Evidence-Based Practice Script (Debbie Irwin)

508 WORDS

**Background information:** This audio will accompany an online (Flash) tutorial on the topic of Evidence-Based Practice. The tutorial’s audience is medical students, nursing students, and other health sciences students.

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| **Slide** | **Script** |
| 3 | There’s no question that basing your medical practice on the most recent and credible research evidence is safest for the patient, provides better quality of care, and lowers the costs in healthcare delivery. Practicing medicine is truly lifelong learning! |
| 5 | Evidence-based practice is the integration of the best research evidence with your clinical experience and expertise in light of the patient’s values, preferences, concerns, and rights. |
| 7 | The first step is assessing the patient. This includes taking the patient’s history, doing a physical exam, and discussing the patient’s concerns. Several clinical questions may arise at this point. These may relate to clinical issues you’re not familiar with and may require further research. In order to search the medical literature effectively, your clinical question should be focused and specific rather than general and broad.  After formulating an answerable clinical question, your next step is to search for the best evidence. Finding the best evidence requires familiarizing yourself with online resources, such as PubMed. Next, you need to appraise the evidence at hand. Select the best evidence from your search that is relevant to your specific clinical question. The best clinical evidence comes from well-conducted clinical studies that are free from the biases that beset medical research.  Now, it’s time to apply the evidence to patient care. The evidence you gather from the appraisal of the relevant literature will guide you in the care of your patient.  Finally, the last step of evidence-based practice is to evaluate your patient’s outcome and the result of your clinical decision. |
| 15 | PubMed Clinical Queries is a specialized search tool with built-in search filters. These filters limit your search results to research conducted with specific methodologies, such as those that report applied clinical research. PubMed searches for medical literature that corresponds to a specific clinical category. It automatically filters the results to include clinical trials, and also removes letters, editorials, commentaries and so on. |
| 18 | Now let’s return to your original therapy question. You wanted to find out whether antibiotics were necessary or beneficial compared with no treatment in reducing fever and ear pain in infants with acute otitis media. Does the PubMed article you selected fit your clinical question? We need to probe this a bit more. |
| 22 | In this tutorial, we set out to help you find useful published evidence in your quest for the best therapeutic decision for your patient. So\*, we’ve touched on the final three steps of Evidence-Based Practice in a fairly cursory manner. Your actual decision will be based on other factors besides the research evidence, such as your own clinical experience and the patient’s preferences, values, and concerns. |

**\*** Note: pronounce this word “So” as if it means “hence.” I thought Hence was too formal for spoken language. Alternatives? I don’t like “As a result” or “consequently” too much either.