

# EBP Programing: A How-To-Guide

## 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.

<b>EVALUATE</b>	<ul style="list-style-type: none"> <li>• Ask a searchable clinical question (Most important catalyst)</li> <li>• 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</li> <li>• Clinical application requirement: Question C-1</li> <li>• Resource: Formulating a Clinical Question</li> </ul>
<b>FIND</b>	<ul style="list-style-type: none"> <li>• Find the best evidence to answer the question (Sometimes time intensive)</li> <li>• Requirement: 5 current references</li> <li>• Resource: PubMed Central, Google Scholar, other databases</li> </ul>
<b>READ</b>	<ul style="list-style-type: none"> <li>• Review the literature</li> <li>• Answer: <ul style="list-style-type: none"> <li>- What are the results of the study and are they reliable?</li> <li>- Can they be reproduced if the same study was conducted again?</li> <li>- Are the results of the study valid?</li> <li>- Are the findings of the study clinically relevant to the clinical question?</li> </ul> </li> </ul>
<b>APPLY</b>	<ul style="list-style-type: none"> <li>• Apply the findings</li> <li>• Combine the clinician's expertise and best evidence found in literature, and take into consideration the patient's values when applying findings/new techniques</li> </ul>
<b>EVALUATE</b>	<ul style="list-style-type: none"> <li>• Evaluate the effectiveness and patient results</li> </ul>
<b>SHARE</b>	<ul style="list-style-type: none"> <li>• Share findings through production of continuing education programs</li> </ul>

## Completing the Clinical EBP Course Application

Use the following checklist to guide you through the BOC Clinical EBP Application process.

### Clinical question

- What is the clinical question used to drive your research/program development?
- 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 5 current journal articles answering the clinical question

### Clinician experience

- How is the program faculty's past experience integrated throughout the program?
- How do clinicians use their own experience to make informed decisions about the clinical topic?

### Preliminary conclusions

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

### Clinical bottom line

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