

# NSW Speech Pathology Evidence Based Practice Network

## *Tips for completing a CAP/CAT*

A simple description of a Critically Appraised Paper (CAP) is that it is **an easily digested summary of a critical review of a research paper**. A simple description of a Critically Appraised Topic (CAT) is that it is **an easily digested summary of a critical review of the best evidence on a particular topic**. Both documents are written outcomes of the EBP process.

Here are a few tips:

- The person reading the completed CAP/CAT form should NOT have to pick up the article in order to understand it.
- The *clinical question should be consistent* across all CAPS completed in order to produce one final CAT on that clinical question - ie you should not be critiquing that article if it is not relevant to the clinical question
- When you produce your list of references from your clinical search, it is very unlikely that you should do a CAP on all articles. The reason for this is that some will not be relevant to the clinical question. Therefore these references should be removed from the search list.
- Don't be afraid to use sub-headings
- Don't be afraid to make the boxes larger by including more information. It is fine if you go over one page to complete a CAP/CAT.
- Remember, "Design" includes method and description of the design
- Under "comments" include both positive and negative feedback, as this will assist you in your clinical bottom line.
- Level IV does not necessarily equal "useless"
- Remember to check your vocabulary, spelling, abbreviations, grammar
- Your clinical bottom line needs to be "your take home message". It should be compiled from your 'results' 'comments on your design', and 'level of evidence'.