

Evidence-Based Medicine in Rehabilitation
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BACKGROUND – What is Evidence-Based Medicine?

“Evidence-based medicine is the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients”.

Evidence-Based Practice

Integrating *individual clinical expertise* with best available external clinical evidence from systematic research

More effective and efficient diagnosis

More thoughtful identification and compassionate use of individual patients' rights, predicaments and preferences when making clinical decisions

Evidence-Based Physical Therapy Practice

An open and ***thoughtful clinical decision-making*** about PT management of a patient/client that integrates the “***Best available evidence*** with clinical judgment” and patient/client ***preferences and values*** and further considers the larger social context in which PT services are provide to optimize patient/client outcomes and quality of life.

Evidence-Based Physical Therapy Practice

Examination – Evaluation – Diagnosis – Prognosis – Intervention - Outcome

The Gap Between Obtaining Knowledge and Implementing it into Clinical Practice

Why Do We Need Evidence Based Practice?

Barriers to use of EBM in PT

5 Steps to Practice Evidence-Based Practice

Defining Question

Collecting Best Evidence

Critically Appraising Evidence

Integrating Evidence with Clinical Expertise

Evaluating Process so it can be Improved

Defining the Clinical Question!

Etiology; Differential diagnosis; Diagnostic testing; Prognosis; Intervention; Prevention

Background vs. Foreground Questions

PICO Question

Patient and Problem

Intervention

Comparison

Outcome

Hierarchy of Evidence

Randomized Controlled Trial

Cohort Study

Case-Control Study

Case Series/Reports

Descriptive Study

Systematic Review

Meta-analysis

Expert Opinion

Selected Electronic Health Information Resources

PEDRO

APTA Hooked On Evidence

PUBMED

MODES OF TEACHING/FACILITATING EVIDENCE-BASED MEDICINE

Role-Modeling

Involve Clinical Care

Learn Skills of EBM

CONCLUSION