href="#">HERE</a>	<b>MORE INFO.</b> <ul style="list-style-type: none"> <li>• <a href="#">Dr. Felix</a></li> </ul>
<b>DATABASE COVERAGE</b>	<b>USAGE RESTRICTIONS</b>	

# Informasjon $\neq$ kunnskap!

- Søkingen blir for uspesifikk
- Det tar for mye tid
- Kvaliteten varierer
- Mye “lærebokpreg” på det som finnes
- Vanskelig å finne svar på konkrete problem
- Husker ikke hvordan man søker
- MEDLINE indekserer ca. 4000 tidsskrift; en distinkt minoritet
- Får ikke tak i originalartikkelen /lene
- Har ikke tid til å lese alt i alle tilfeller

**Er dette så bra som det kan få blitt?**

Kanskje dette nye  
“EBM” kan hjelpe  
meg?



# Evidens basert medisin - hensikt

---

- Hvordan løse daglige kliniske problemstillinger?
  - praktisk spørsmål
- Hvordan være rimelig sikker på at det jeg anbefaler og utfører er det beste pasienten kan motta?
  - etisk spørsmål

# Evidens basert medisin - mål

1. Hvordan kan jeg effektivt finne ny og meningsfull informasjon?
2. Hvordan kan jeg anvende denne nye informasjon?

# Evidens basert medisin -mål

En strategi for hvordan vi skal  
forholde oss til kontinuerlige  
forandringer

...uten at vi vet riktig svar.



Vitenskapelige studier kan rangeres  
etter  
risiko for feil konklusjon  
på grunnlag av  
studiedesign.

fasitsvaret får vi aldri vite....

# Evidens basert medisin - praksis

1. Utforme konkrete problemstillinger (e.g. terapi, etiologi, diagnostisk test, prognose, bivirkninger, etc.)
2. Mest mulig effektivt finne evidens - informasjon - om problemet
  - Søkning i databaser: teknikker og muligheter
  - Hvordan identifisere kliniske studier som er relevante
3. Bedømme gyldighet, validitet, resultat og anvendelighet av denne informasjonen
  - [User's Guide to the Medical Literature](#)
4. Anvende ny evidens i daglig praksis

# Hvilke problemstillinger opplever jeg daglig som kliniker?

1. Fortolke kliniske funn
2. Klarlegge etiologi
3. Differensialdiagnostisere
4. Vurdere diagnostiske tester
5. Bedømme prognose
6. Velge terapi
7. Forebygge problemer
8. Utvikle seg selv faglig



# Hvilke problemstillinger opplever jeg daglig som kliniker?

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2. Klarlegge etiologi
3. Differensialdiagnostisere
4. Vurdere diagnostiske tester
5. Bedømme prognose
6. Velge terapi
7. Forebygge problemer
8. Utvikle seg selv faglig

**Eksempel:**

# Hvordan praktisere EBM?

Definere problemet vi ønsker svar på e.g. terapi:

1. Hva kjennetegner problemet eller pasienten?
- 2a. Hvilken intervensjon ønsker vi å vurdere?
- 2b. Hvilken alternativ intervensjon skal det sammenliknes med?
3. Hvilke kriterier benyttes for evaluering av behandlingsresultat?

Tannlege, pasient, eller samfunnsaspekt?



# Valg av terapi - studiedesign

## 1. Kliniske

Eksperimentelle

Tverrsnitt (survey)

Observasjon (trial)

kohort (prospektiv)

case-control (retrospektiv)

randomisert kontrollert

■ Eksperimentell design

■ Ekstern og intern validitet

## 2. Laboratorie

■ Eksperimentell design

■ Ekstern og intern validitet

■ Klinisk signifikans



Vitenskapelige studier kan rangeres  
etter  
risiko for feil konklusjon  
på grunnlag av  
studiedesign.

fasitsvaret får vi aldri vite....

# Bevis på behandlingseffekt

=(minst risiko for feil konklusjon)

1. Minst en randomisert, kontrollert studie (RCT)

---

2-1. Ikke randomiserte kontrollerte studier

2-2. Sammenliknende studier, helst fra ulike sentre

2-3. Sammenlikning mellom tid eller sted, samt dramatiske resultat i ikke-kontrollerte studier

---

3. Synspunkter fra autoriteter

Klinisk erfaring

Beskrivende studier

Rapporter fra (ekspert)-komiteer

Evidens basert medisin:

**dreier seg ikke så mye om hva man har lest tidligere**

**men om hvordan man går frem for å identifisere og dekke fortløpende lærebehov**

**samt anvende den nye kunnskapen på en korrekt og konsistent måte i nye kliniske situasjoner.**



Hvordan kan jeg  
applisere EBM i mitt  
daglig virke?

# Hvordan anvende EBM?

1. Lære selv hvordan å praktisere EBM
  - Generell informasjon



Bookmarks Location: <http://www.ihs.ox.ac.uk/cebd/index.htm>

What's Related

Contact Information About the Centre

Evidence-based Tools

Dental Links

Evidence-based Dentistry Journal

Medical Links

Evidence-based Links

Other Links

Forthcoming Events



The Centre is supported by the [NHS R&D Programme](#)



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THE COCHRANE  
COLLABORATION

## Cochrane Oral Health Group

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involved](#)

[Links to  
Cochrane  
resources & sites  
of general  
interest](#)

### *Welcome to our web-site*

---

#### **The Cochrane Collaboration**

The Cochrane Collaboration is an international organisation that aims to help people make well-informed decisions about healthcare by preparing, maintaining and promoting the accessibility of systematic reviews of the effects of healthcare interventions. The main work of the Collaboration is done by approximately fifty Collaborative Review Groups, within which Cochrane Reviews are prepared and maintained. The Cochrane Oral Health Review Group aims to produce systematic reviews which primarily include all randomised control trials (RCT's) of oral health. Oral health is broadly conceived to include the prevention, treatment and rehabilitation of oral, dental and craniofacial diseases and disorders.

---

#### **Scope of the Group**

The Cochrane Oral Health Group aims to produce systematic reviews which primarily include all randomised controlled trials (RCT's) of oral health. Oral health is broadly conceived to include the prevention, treatment and rehabilitation of oral, dental and craniofacial diseases and disorders.

---

#### **What's New ?**

- [Course on Evidence Based Practice in the Dental Specialties](#)



# Centre for Evidence-Based Medicine

- [contents](#)
- [calendar](#)
- [toolbox](#)
- [CATs](#)
- [Levels of Evidence](#)
- [glossary](#)
- [download](#)
- [contacts](#)



Last update 12th September 1999

## What's New?

- A new course, Clinical Research Methods applied to Randomised Controlled Trials and Systematic Reviews, is starting in October. [Click here](#) to find out more
- Do you think we should run a workshop on how to practice EBM in April 2000? If so, [tell Olive!](#)
- If you were at the Future of EBM conference in May, [click here](#) to choose your pictures.
- A new project: [Evidence-Based On Call](#) (EBOC) has just begun here at the Centre, creating accurate, up-to-date evidence-based information for clinicians.

## Contents

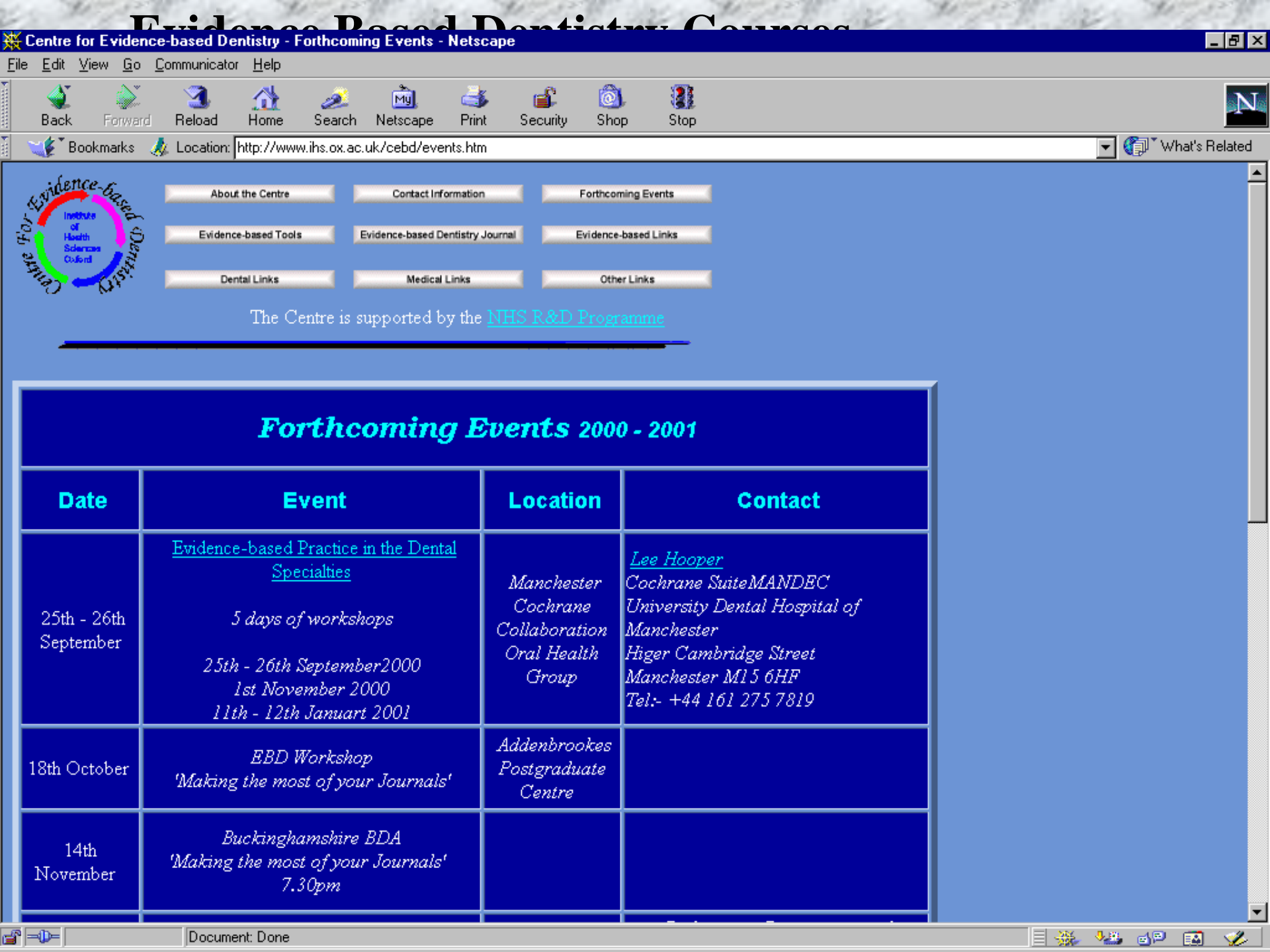
- [Centre for Evidence-Based Medicine](#), the what, who, where and why.
- [How to Practice and Teach Evidence-Based Medicine](#), support materials for the book by Sackett, Richardson, Rosenberg and Haynes.

# Hvordan anvende EBM?

## 1. Lære selv hvordan å praktisere EBM

- Generell informasjon
- Seminarer





- About the Centre
- Contact Information
- Forthcoming Events
- Evidence-based Tools
- Evidence-based Dentistry Journal
- Evidence-based Links
- Dental Links
- Medical Links
- Other Links

The Centre is supported by the [NHS R&D Programme](#)

### Forthcoming Events 2000 - 2001

Date	Event	Location	Contact
25th - 26th September	<a href="#">Evidence-based Practice in the Dental Specialties</a> 5 days of workshops 25th - 26th September 2000 1st November 2000 11th - 12th January 2001	Manchester Cochrane Collaboration Oral Health Group	<a href="#">Lee Hooper</a> Cochrane Suite MANDEC University Dental Hospital of Manchester Higer Cambridge Street Manchester M15 6HF Tel:- +44 161 275 7819
18th October	EBD Workshop 'Making the most of your Journals'	Addenbrookes Postgraduate Centre	
14th November	Buckinghamshire BDA 'Making the most of your Journals' 7.30pm		

# Hvordan anvende EBM?

## 1. Lære selv hvordan å praktisere EBM

- Generell informasjon
- Seminarer
- Bøker

# How to practice and teach EBM - lærebok:

Evidence-Based Medicine - Microsoft Internet Explorer

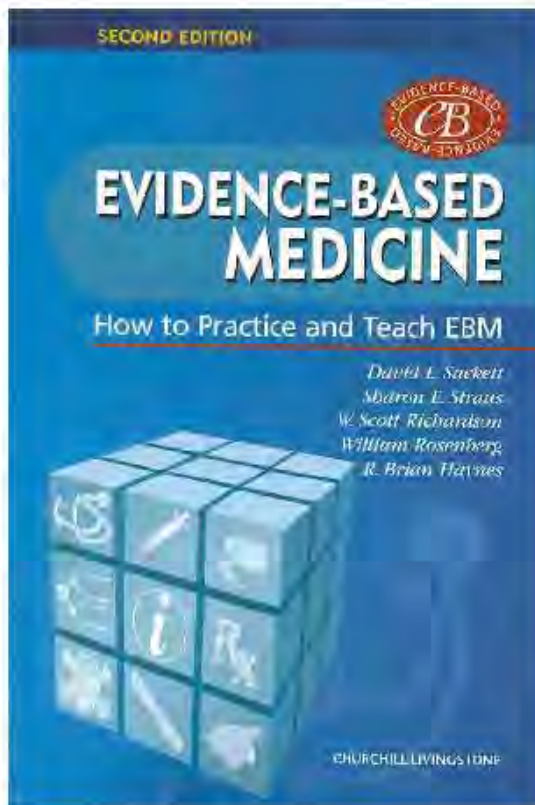
File Edit View Favorites Tools Help

Address <http://hiru.mcmaster.ca/ebm.htm> Go

## Evidence-Based Medicine: How to Practice and Teach EBM (2nd Edition)

by Sackett DL, Straus S, Richardson S, Rosenberg W, Haynes RB.

London; Churchill Livingstone. 2000.



### Ordering Information

#### 1. Customers in Canada

Harcourt Brace & Co. Ltd  
Order Fulfillment  
55 Horner Ave  
Toronto, Ont M8Z 4X6  
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<http://www.churchillmed.com>

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Orlando, FL 32887  
USA

#### 3. UK / European Customers

<http://www.harcourt-international.com>

Packages for practising evidence-based health care from the cd accompanying this text are available as pdf files from the Mt. Sinai Hospital/University Health Network Centre for Evidence-Based Medicine.



Internet



# Hvordan anvende EBM?

## 1. Lære selv hvordan å praktisere EBM

- Generell informasjon
- Seminarer
- Bøker
- Internett
  - Online kurs
  - Online artikler
  - Link banker
  - Tidsskrift

# Informasjon om EBM på Internet - oversikt

Netting The Evidence - Microsoft Internet Explorer

File Edit View Favorites Tools Help

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[Searching](#)



[Appraising](#)



[Implementing](#)



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## Netting the Evidence

### A SchARR Introduction to Evidence Based Practice on the Internet

<http://www.shef.ac.uk/~scharr/ir/netting>

**Current Awareness:** Do you wish to browse the latest articles on Evidence Based Medicine from the MEDLINE database? If so click [here](#).

A SchARR-approved mirror site exists at the [University of Sydney](#).

A Spanish Language version "[Atrapando la evidencia : Una Introducción de la SchARR a la práctica basada en la evidencia en Internet](#)" is also available, maintained by Rafael Bravo Toledo.

The SchARR site will always be the most up-to-date. Please let [Andrew Booth](#) know if you identify any errors or omissions.

A set of [self-assessment exercises](#) for users of "Netting the Evidence" is available as a Microsoft Word document.

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

#### A



[ACP Journal Club](#)



[ADEPT](#)



[Arcus Statistical Package](#)



[Aggressive Research Intelligence Facility \(ARIF\)](#)



[Australian Safety and Efficacy Register of New Interventional Procedures - Surgical \(ASERNIP-S\)](#)

#### B



[Bandolier](#)



[Bandolera](#)

Done

Internet

## Hvordan anvende EBM?

1. Lære selv hvordan å praktisere EBM

Generell informasjon

Seminarer

Bøker


Internett: oversikter

**evaluering skriterier & skjema**

pe

nicator Help

ation: <http://www.ihs.ox.ac.uk/ebhc/appraisal.html>

of the appraisal criteria by clicking the  icons

for overview (or review) articles 

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[Critical appraisal criteria of diagnostic tests](#) 

[Critical appraisal criteria of randomised controlled trials](#) 

[Critical appraisal criteria of cohort studies](#) 

[Critical appraisal criteria of decision analyses](#) 

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[Critical appra](#)

[Critical appraisal](#)

[Relevance of journal articles](#)

[Checklist for the assessment of applicability of research](#)

**Beklager! Denne linken er blitt fjernet siden sist!**



# Finding answers to questions in evidence based medicine

([www.uib.no/isf/people/atle/ebm.htm](http://www.uib.no/isf/people/atle/ebm.htm))

Atle Klovning, MD, Research Fellow, University of Bergen

When "looking for answers", I would actually use the sources in the priority listed below, structured into a "7-step way for finding best evidence":

1 [The Cochrane library](#) - the ultimate choice, a multinational effort systematically organizing information

2 [Secondary Journals](#) - "let others critically appraise and present articles"

3 [MEDLINE](#) - one of many databases which are free and with different interfaces that might help you

4 [Primary Journals](#) on the web, often searchable, and often in flutist .pdf versions

5 [Guidelines](#) on the web, well aware of the varying quality

6 [Internet](#) - the distressingly, unsorted information megaworld where no quality filtering exists

7 [Mailbases](#) for posting questions I still have not found an answer to

Finding answers to questions poses a great challenge, and there is no doubt that Scott Richardson's contribution to forming structured 4-part questions as in [learning how to ask questions](#) that are well formulated, is a prerequisite.

For beginners who need a general introduction into EBM, I have organized [general link sites](#) which serve as educational starting points into the EBM world.

Many of us are disillusioned by the overwhelming information now available at our fingertips at the computer- and do not know where or how to start looking for answers to their questions. As a result of my own failures and struggling, I have tried to compile a ranking list of where to look.

---

## General link sites which are great educational starting points into the EBM world

[An Introduction to Evidence Based Practice](#)

[Wisdom seminars](#)

---

# Hvordan applisere EBM?

1. Lære selv hvordan å praktisere EBM i daglig virksomhet
2. Finne og anvende EBM-baserte evalueringer av primærstudier som blir laget av andre.
  - tidsskrift som kritisk analyserer primærstudier

# Online sekundærtidsskrift - ACP:

Dental and Cardiac Risk Factors for..., Annals 15 Nov 98 - Netscape

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Bookmarks Location: <http://www.acponline.org/journals/annals/15nov98/endocard.htm> What's Related

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## Annals of Internal Medicine

### Dental and Cardiac Risk Factors for Infective Endocarditis

#### A Population-Based, Case-Control Study

*Annals of Internal Medicine*, 15 November 1998.  
129:761-769.

[Related Editorial](#)  
[Related Letters](#)

Brian L. Strom, MD, MPH; Elias Abrutyn, MD; Jesse A. Berlin, ScD; Judith L. Kinman, MA; Roy S. Feldman, DDS, DMSc; Paul D. Stolley, MD, MPH; Matthew E. Levison, MD; Oksana M. Korzeniowski, MD; and Donald Kaye, MD

**Background:** Although antibiotic prophylaxis against infective endocarditis is recommended, the true risk factors for infective endocarditis are unclear.

**Objective:** To quantitate the risk for endocarditis from dental treatment and cardiac abnormalities.

**Design:** Population-based, case-control study

**Setting:** 54 hospitals in the Philadelphia area.

**Patients:** Persons with community-acquired infective

Document: Done



# Online sekundærtidsskrift - EBM

Evidence-Based Medicine - Netscape


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Bookmarks Location: <http://www.bmjpg.com/data/ebm.htm> What's Related

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**BMJ**  
Publishing Group

## Evidence-Based Medicine



With 2 million new papers published each year how can you be sure you read all the papers essential for your daily practice, and how can you be sure of the scientific soundness of what you do read?

**Order now online**

To help you base your clinical decisions on the best current scientific evidence the BMJ Publishing Group together with the American College of Physicians have launched a new journal, Evidence-Based Medicine.

Published bi-monthly Evidence-Based Medicine surveys a wide range of international medical journals (at least 70) to identify the key research papers that are scientifically valid and relevant to practice.

Evidence-Based Medicine:

- uses scientific criteria to select articles from the most important papers from the world's leading journals
- selects only those papers which have a direct message for practice
- provides more information abstracts and commentaries on the articles which will

Document: Done

# Online sekundærtidsskrift - EBD:

Evidence-Based Dentistry - Netscape

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Bookmarks Location: <http://www.stockton-press.co.uk/ebd/> What's Related

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## Evidence-Based Dentistry



ISSN 1462-0049  
2000 Volume 2  
Published Quarterly

A central resource for the most cutting-edge and relevant issues concerning the evidence-based approach in dentistry today. A *British Dental Journal* and Nature Publishing Group publication.



specialist journals

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# Hvordan applisere EBM?

1. Lære selv hvordan å praktisere EBM i daglig virksomhet
2. Finne og anvende EBM-baserte evalueringer av primærstudier som blir laget av andre.
  - tidsskrift som kritisk analyserer primærstudier
  - systematiske oversikter:
    - Cochrane
    - NHS



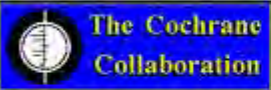
# Hva er en systematisk oversikt?

- Klar beskrivelse av hensikt og mål
- Grundig søk og indentifikasjon av relevant dokumentasjon
- Eksplisitt seleksjonskriterier
- Kritisk analase av primærstudier
- Reproduserbare valg av evalueringskriterier med hensyn til relevans, seleksjon, og metodologisk strenghet av primærstudiene
- Når kvantitativ metodologi anvendes benevnes dette ofte som meta-analyse

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*Preparing, maintaining and promoting the accessibility of systematic reviews of the effects of health care*

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## THE NORDIC COCHRANE CENTRE

Rigshospitalet, Dept. 7112, Tagensvej 18B, DK-2200 Copenhagen N, DENMARK  
Tel: +45 35 45 55 71, Fax: +45 35 45 70 07, E-mail: [general@cochrane.dk](mailto:general@cochrane.dk)

*The Nordic Cochrane Centre is part of The Cochrane Collaboration, an international network of individuals and institutions committed to preparing, maintaining, and disseminating systematic reviews of the effects of health care.*

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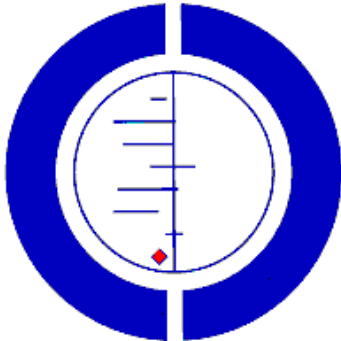
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# NHS Centre for Reviews and Dissemination- York:

EHCB 5(2): Dental Restoration: What Type of Filling? - Netscape

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NHS CENTRE FOR REVIEWS AND DISSEMINATION

## *EFFECTIVE HEALTH CARE*

APRIL 1999 VOLUME 5 NUMBER 2

*Bulletin on the effectiveness of health service interventions for decision makers*

NHS Centre for Reviews and Dissemination  
University of York

### **Dental Restoration: What Type of Filling?**

- Tooth decay is one of the most common diseases and accounts for almost half of all tooth extractions. The treatment of tooth decay by the placement of simple, direct restorations (fillings) alone costs the NHS in England & Wales £173 million per year.
- Dental restorations do not last forever; over 60% of all restorative dentistry is for the replacement of restorations.
- New restorative materials are often marketed and introduced into practice with limited evidence on their long-term clinical performance.

# Hvordan applisere EBM?

- 1 Lære selv hvordan å praktisere EBM i daglig virksomhet
- 2 Finne og anvende EBM-baserte evalueringer av primærstudier utført av andre.
3. Akseptere retningslinjer på grunnlag av EBM-basert teknologi-utvärdering utført av f.eks. SBU

## Dentistry/All fields OR Dental/All fields OR Oral(w)health/All fields - 152 Hits (1-12)

(Record 1)

- Oral implants II - systematic review, expert panel.  
Comite d'Evaluation et de Diffusion des Innovations Technologiques (CEDIT) 1996.

(Record 2)

- Appropriate use of materials for dental reconstruction.**  
Health Council of the Netherlands, Gezondheidsraad (GR) 1998.

(Record 3)

- Application and costs of 2 types of dental implants compared to conventional prosthesis - primary research.**  
Health Care Insurance Board/College voor zorgverzekeringen (CVZ) 1995.

(Record 4)

- The safety of dental amalgam: a state of the art review - nonsystematic review.**  
Conseil d'Evaluation des Technologies de la Sante du Quebec. Conseil d'Evaluation des Technologies de la Sante du Quebec (CETS) 1997: 74.

(Record 5)

- Oral health care technology.**  
Vehmanen R. Finnish Office for Health Care Technology Assessment (FinOHTA) 1997 (FinOHTA Report No. 6): 48.

(Record 6)

- Oral implantology. Current state of knowledge.  
Bory, E, Durieux, P. L'Agence Nationale d'Accreditation d'Evaluation en Sante (ANAES) 1993: 87.

(Record 7)

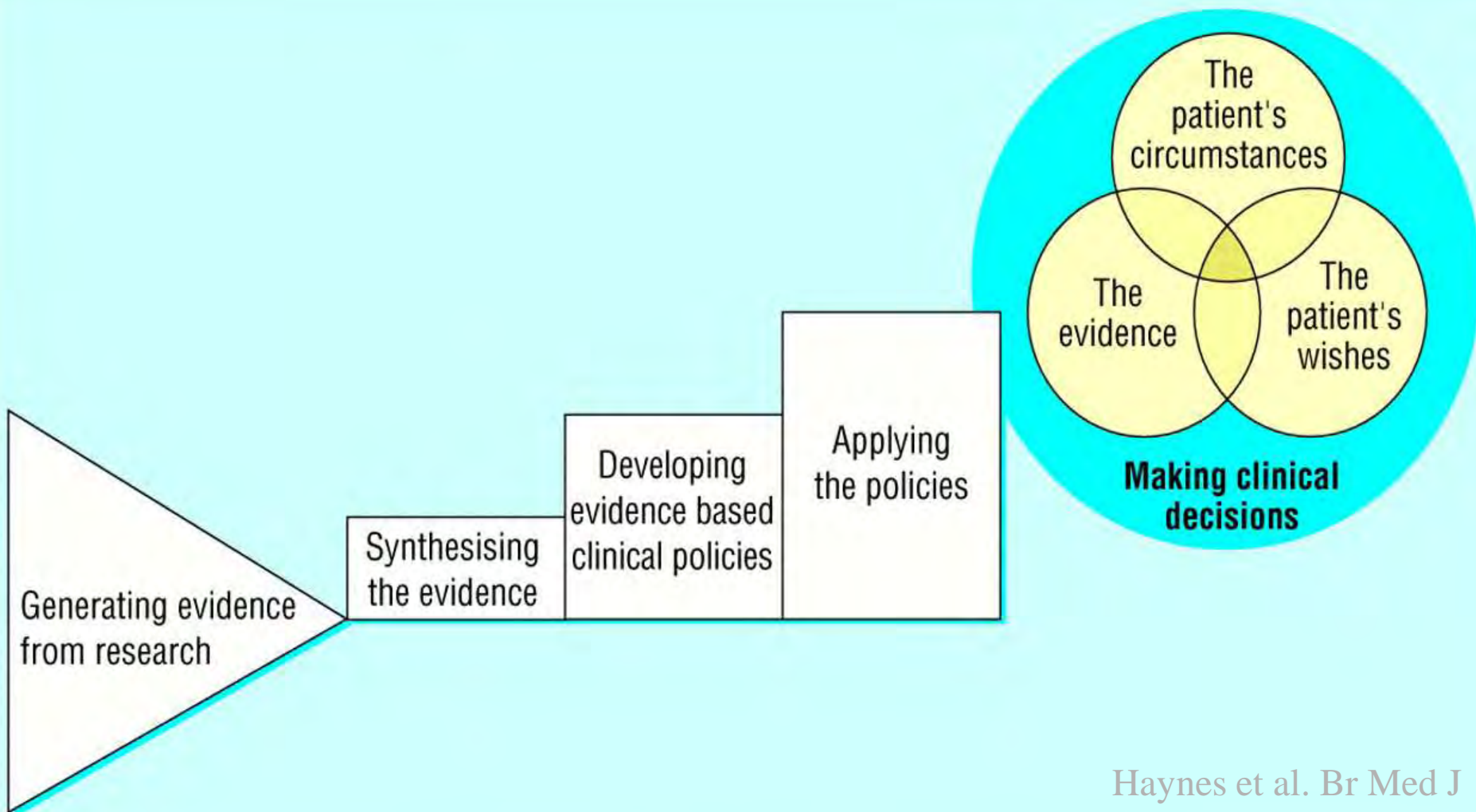
- HIV in the health care workplace.  
U. S. Congress. Office of Technology Assessment (OTA) 1991 (HIV related issues. Background paper; 7. OTA-BP-H-90): 18.

(Record 8)

- Thermography - nonsystematic review.  
Conseil d'Evaluation des Technologies de la Sante du Quebec. Conseil d'Evaluation des Technologies de la Sante du Quebec (CETS) 1999 (CETS 98-5



# Hvilke prosesser ligger til grunn for EBM, EBD og EBHC?



# Agency for Healthcare Research & Quality, USA

Agency for Healthcare Research and Quality (AHRQ), formerly the Agency for Health Care Policy a - Microsoft Internet Explorer

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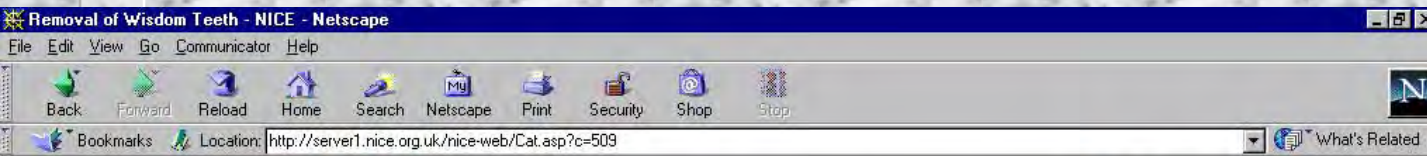
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The NGC Web site will:

- contain standardized information for thousands of guidelines such as title, sponsoring organization, author(s), and methodology used;
- provide guideline abstracts, and where possible the full text of guidelines;
- compare and contrast the recommendations of guidelines on similar topics, med summaries covering major areas of agreement and disagreement;
- have topic-specific electronic mailing lists to enable registered users to communicate med one another on guideline development, dissemination, implementation, and use.



# National institute for clinical excellence, UK



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Welcome to NICE → Technology Appraisals → Completed Appraisals

26 October 2000

### → Removal of Wisdom Teeth

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This section provides the documents and evidence used in the appraisal of health technologies used by the National Institute of Clinical Excellence.

This supports the Interim Guidance provided to the Secretary of State for Health and the National Institute for Health Research Wales.

- Guidance on the removal of wisdom teeth
- NICE issues Guidance to the NHS on the Removal of Wisdom Teeth
- 01-14 Initial appraisal: Hip Prosthesis and Wisdom Teeth
- Guidance on Removal of wisdom teeth
- Removal of wisdom teeth - Questions and Answers
- Wisdom teeth assessment report

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## EFFECTIVENESS Matters

NHS Centre for Reviews and Dissemination, The University of York  
Vol 3, Issue 2, October 1998

### *Prophylactic Removal of Impacted Third Molars: is it Justified?*

- Third molar surgery rates vary widely across the UK.
- Around 35% of third molars removed for prophylactic purposes in the UK are disease free
- Surgical removal of third molars can only be justified when clear long term benefit to the patient is expected
- It is not possible to predict reliably whether impacted third molars will develop pathological changes if they are not removed.
- There are no randomized controlled studies to compare the long term outcome of early removal with retention of pathology free third molars.

02.11.2000

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# NHS Centre for Reviews and Dissemination, UK

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Ryggvärkens gäta kvarstår  
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SBU-kurs  
Att utbilda i evidensbaserad medicin och omsätta kunskapen i beslut om hälso- och sjukvårdens policy, Örebro 8-10 november, 2000

Aktuella konferenser  
Ont i ryggen, dagens kunskap – gårdagens metoder, 27 oktober, Gävle  
Behandling av urininkontinens, 15 november, Skövde  
Ont i ryggen, ont i nacken. Vad är dagens kunskap, 21 november, Stenungsund  
Ont i ryggen, dagens kunskap – gårdagens metoder, 23 november i Sundsvall

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Besöksadress: Tyrgatan 7  
Telefon: 08-412 32 00 Fax: 08-411 32 60  
E-mail: info@sbu.se  
Webmaster: Susanne Eksell, E-mail: eksell@sbu.se

Webbplatsen uppdaterad den 19 oktober 2000





Statens beredning för medicinsk utvärdering  
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Webb: www.sbu.se • E-mail: info@sbu.se



Ansvarig för tandvårdsområdet: Susanna Axelsson, tandläkare, e-mail: axelsson@sbu.se

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## Behov av utvärdering i tandvården

# Hvorfor motstand mot EBD?

# Evidens-basert medisin?

Alternativ 1:

En økende motetendens blant en gruppe yngre selvsikre og meget tallbegavede medisinske akademikere til å nedvurdere arbeidet til erfarne klinikere ved å bruke en kombinasjon av epidemiologisk jargon og statistiske triks.



# Evidens-basert medisin?

Alternativ 2:

Argumentasjon, presentert nærmest med evangelistisk styrke, for at helsetiltak ikke skal kunne iverksettes av hverken leger, sykepleiere, eller helsepolitikere dersom og så lenge det ikke er blitt publisert resultater fra flere store og dyre randomiserte kliniske studier som har blitt vurdert og anbefalt av ekspertkommitter.

# Evidens basert medisin?

Alternativ 3:

Erstatter originaldata med subjektivt selekterte, tilfeldig summariserte, utvaskede og forutinntatte konklusjoner med ubestemt validitet og fullstendighet - utført av personer med ukjente evner, erfaring og kunnskap med metoder som er uklare og som forhindrer en direkte vurdering av originaldataene.

# Hvorfor motstand mot EBD?

- EBM er sterkt antiautoritært -  
“professorale fyrtårn” blir ignorert.
- Mye forskningsvirksomhet innen odontologi i dag kan kategoriseres som akademiske øvelser fremfor vitenskap med adekvat ekstern og intern validitet.



# Hvorfor motstand mot EBD?

- Hvem har ansvaret for at odontologisk forskning er god og relevant?
- Hvem har ansvaret for at god og relevant forskning når frem til tannleger?
- Hvem har ansvaret for at ny kunnskap blir tatt i bruk av tannleger?