

As Jade makes a fortune and the University Challenge winner is vilified for being bright... WHY IS IT CLEVER TO BE DUMB?

Top neuroscientist's warning to parents

SOCIAL WEBSITES 'HARM A CHILD'S BRAIN'

Working out why social networking sites are so addictive... alarming changes to the brain of young users... a warning to parents...



Moment of glory for the girl from a slumdog shack

Why a girl for Kate would make Carole Britain's most powerful granny

Major Oxbridge-backed study says more than a rash of bacon a day is harmful

PROCESSED MEAT 'IS TO BLAME FOR ONE IN 30 DEATHS'

MEALS containing too much processed meat, such as bacon and sausages could send you to an early grave, a large-scale study has found.



Good Life Barbara's farewell to Tom

DON'T MISS TOMORROW'S MAIL FOR A CHANCE TO WIN ONE MILLION MAIL REWARDS CLUB POINTS

DEMENTIA RISK FROM SLEEPING TABLETS

Pensioners on pills taken by 1.5m are 50% more likely to be hit, warns Harvard study



Tears of runaway teacher's mother

Is Prince Harry's party-loving girl the new Fergie?

Shock finding of report into NHS operations

82% MORE CHANCE OF DYING IN SURGERY AT WEEKEND

PATIENTS who undergo operations at the weekend are up to 80 per cent more likely to die, a report says.



Myleene: Family and friends drank my breast milk

HOW YOU CAN LOSE WEIGHT AND SHAPE UP IN JUST 21 DAYS LEO MCKINSTRY It's right to slash huge benefits bill

SUPER PILL IS KEY TO LIVING LONGER

Tomato-based drug can fight cancer, arthritis, diabetes and heart disease



Secrets of the home where Kate will bring up her baby

FLOWERS THINK IT'S SPRING BUT NEW BIG FREEZE IS ON THE WAY INSIDE 16 PAGES OF GREAT HOLIDAY BARGAINS

WIN £1,500 WORTH OF M&S VOUCHERS

HOW BLOOD PRESSURE DRUG BEATS DEMENTIA

Beta-blockers can fight brain disease



LONELY DIANA ACTRESS REVEALS PRINCESS'S AGONY

10p BROADCHURCH SO DID YOU GUESS THE KILLER? HOW IT IS POSSIBLE TO THINK PAIN AWAY

BLOOD PRESSURE BREAKTHROUGH

New operation replaces need for daily drugs



IT'S OFFICIAL: WILLS AND KATE'S DAUGHTER WILL BECOME QUEEN

FREE COMPACT MULTI TOOL FOR EVERY READER 40% OFF CHRISTMAS HOTEL BREAKS

ASPIRIN WARDS OFF DEMENTIA

Millions can benefit from everyday pill



NIGELLA I was not strangling or throttling her, Saatchi tells court

Which would you buy? Why?



www.insidegamingdaily.com/2013/11/20/playstation-4-the-not-really-a-review/

Apps Add to delicious Delicious - Discover BBC - BBC TV Progr BBC Radio - Factual Halifax - View Prodi Other Bookmarks

Inside Gaming Daily VIDEO PREVIEWS REVIEWS FEATURES ABOUT US



Damn, it's pretty. We've seen the physical system for some time now, and it looks great. Sleek with its angled front plates (allegedly to make it easier to press those panels as button to both turn the system on and eject discs...though I don't remember the time I pressed a button on a machine to turn on a console...). It has subtle white and blue lighting cues to inform both readiness and potential problems. But it's a box likely hidden in an entertainment system, and hardly the most important feature.

The Controller

Interestingly, the Dualshock 4 has emerged as a fascinating piece of this hardware story. It does feel good, a little weighty, in your hands, with comfortably beveled analog sticks (even for those that prefer the off-set styling). The triggers are tight and curve the right way. The Share and Options button are almost flush to the face of the controller, which means that you can't accidentally hit them, but also makes them a little awkward to select in some situations.

What's going to be most intriguing in the months ahead is how developers use both the track pad and the big, bright light. For

www.insidegamingdaily.com/2013/11/20/playstation-4-the-not-really-a-review/ *Universe Online*) there's no immediate natural fit for using the track pad, but for

www.insidegamingdaily.com/2013/11/30/xbox-one-the-not-really-a-review/

Add to delicious Delicious - Discover BBC - BBC TV Progr BBC Radio - Factual Halifax - View Prodi Other Bookmarks

Inside Gaming Daily VIDEO PREVIEWS REVIEWS FEATURES ABOUT US



It's big, bulky, boxy, black, and in no danger of bothering the judges at annual industrial design award shows. And few gamers seem to mind. I mean, it's the box, with no faceplate customization or flashing rings. Just one small white Xbox light to indicate it's on. We suspect the size is in part to accommodate the fans and air flow required to keep the system cool, and hopefully avoid the red ring disaster that plagued the 360's entire life.

This initial launch also comes packaged, like it or not, with the new Kinect. This device is similarly blocky, though a little narrower than the 360 version. It packs in its own processors designed to alleviate some of the power bandwidth from the host system, but how that actually impacts performance will emerge over time.

SYSTEM COMPARISON

	 XBOX ONE	 PS4
PRICE	\$499.99	\$399.99
CPU	8-CORE 64-BIT X86 JAGUAR AMD CPU [1.6GHZ]	8-CORE 64-BIT X86 JAGUAR AMD CPU [1.6GHZ]
GPU	1.24 TF AMD @ 800MHZ, 12CUS, 16 ROPS	1.84 TF AMD @ 800MHZ, 18CUS, 32 ROPS
RAM	8GB DDR3 @68GB/s + ESRAM @102GB/s	8GB GDDR5 @ 176GB/s
HDD	500GB [NON UPGRADEABLE]	500GB [UPGRADEABLE]
OPTICAL DRIVE	BLURAY @ 6xCAV	BLURAY @ 6xCAV
USB	USB 3.0 - 3 PORTS	USB 3.0 - 2 PORTS
NETWORK	GIGABIT ETHERNET, IEEE 802.11 B/G/N WIFI DIRECT	GIGABIT ETHERNET, IEEE 802.11 B/G/N
BLUETOOTH	NO	2.1 (EDR)
A/V OUT	HDMI OUT (4K SUPPORT), OPTICAL OUTPUT, IR PORT	HDMI OUT (4K SUPPORT), OPTICAL OUTPUT, AUX PORT
A/V IN	HDMI IN	NO
REGION LOCK	NONE	NONE
EXTERNAL STORAGE	USB	TBA
CLOUD STORAGE	YES	YES

As Jade makes a fortune and the University Challenge winner is vilified for being bright... WHY IS IT CLEVER TO BE DUMB?

Top neuroscientist's warning to parents

SOCIAL WEBSITES 'HARM A CHILD'S BRAIN'

Working out why the alarming changes in the brains of young people... A leading scientist has warned...



Moment of glory for the girl from a slumdog shack

Why a girl for Kate would make Carole Britain's most powerful granny

Major Oxbridge-backed study says more than a rash of bacon a day is harmful

PROCESSED MEAT 'IS TO BLAME FOR ONE IN 30 DEATHS'

MEALS containing too much processed meat... a rash of bacon a day is harmful



Good Life Barbara's farewell to Tom

DON'T MISS TOMORROW'S MAIL FOR A CHANCE TO WIN ONE MILLION MAIL REWARDS CLUB POINTS

DEMENTIA RISK FROM SLEEPING TABLETS

Pensioners on pills taken by 1.5m are 50% more likely to be hit, warns Harvard study



Tears of runaway teacher's mother

Is Prince Harry's party-loving girl the new Fergie?

Shock finding of report into NHS operations

82% MORE CHANCE OF DYING IN SURGERY AT WEEKEND

PATIENTS who undergo operations at the weekend are up to 80 per cent more likely to die...



Myleene: Family and friends drank my breast milk

HOW YOU CAN LOSE WEIGHT AND SHAPE UP IN JUST 21 DAYS

SUPER PILL IS KEY TO LIVING LONGER

Tomato-based drug can fight cancer, arthritis, diabetes and heart disease



Secrets of the home where Kate will bring up her baby

FLOWERS THINK IT'S SPRING BUT NEW BIG FREEZE IS ON THE WAY

HOW BLOOD PRESSURE DRUG BEATS DEMENTIA

Beta-blockers can fight brain disease



LONELY DIANA ACTRESS REVEALS PRINCESS'S AGONY

BROADCHURCH SO DID YOU GUESS THE KILLER?

BLOOD PRESSURE BREAKTHROUGH

New operation replaces need for daily drugs



IT'S OFFICIAL: WILLS AND KATE'S DAUGHTER WILL BECOME QUEEN

FREE COMPACT MULTI TOOL FOR EVERY READER

ASPIRIN WARDS OFF DEMENTIA

Millions can benefit from everyday pill



NIGELLA I was not strangling or throttling her, Saatchi tells court

What is evidence based medicine?

“Evidence-based medicine (EBM) is the process of systematically reviewing, appraising and using clinical research findings to aid the delivery of optimum clinical care to patients.”

Rosenberg & Donald, BMJ, 1995



22 October 2013 Last updated at 00:59



Exercise 'boosts academic performance' of teenagers



Those who did the most exercise did better academically according to the research

Intensive exercise improves the academic performance of teenagers, according to new research.

The study, of about 5,000 children, found links between exercise and exam success in English, maths and science.

It found an increase in performance for every extra 17 minutes boys

www.bbc.co.uk/news/uk-scotland-24608813

Top Stories



Huge crowds at Paris unity rally

LIVE France attacks: Paris rally

La Dolce Vita star Anita Ekberg dies

Miliband urges new law on energy bills

Dozens die in Pakistan bus inferno

Features



France's testing point

How to react to the Charlie Hebdo massacre?



End of the line

What happened to England's lost railway stations?



Footy on the 'rez'

Do Native Americans play soccer?



Weekendish

The best features you might want to catch up on



In pictures

Related Stories

'Get moving early to stay active'

Many children need more exercise



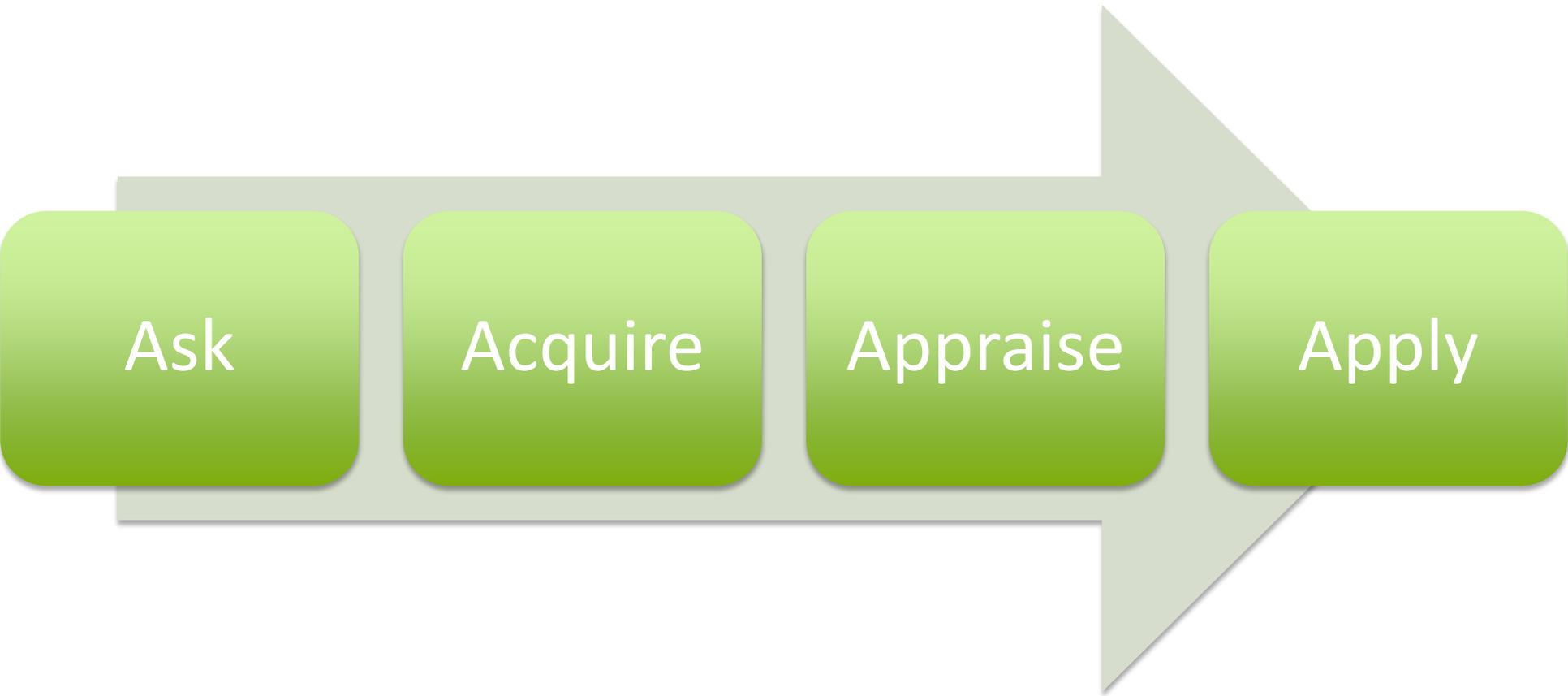
Asking clinical questions

P – Patient or population

I – Intervention (what you're going to do)

C – Comparison (must be relevant)

O – Outcome (must matter to the patient/population)



Ask

Acquire

Appraise

Apply

Ask

Ask

Acquire

Appraise

Apply

What kind of clinical questions could we ask to investigate this headline?

- P – Patient or population
- I – Intervention (what you're going to do)
- C – Comparison (must be relevant)
- O – Outcome (must matter to the patient/population)



22 October 2013 Last updated at 00:59



Exercise 'boosts academic performance' of teenagers



Those who did the most exercise did better academically according to the research

Intensive exercise improves the academic performance of teenagers, according to new research.

Related Stories

Acquire



- Literature searching
- I've got a paper for you to look at

'Effectiveness of a smartphone application to promote physical activity in primary care: the SMART MOVE randomised controlled trial'

Glynn et al, *British Journal of General Practice*, July 2014, e384-391

Prior work



Use the 'PICO' framework to look at the abstract.

P – Patient or population

I – Intervention

C – Comparison

O – Outcome

Does it have each point clearly identified?

Anything else you want to highlight just now?

Appraise



Take a task, answer the question:

- 1 a** – Was the assignment of patients to treatment randomised?
- 1 b** – Were the groups similar at the start of the trial?
- 2 a** – Aside from the allocated treatment, were groups treated equally?
- 2 b** – Were all patients who entered the trial accounted for? Were they analysed in the groups to which they were randomised?
- 3** – Were measures objective or were the patients and clinicians kept ‘blind’ to which treatment was being received?

Appraise



Their results:

- What effect does the treatment have?
- If you were a doctor, would you encourage the use of this application?

Apply



- Is this research applicable to our original question?
- Why/why not?
- Would you change this trial methodology if you were going to modify it to answer our question?



Thanks!



Sir Iain Chalmers

Prof Carl Heneghan

Dr Kamal Mahtani

Dr David Nunan

Ms Ruth Davis



My Sixth Formers for their help

& You for your attention!