1.     Definition of Systematic Review

Systematic review is:

"... the review of the evidence in the available research literature on a clearly formulated research question using a systematic and explicit methodological process aimed at identifying, selecting and evaluating appropriate primary research studies, but also recording and analyze the data of the studies included in the review. "

In contrast to a descriptive review, which can simply describe and summarize the results (some) research, in the systematic review the main objective is the comprehensive and thorough search and synthesis of the findings of all relevant (and appropriate) research studies dealing with one research topic / question.For this reason, the systematic review is itself a research paper, whose design and implementation based on some basic principles and requires specific scientific methodology to minimize errors (eg, biased presentation of the literature) and exported objective and safer conclusions.

A systematic review should:

-       Be genuinely systematic (eg as to the way in which the literature was searched for and retrieved)

-       Has a specific and clearly formulated research question and explicitly identifies the method it has applied to identify the material to be used,

-       Can be reproducible (eg as to the steps of the methodological process applied and its conclusions).

2.     Choice of subject in thesis

The choice of the subject (and the formulation of the research problem / purpose of the review) is the first step that guarantees its completion. The subject must correspond to the interests and objectives of the student. Usually at the first hearing of a subject, we are excited and we are hurrying to safeguard it.If we have already thought of a subject, it is perhaps better to ask the supervisor for the final formulation in an appropriate research question. The research question arises through an initial critical review of the broader topic and should be specific, clear, science-basedand clinically important.

3.     Important Steps to Complete a Systemic Review

1.Determine clearly the purpose of the review as well as (if any) the objectives(or hypotheses or questions) of the review

2.Specify the inclusion criteria for studies, which may include specific criteria such as - the type or types of studies to be sought (eg intervention studies, prospective epidemiological studies, quantitative studies using standardized questionnaire, studies using qualitative research methods), characteristics of participants (eg specific age groups),the area of the survey (eg community, school, hospital), types of interventions (eg education program nurses), the outcome variables (eg satisfaction from nursing services) and generally criteria - such as the publication language (eg only English and Greek publications), search time limits (eg the last decade), country of origin (eg European or other countries in the developed world)

3.Determine the search strategy and carry out an extensive bibliographic review on all relevant sources (mainly on selected electronic bibliographic databases) to find appropriate studies while keeping a detailed algorithm of combinations of words, (and synonymous phrases) used in the search

4.Examine the studies and decide whether they meet the inclusion / exclusion criteria. Some are rejected immediately, and in the case of other articles we will first have to locate the full text so that we can decide if it should be included. For some articles can only have the abstract and do not manage to find the full form so they cannot be included in the review. We can summarize (either text or chart) the process we followed and the number of articles selected and rejected at each step.

5.Create a table that summarizes the main features of the studies that will be included in the review. Depending on the research question, the table may include for each survey the data of the researchers, the date of publication, the sample number and their characteristics, the methodology, the main findings, etc. This table should be a continuation of the text.

6.Critically evaluate the methodological quality of the studies you will present in the review (depending on the type of study). After explaining the reasons, some articles may be rejected at the critical evaluation stage as we would like to avoid using findings from poorly-sourced studies.

7.Export data from primary research, and contact the researchers themselves if needed. Analyze and interpret the results of the studies to be included, and where data is appropriate, it is correct (which we do not ask of you in this work) to use statistical methods of synthesis of results (meta-analysis). Otherwise, the synthesis process of the results is done in a narrative way.

8.Write a review report, clearly describing the purpose, material and method, and presenting (in a table), commenting on and interpreting (in text) the results of the surveys included in the review, concluding conclusions that may include proposals and suggestions for future research and / or clinical practice, health policies, etc.