Define a focused 4-part review question (Patient, Intervention, Comparison and Outcome)

- Review guidelines on systematic reviews, and prepare a protocol
- Identify appropriate databases and sources of studies
- Run searches on all relevant databases and sources
- Save all citations (titles/abstracts) in a reference manager
- Document search strategies that were employed (these citations are ready for first screen, N0)
- Search directly or via reference manager; avoid language restrictions at this stage; involve a librarian

Software suggestions:
EndNote, Reference Manager, ProCite

Exploration of heterogeneity:
- Graphical methods (e.g. Galbraith plots)
- Subgroup analyses
- Meta-regression

Use tests for publication bias (e.g. funnel plot, Egger test) if sufficient data points exist

Software suggestions:
Stata, SAS, RevMan, Comprehensive Meta-analysis, MIX 2.0

Interpret, discuss results and write the report:
- Discuss applicability of results and limitations of the review
- Avoid making policy recommendations; suggest areas for future research, if the review question is not fully answered