Systematic reviews can provide the highest level of evidence. Using a structured and predefined methodology, systematic reviews help to answer clearly defined research questions. However, the quality of the evidence derived varies greatly, and thus must always be critically appraised. The goal of this workshop is to make you more familiar with the basic components of a systematic review, the methodology needed to conduct and report a rigorous systematic review, and where to find more information.

Learning Objectives:
- Define what a systematic review is and how it differs from other review types
- Describe the steps required to conduct and report a systematic review
- Identify key resources on systematic review methodology

Homework: Your task is to find and read a systematic review on a topic of interest to you. The intent is to be familiar with the general layout and content of a systematic review. We will discuss the best practices during the workshop. By the end of the workshop, you should be able to provide a criticism on the methodology or reporting of the article you selected.