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: Question C-1
- Resource: Formulating a Clinical Question

**FIND**
- Find the best evidence to answer the question (Sometimes time intensive)
- Requirement: 5 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

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