

Evidence Based Medicine

oIs use of **current best evidence** in making decisions about the care of individual patients.

oIt is the process of systematically finding, appraising and using concurrent **research findings** as the basis for clinical decision making.

EBM cont...

- oThe practice of EBM is the integration of **individual clinical expertise** with the **best available** external evidence from systematic research for use in individual patient care.
- oIt is the **clinician's responsibility** to be able to find the right information when the patient's course depends on it.

Five basic steps for practicing EBM

- o **Convert** information needs into answerable questions
- o **Track down** with maximum efficiency the **best evidence** with which to answer them
- o **Critically appraise** the evidence for its **validity** and **usefulness**
- o **Apply** the results of this appraisal in **clinical practice**
- o Evaluate your performance

Evidence Resources

1. **Systematic review databases:**

- oBest source for structured systematic reviews (SR)
- oNumerical data presented in standardized graphics enabling quick decisions

Cont...

2. Review Journals:

- o Summarises systematic reviews
- o Offers balanced commentary on selected papers from major journals

Cont...

3. EBM guidelines and textbooks:

- oClinical practice guidelines

- oThe best sources of evidence

- oEvidence-based textbooks

- oLeast detail, but most efficient source for simple queries

Cont...

4. Medline/Electronic databases:

o Medline

- o The largest biomedical literature database

o Pub Med

- o Is a free Medline service



Cont...

5. The least reliable:

- o Colleagues or expert opinion, & “throw-away” journals

- o Convenient and fast

- o Often invalid , incomplete, and biased information

- o Textbooks

- o Generally not systematically researched

- o Usually based on “expert opinion”

- o Most are out of date - check for recent citations