



Evidence-Based Practice *(Basics)*

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What is EBP?

- best research evidence with
- clinical expertise and
- User/client/patient preferences,

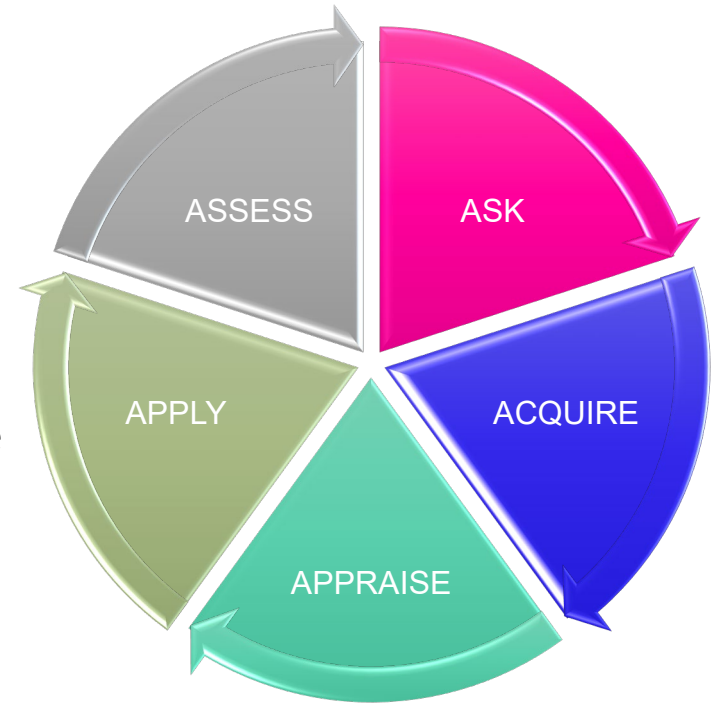
producing the most appropriate and effective care





The 5 steps process of EBP

- 1. Ask:** Convert the need for information into an answerable question.
- 2. Acquire/Find:** Track down the best evidence with which to answer that question.
- 3. Appraise:** Critically appraise that evidence for its validity and applicability. Level of scientific certainty
- 4. Apply:** Integrate the critical appraisal with clinical expertise and with the patient's unique biology, values, and circumstances.
- 5. Assess/Evaluate:** Evaluate the effectiveness and efficiency in executing steps 1-4 and seek ways to improve them both for **next time**



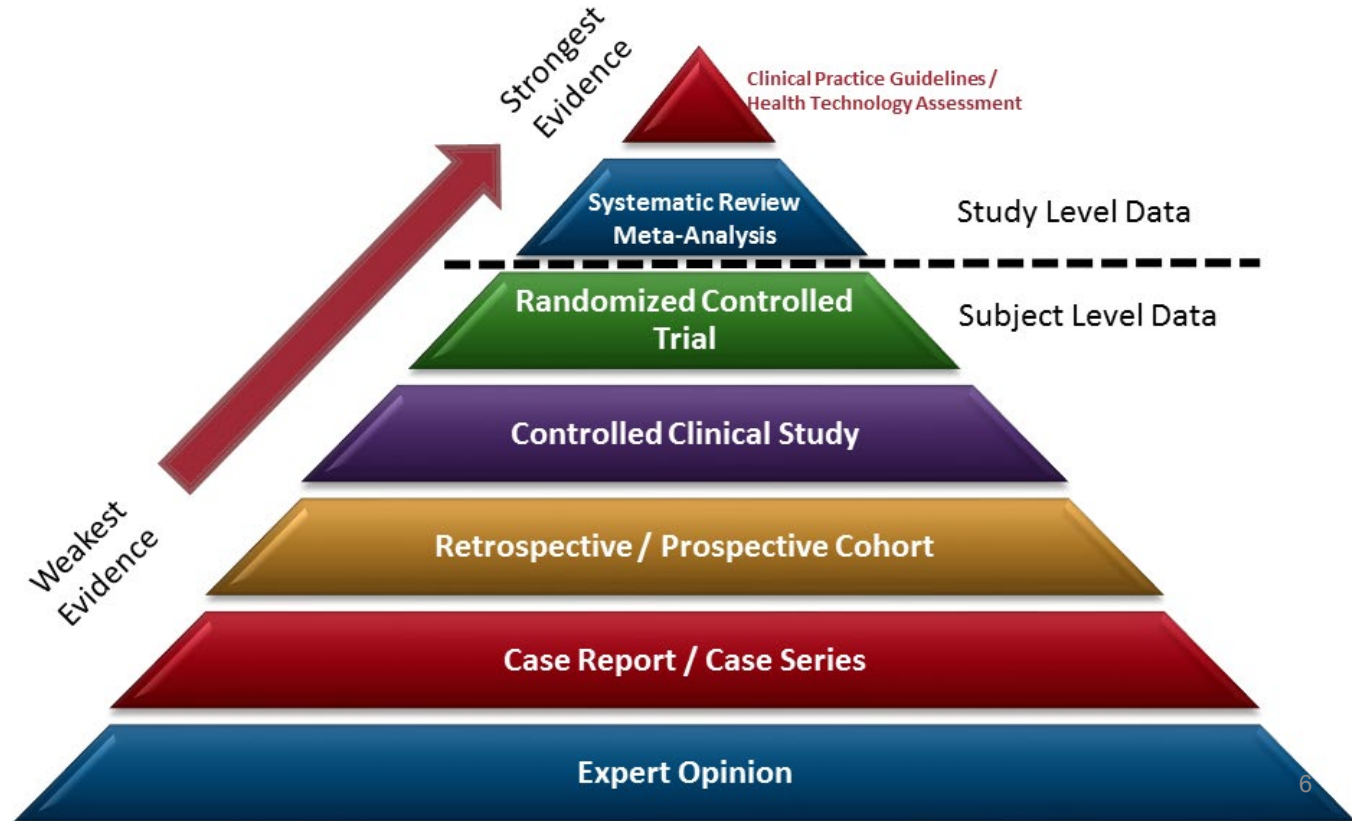
What for?

- Guiding **problem solving** during clinical practice
- Taking part of **clinical decision making**
- Having **measurable and reliable outcomes** of an intervention

EBP has also some barriers and limitations such as:

- BARRIER-. Time/workload pressure in clinical settings
- LIMITATION-. Sometimes difficult to translate to the real-world applications

Ask & Acquire :CHOOSE the best scientific evidence



Ask & Acquire :CHOOSE the best scientific evidence



GRADE

Welcome to the GRADE working group

From evidence to recommendations – transparent and sensible

Ask & Acquire :CHOOSE the best scientific evidence



Stop!

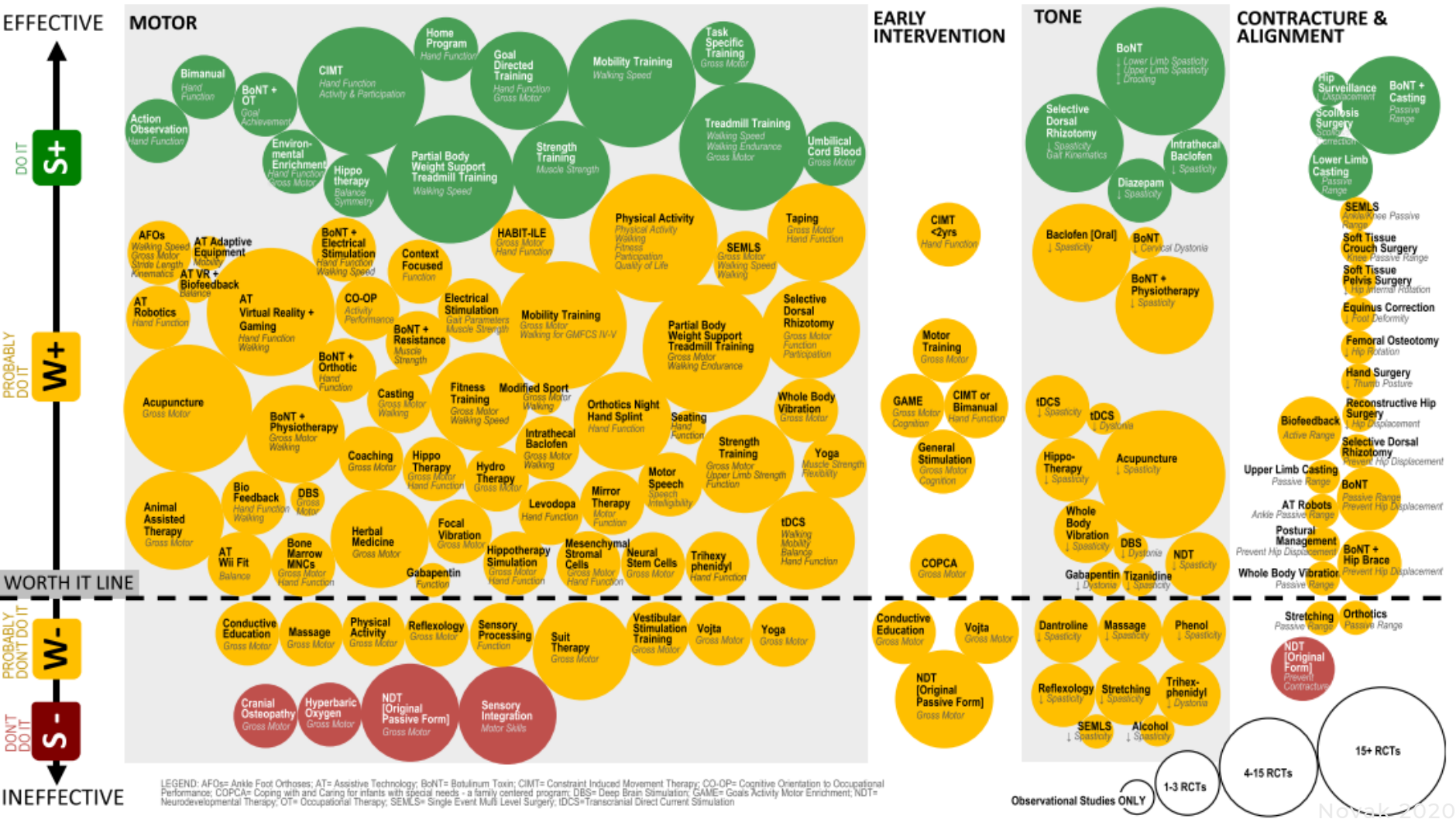
because high-quality evidence from RCTs and systematic reviews indicates ineffectiveness or harm

Measure (and re-measure) clinical outcomes because either:

- (i) promising evidence suggests possible effectiveness, but more research would increase our confidence in the estimate of the effect;
- (ii) no research exists and therefore effects are unknown
- (iii) (iii) conflicting findings exists and therefore it is unclear how a patient might respond

Go!

because high-quality evidence from RCTs and systematic reviews indicates intervention effectiveness



Appraise & Apply: CRITICALLY read scientific papers

- Highlight
- Summarize
- Size the outcomes and implications
- Questions about limitations
- Contrast with other papers
- ...

**“Prioritize the
physiotherapy strategy
with the greatest
available evidence”**

Abstract



Nice to read

Introduction

Can skip

Methods



Must read

Results



Must read

Discussion



Nice to read

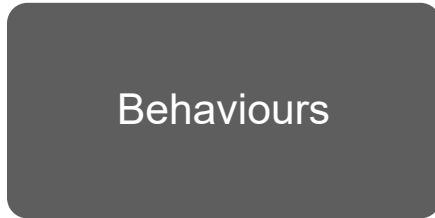
Apply & Assess: set and consense meaningful outcomes



Why EBP has not been totally implemented?



PT think EBP is important



Most PT don't use EBP

Possible reasons

Failure to remain up to date with evidence

Absence of gold standards/Scientific knowledge gaps

Lack of knowledge of what is evidence-based physiotherapy

Lack of skills to use EBP

Lack of time/money

No incentives for research or apply EBP

Erasmus+ blended intensive course (BIP) programme



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Prague, Czeck Republic

Merci

Děkuji

Kiitos

Gracias

