

Supplemental materials for:

Ebell MH, Barry HC, Shaughnessy AF, Slawson DC, Kulkarni N, Speer L. Top 20 POEMs of the Past 20 Years: A Survey of Practice-Changing Research for Family Physicians. *Ann Fam Med*. 2018;16(5):436-439.

Supplemental Appendix 1. Journals currently reviewed monthly for POEMs.

Academic Emergency Medicine
Acta Orthopaedica
Age and Ageing
Alimentary Pharmacology & Therapeutics
American Heart Journal
American Journal of Emergency Medicine
American Journal of Gastroenterology
American Journal of Medicine
American Journal of Obstetrics and Gynecology
American Journal of Ophthalmology
American Journal of Preventive Medicine
American Journal of Psychiatry
American Journal of Public Health
American Journal of Respiratory and Critical Care Medicine
American Journal of Sports Medicine
American Journal of Surgery
Annals of Emergency Medicine
Annals of Family Medicine
Annals of Internal Medicine
Annals of Surgery
Annals of the Rheumatic Diseases
Antimicrobial Agents and Chemotherapy
Archives of Disease in Childhood
Arthritis & Rheumatology
Arthroscopy
Birth
BJOG
BMC Family Medicine
BMC Medicine
BMJ
Bone & Joint Journal
British Journal of Dermatology
British Journal of General Practice
British Journal of Psychiatry
British Journal of Surgery
Canadian Family Physician
Canadian Medical Association Journal
Cancer
Chest
Circulation
Clinical Otolaryngology
Critical Care Medicine
Diabetes
Diabetes Care
Diabetic Medicine
Digestive Diseases and Sciences
Diseases of the Colon & Rectum
European Heart Journal
Family Medicine
Family Practice
Fertility and Sterility
Gastroenterology
Gut
Heart
International Journal of Clinical Practice
JAMA
JAMA Dermatology
JAMA Internal Medicine
JAMA Neurology
JAMA Ophthalmology
JAMA Otolaryngology—Head & Neck Surgery
JAMA Pediatrics
JAMA Psychiatry
JAMA Surgery
Journal of Allergy and Clinical Immunology
Journal of Bone and Joint Surgery, American Volume
Journal of Bone and Joint Surgery, British Volume
Journal of Clinical Endocrinology and Metabolism
Journal of Clinical Epidemiology
Journal of Clinical Pharmacology
Journal of General Internal Medicine
Journal of Hospital Medicine
Journal of Pediatrics
Journal of Physiotherapy
Journal of Shoulder and Elbow Surgery
Journal of the American Academy of Dermatology
Journal of the American Board of Family Medicine
Journal of the American College of Cardiology
Journal of the American College of Surgeons
Journal of the American Geriatrics Society
Journal of the National Cancer Institute
Journal of Urology
Lancet
Lancet Infectious Diseases
Medical Care
Medical Decision Making
Medical Journal of Australia
Medicine & Science in Sports & Exercise
Neurology
Neurosurgery
New England Journal of Medicine
Obstetrics and Gynecology
Pain
Pediatrics
PLOS Medicine
Preventive Medicine
Rheumatology
Scandinavian Journal of Gastroenterology
Scandinavian Journal of Infectious Diseases
Southern Medical Journal
Stroke
Thorax

Supplemental Appendix 2: Top 5 POEMs for each year from 1998 to 2017. Bold face indicates top scoring POEM for that year.

Year	Title of POEM	Link to POEM in E
1998	Metformin best for obese type 2 diabetes mellitus (T2DM) (UKPDS 34)	http://www.essentialevidence.com
1998	Strict blood pressure control effective in T2DM (UKPDS 38)	http://www.essentialevidence.com
1998	Bupropion effective for smoking cessation	http://www.essentialevidence.com
1998	Paroxetine effective for panic disorder	http://www.essentialevidence.com
1998	Vena caval filters don't reduce mortality in high risk patients	http://www.essentialevidence.com
1999	Beta-blockers effective in heart failure	http://www.essentialevidence.com
1999	Patches don't improve outcomes for corneal abrasion	http://www.essentialevidence.com
1999	Smoking status on patient charts improves physician counseling	http://www.essentialevidence.com
1999	Tissue adhesive provides good wound repair	http://www.essentialevidence.com
1999	Practice guidelines often unreliable	http://www.essentialevidence.com
2000	3 years between Pap smears adequate for many women	http://www.essentialevidence.com
2000	Bed rest is ineffective for treating anything	http://www.essentialevidence.com
2000	PHQ 9 questionnaire valid for mental disorder screening	http://www.essentialevidence.com
2000	Treating isolated systolic hypertension in the elderly prevents adverse outcomes	http://www.essentialevidence.com
2000	Tube feeding of no benefit in demented elderly	http://www.essentialevidence.com
2001	Managing rate and rhythm are similar for atrial fibrillation	http://www.essentialevidence.com
2001	Lipid lowering drugs effective for primary prevention	http://www.essentialevidence.com
2001	Steroids are beneficial to neonates in PPRM	http://www.essentialevidence.com
2001	ACE inhibitor effective in migraine treatment	http://www.essentialevidence.com
2001	Bupropion may be effective for adult attention deficit hyperactivity disorder	http://www.essentialevidence.com
2002	Hormone replacement overall not beneficial (WHI)	http://www.essentialevidence.com
2002	Delayed prescriptions reduce antibiotic use	http://www.essentialevidence.com
2002	Cholesterol and blood pressure lowering most important in diabetics	http://www.essentialevidence.com
2002	Smoking cessation 6-8 weeks before surgery reduces complications	http://www.essentialevidence.com
2002	Rule to predict final warfarin dose in atrial fibrillation (5 mg)	http://www.essentialevidence.com
2003	Self breast exam doesn't reduce mortality	http://www.essentialevidence.com
2003	Rate control better than rhythm control in atrial fibrillation (AFFIRM)	http://www.essentialevidence.com
2003	Deep vein thrombosis in less than 1% if normal d-dimer and not high risk by Wells rule	http://www.essentialevidence.com
2003	Simvastatin useful as primary prevention of CAD (HPS)	http://www.essentialevidence.com
2003	Ottawa ankle rules safely exclude fractures	http://www.essentialevidence.com
2004	Breast cancer screening results in overdiagnosis	http://www.essentialevidence.com
2004	Saline nasal irrigation effective for frequent sinusitis	http://www.essentialevidence.com
2004	3 year screening interval for Pap adequate for most patients	http://www.essentialevidence.com
2004	Delayed prescriptions for upper respiratory infection reduces antibiotic use	http://www.essentialevidence.com
2004	2 question screening for depression effective	http://www.essentialevidence.com
2005	Vaccine prevents HPV infection	http://www.essentialevidence.com
2005	Vitamin E not helpful, perhaps harmful	http://www.essentialevidence.com
2005	Bed rest bad for back pain, ineffective for sciatica	http://www.essentialevidence.com
2005	Early tympanostomy tubes do not improve outcomes after 3+ years	http://www.essentialevidence.com
2005	Rofecoxib increases risk of cardiovascular events	http://www.essentialevidence.com
2006	Mammography results in overdiagnosis	http://www.essentialevidence.com
2006	Delayed prescription for otitis media reduces unnecessary antibiotics	http://www.essentialevidence.com
2006	Diets: low carb equivalent to low fat for weight loss	http://www.essentialevidence.com
2006	Test-and-treat best for primary care dyspepsia	http://www.essentialevidence.com
2006	Omega 3 fats do not affect mortality	http://www.essentialevidence.com
2007	Home glucose monitoring ineffective	http://www.essentialevidence.com
2007	No incremental benefit for PCI added to optimal medical for stable CAD	http://www.essentialevidence.com
2007	As needed steroid plus beta-agonist works well in mild persistent asthma	http://www.essentialevidence.com
2007	Antiplatelet agents prevent preeclampsia	http://www.essentialevidence.com

2007	Prednisolone but not acyclovir effective for Bell's palsy	http://www.essentialevidence.com
2008	Intensive control of blood sugar in T2DM may be harmful (ACCORD)	http://www.essentialevidence.com
2008	Nuts, corn, and popcorn not associated with risk of diverticular disease	http://www.essentialevidence.com
2008	Self-monitoring ineffective in patients with diabetes	http://www.essentialevidence.com
2008	Surgery not effective for moderate/severe OA of knee	http://www.essentialevidence.com
2008	Sugar decreases pain signs in immunized infants	http://www.essentialevidence.com
2009	PSA screening does not reduce mortality from prostate cancer (PLCO)	http://www.essentialevidence.com
2009	No need to monitor bone mineral density after bisphosphonates started	http://www.essentialevidence.com
2009	Steroids hasten sore throat symptom resolution in adults	http://www.essentialevidence.com
2009	Mammography identifies many women who will not benefit from treatment	http://www.essentialevidence.com
2009	Treatment of acute otitis media leads to subsequent ear infections	http://www.essentialevidence.com
2010	Statin + fenofibrate no better than statin alone in T2DM (ACCORD)	http://www.essentialevidence.com
2010	Antivirals can prevent influenza but treatment of symptoms is less impressive	http://www.essentialevidence.com
2010	Blood pressure target of 120 no better than 140 in T2DM (ACCORD)	http://www.essentialevidence.com
2010	Anterior cruciate ligament reconstruction not necessary for good clinical outcome	http://www.essentialevidence.com
2010	Acute-onset visual floaters and flashes and the risk for retinal detachment	http://www.essentialevidence.com
2011	Rivaroxaban similar to warfarin for patients with NVAF	http://www.essentialevidence.com
2011	Mediterranean diet associated with reduced morbidity and mortality	http://www.essentialevidence.com
2011	Rivaroxaban effective for acute deep vein thrombosis (EINSTEIN)	http://www.essentialevidence.com
2011	Screening for breast cancer: false-positive rate is 60% over 10 years	http://www.essentialevidence.com
2011	Following STOPP criteria can decrease adverse drug effects in older patients	http://www.essentialevidence.com
2012	Therapy with antibiotics is an option for early uncomplicated acute appendicitis	http://www.essentialevidence.com
2012	CIN 2 among women younger than 25 likely to regress	http://www.essentialevidence.com
2012	Gut feelings have good negative predictive value for serious infection in children	http://www.essentialevidence.com
2012	Annual screening chest x-ray does not reduce lung cancer mortality	http://www.essentialevidence.com
2012	Restriction of sodium may be harmful for patients with cardiovascular disease	http://www.essentialevidence.com
2013	Fasting not necessary before lipid panels	http://www.essentialevidence.com
2013	Steroid injection for lateral epicondylitis worse than saline after 1 year	http://www.essentialevidence.com
2013	Probiotics prevent C. diff-associated diarrhea in patients taking antibiotics	http://www.essentialevidence.com
2013	Daily multivitamins do not reduce major CV events in men and do not affect mortality	http://www.essentialevidence.com
2013	Colchicine effective for first episode of acute pericarditis	http://www.essentialevidence.com
2014	Niacin doesn't improve outcomes in patients with vascular disease	http://www.essentialevidence.com
2014	Surgery ineffective for non-traumatic partial medial meniscus tear	http://www.essentialevidence.com
2014	Aspirin in low doses decreases preeclampsia risk	http://www.essentialevidence.com
2014	Varenicline plus nicotine replacement therapy more effective than varenicline alone	http://www.essentialevidence.com
2014	CBT plus amitriptyline optimal for chronic migraine in children and adolescents	http://www.essentialevidence.com
2015	Steroids beneficial as adjunctive treatment for community-acquired pneumonia	http://www.essentialevidence.com
2015	Post-MI beta-blockers do not decrease mortality	http://www.essentialevidence.com
2015	Many patients with uncomplicated acute appendicitis do well with antibiotic therapy	http://www.essentialevidence.com
2015	Naproxen alone may be best for acute low back pain	http://www.essentialevidence.com
2015	Clopidogrel + aspirin superior to aspirin alone following TIA or minor stroke	http://www.essentialevidence.com
2016	Active surveillance for localized prostate cancer: no increased mortality, but higher rates of clinical progression (ProtecT)	http://www.essentialevidence.com
2016	Liraglutide reduces mortality (NNT = 71) in patients with T2DM and very high CV risk	http://www.essentialevidence.com
2016	CPAP doesn't reduce cardiovascular events (RICCADSA)	http://www.essentialevidence.com
2016	Trim-sulfa improves cure rate for cutaneous skin abscess after incision and drainage	http://www.essentialevidence.com
2016	Dilute apple juice at least as good as electrolytes for children with mild gastroenteritis	http://www.essentialevidence.com
2017	Semaglutide reduces CV events in high-risk patients with T2DM	http://www.essentialevidence.com
2017	Steroid injections ineffective for knee osteoarthritis	http://www.essentialevidence.com
2017	Lipid treatment for primary prevention not effective in older adults	http://www.essentialevidence.com
2017	Personal sound amplification works as well as a hearing aid at 20% of the cost	http://www.essentialevidence.com
2017	Aspirin started early in pregnancy reduces risk of preeclampsia and IUGR	http://www.essentialevidence.com

