

## Evidence-Based Practice Primer



### Why is Evidence-Based Practice important?

Evidence-Based Practice (EBP) means integrating your clinical expertise with the best available research evidence into the decision-making process for optimal patient care. The research evidence does not make the decision; you, the clinician, use best available evidence to guide your judgment on treatment effectiveness and producing the best possible clinical outcomes for your patient.

Specifically, use research evidence in your clinical practice in order to:

- Increase patient safety and confidence; minimize risk and harm by using scientifically validated approach
- Main aim is to improve client outcomes, Increasing choices in healthcare and treatments
- Clients' expectations of healthcare is increasing
- Part of clear rationale for health care choices – accountability
- Improve your knowledge about available and validated treatments
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The SCIRE Project Team has done the reviewing, rating and extracting of Rehabilitation Evidence in Spinal Cord Injury Care. Our review procedure has already taken into consideration factors that can prevent clinicians from using research at the bedside, such as not having enough time to review all sources of information, or it being too difficult to critically appraise and evaluate if the evidence is valid, reliable and appropriate.

If you have questions regarding Rehabilitation Evidence in Spinal Cord Injury, visit [www.scireproject.com](http://www.scireproject.com)

Adapted from:

What is Evidence-Based Medicine? <http://www.usd.edu/library/evidence-based-medicine-model.cfm>

Sackett, D. (2002) *Evidence-based Medicine: How to Practise and Teach EBM*, 2nd edn.  
London: Churchill Livingstone.

Sackett, D. Evidence-based Medicine - What it is and what it isn't. *BMJ* 1996; 312:71-72

Introduction to Evidence-Based Practice.

<http://guides.mclibrary.duke.edu/content.php?pid=431451&sid=3529499>

Ch. 1 - Evidence-Based Practice. <http://www.mcgraw-hill.co.uk/openup/chapters/9780335244737.pdf>

Evidence-Based Occupational Therapy – [www.otevidence.info](http://www.otevidence.info)