



Evidence to inform your practice:

Why?

How?



A pragmatic approach

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12-9-04



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... is the integration of best research evidence with clinical expertise and patient values #



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Steps in EBM process

- **Formulate an answerable question**
- **Search for evidence**
- **Critically appraise the evidence**
- **Integrate best evidence into clinical practice #**



So **WHY** do it?

- **Government agenda ...**
 - a lot of ‘evidence’ exists and not much has been used in practice ...
 - ? Variation in practice between hospitals
 - professional expectation
- **You don’t want**
 - landing with a clinical negligence claim
 - to ‘appear’ in front of the HPC for ? malpractice
- **Because you are diligent and want to do the best job you can #**



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How do we do it?



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 - Find it because it is already available
- **Option 2**
 - Generate the evidence yourself - because research is part of your job #



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Question - 'what is evidence?'

- **Examples of evidence:**
 - [national / international] guidelines
 - Something published in a journal
 - Something published in a professional magazine
 - Something presented at a conference
 - Something your 'peers' are doing at other hospitals (their protocols) #



A good tool for information searching:

The internet

- Evidence for decision making ¹
- Email alerts
- Peer support / practice ²
 - Asking [clinical] advice
 - Sharing of experience #

1. Science Direct (www.sciencedirect.com); **Medline**, Professional body / DoH web-sites etc

2. NuclearMedicineTech@Yahoo.com; superregion@lists.salford.ac.uk; various discussion forums



More values of the internet

- Remote supervision and support
 - Practitioners
 - Advanced Practitioners
- Double reporting
 - Possibility of ‘moving’ images to a second person for double reporting #



Successful information searching

- **Know where the e-information sources are**
- **Know how to use these e-information sources effectively**
- **At the very least**
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Critically appraise the evidence

- **Generic academic skills, eg**
 - [Information seeking]
 - Discriminatory
 - Research methods
 - etc
- **Post graduate academic abilities**
 - **But this does not mean you should possess a PG award! #**



Critically appraise the evidence

- **What needs to be done in critical appraisal:**
 - **Is ‘their’ question the same as / similar to yours?**
 - **Is their methodology appropriate?**
 - **Is their data collection consistent with their method?**
 - **Is their analysis of the data appropriate**
 - **And then finally you can decide whether to trust their conclusions #**



Integrate best evidence into clinical practice



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Adoption of the evidence

- **Update existing protocol**
 - involve the right stakeholders
 - get new protocol ‘approved’ (if necessary)
 - Archive old protocol for legal reasons
- **Train / inform affected staff**
- **Implement**
- **Audit the effect of the ‘new’ approach**
- **Refine, if required #**



Audit the effect of the 'new' approach

- You will need criteria to judge against
- When done ask yourself:
 - Can others benefit from this new approach?
 - If yes then consider sharing your 'new' experience with others #



The fly in the ointment of EBM

- **Exactly when do you find the time to do EMB?**
- **Real time needs to be allocated !**



Recap



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**And now I'm going to
the jacuzzi !**