

Evidence-Based Practice: Perceptions of Iranian Urologists

Introduction and Objectives: Evidence-based medicine (EBM) is the process of systematically finding, appraising and using contemporaneous research findings as the basis for clinical decisions. To determine the attitudes and beliefs of Iranian urologists on evidence-based practice; additionally, the barriers that may make them feel unable to practice evidence-based.

Materials and Methods: Self-administrated questionnaires Likert scale questionnaire designed in Persian were filled up by censuses selected urologist from Iranian Urology Association (IUA). The questionnaire consisted of 8 sections: attributes, attitude/beliefs, research utilization, terminology and research utilization skills. Expert validation of the questionnaire has been assessed by experts in the Iranian Center for Evidence Based Medicine and a number of urologists. Data was entered to PASW®18.0 and descriptive statistics were obtained for all parts of the questionnaire.

Results: A total of 111 questionnaires were retrieved and all included in the analysis. Mean age of respondents was 43.62 (Min: 26; Max: 68; SD: 9.77). Most participants were male (82.7%). Mean years of clinical practice were 13.03 (SD: 8.26). Mean attitude score of respondents was 30.4 (SD: 5.7, Min. 16, Max. 40). Attitude score showed statistically significant relationship to previous participation in EBM workshops. Almost all urologists acknowledged the current information overload and the need for acquiring skills to understand evidence (98.1% and 92.3%). They as well appreciate the impact of use of research and guidelines on clinical decision making and quality of health services respectively and the outcome of surgery (76.2%). Of urologists, 96% believed that evidence-based practice will improve patient care. They as well appreciate the impact of use of research results and guidelines on clinical decision making and the outcome of surgery (76.2%). The main barriers to EBP stated by urologists were the lack of time (64.8%), facilities (53.4%), and training in EBM (29.5%).

Conclusion: The urologists have a positive attitude towards EBP. However, this study identified a need to adequate time to evidence based medicine in daily urology practice. In addition the system should be providing easy access to evidence databases in whole country. Meanwhile evidence-based workshops and pre-apprised recourses may play important roles.