## Health Sciences Literature Review Made Easy: A Comprehensive Guide

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	by Judith Garrard	
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Writing a literature review for your health sciences research project can be daunting, but it doesn't have to be. This comprehensive guide will walk you through every step of the process, from choosing a topic to writing the final draft.

#### 1. Choose a Topic

The first step in writing a literature review is to choose a topic. This can be a challenging task, but there are a few things you can do to make it easier.

- Start by brainstorming a list of topics that interest you.
- Once you have a list of topics, narrow it down by considering your research interests, the scope of your project, and the availability of resources.

 Once you have chosen a topic, develop a research question that will guide your review.

#### 2. Search the Literature

Once you have chosen a topic, the next step is to search the literature. This can be done using a variety of resources, including:

- Databases such as PubMed, MEDLINE, and CINAHL
- Scholarly journals
- Books
- Conference proceedings

When searching the literature, it is important to use keywords that are relevant to your topic. You can also use Boolean operators (AND, OR, NOT) to narrow or broaden your search results.

#### 3. Evaluate the Literature

Once you have found a number of articles that are relevant to your topic, the next step is to evaluate them. This involves:

- Reading the articles carefully
- Identifying the main points of the articles
- Assessing the quality of the articles

When evaluating the quality of an article, you should consider the following factors:

- The author's credentials
- The journal in which the article was published
- The methodology used in the study
- The results of the study
- The s of the study

#### 4. Organize the Literature

Once you have evaluated the literature, the next step is to organize it. This can be done using a variety of methods, including:

- Creating an outline
- Using a mind map
- Sorting the articles into categories

Organizing the literature will help you to see the relationships between the different articles and to identify the main themes that emerge from the research.

#### 5. Write the Literature Review

The final step in writing a literature review is to write the actual review. This should be done in a clear and concise style, using appropriate citations to support your claims.

The literature review should include the following sections:

- This section should provide a brief overview of the topic and state your research question.
- Body: This section should discuss the main themes that emerge from the research. You should also provide a critical analysis of the literature, identifying any gaps in the research or areas where further research is needed.
- This section should summarize the main findings of the literature review and discuss the implications of these findings for your research project.

Writing a literature review can be a challenging task, but it is an essential part of the research process. By following the steps outlined in this guide, you can write a literature review that will help you to succeed in your research project.

#### **Additional Resources**

- How to Write a Literature Review
- Literature Review: A Step-by-Step Guide
- Publication Manual of the American Psychological Association



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