



Michael Bennett

The Evidence Basis of Diving and Hyperbaric Medicine

A synthesis of the high level clinical
evidence with meta-analysis

This book is written primarily for diving and hyperbaric physicians in the hope of improving access to the best clinical evidence in our field. HBOT is a poorly understood therapeutic modality and remains on the fringe of accepted medical practice despite 50 years of clinical experience. One criticism made of this field is that treatment is based on little or no good clinical evidence. The aims of this book are to collate all the available randomised evidence, with a standard critical appraisal of each individual paper using accepted evidence-based principles, and to synthesise that evidence in a series of systematic reviews with cost-effectiveness analyses. The reviews suggest that HBOT is justified as a routine therapy in a number of indications, clearly unhelpful in others and is of unclear benefit in yet others. Recommendations for therapy and future research directions can be made on the basis of these analyses. For non-medical readers, the inclusion of 'Plain English' summaries for each of the meta-analyses should improve the appreciation of the arguments for and against HBOT for the majority of indications.



Michael Bennett

Associate Professor Bennett is a specialist in Anaesthesia and Hyperbaric Medicine in Sydney, Australia. He has a strong interest in clinical epidemiology and is an experienced clinician and researcher. A/Prof. Bennett is a keen diver, likes a good red and thanks to the benefits of HBOT, he looks good for his 109 years.



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