

# EBP Programming: A How-To Guide

## Part 1: Developing a Clinical EBP Program

Clinical Evidence Based Practice (EBP) programs are organized around a clinically oriented topic and must be designed in a way that reflects the basic principles of EBP. Examples of appropriate clinical topics include glenohumeral assessment, ACL rehabilitation and sport-related concussion. Use the following steps to formulate a clinical question.

### EVALUATE

- Ask a searchable clinical question (Most important catalyst)
- A well-built question should direct an answer that is focused on patient-centered outcomes. This question will not only improve the quality of care, but will also help the practitioner increase patient satisfaction
- Clinical application requirement: Page 3
- Resource: [Formulating a Clinical Question](#)

### FIND

- Find the best evidence to answer the question (Sometimes time intensive)
- Requirement: Five current references
- Resource: PubMed Central, Google Scholar, other databases

### READ

- Review the literature
- Answer:
  - What are the results of the study and are they reliable?
  - Can they be reproduced if the same study was conducted again?
  - Are the results of the study valid?
  - Are the findings of the study clinically relevant to the clinical question?

### APPLY

- Apply the findings
- Combine the clinician's expertise and best evidence found in literature, and take into consideration the patient's values when applying findings/new techniques

### EVALUATE

- Evaluate the effectiveness and patient results

### SHARE

- Share findings through production of continuing education programs

## Part 2: Completing the Clinical EBP Course Application

Now that you have developed your Clinical EBP program, it's time to complete the BOC Clinical Application. Use the following checklist to guide you through the application process.

### Clinical question

- What is the clinical question used to drive your research/program development?  
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- Does the clinical question focus on patient-centered outcomes?
- Is the clinical question in PICO format (defines Patient/Population, Intervention, Comparison and Outcome)?

### Reference

- Minimum of three current journal articles answering the clinical question  
Reference #1:  
Reference #2:  
Reference #3:

### Clinician experience

- How is the presenter's past experience integrated throughout the program?  
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\_\_\_\_\_
- How do clinicians use their own experience to make informed decisions about the clinical topic?  
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### Preliminary conclusions

- What conclusions are supported by the evidence/literature in response to the clinical question?  
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### Clinical bottom line

- What are the clinical recommendations related to this topic?  
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- Do the recommendations address the following aspects of patient care?
  - Financial implications
  - Equipment needs
  - Practicality of implementation
  - Applicability to various patient populations