

Evidence-Based Practice

Applying Evidence-Based Knowledge to Dermatology Practice

What is Evidence Based Practice?

Evidence-based healthcare is the process of systematically finding, appraising, and using contemporaneous research findings as the basis for clinical decisions.

Evidence-based medicine follows five steps:

1. *Problem Identification:* Formation of a clear clinical question that defines a patient's problem
2. *Finding the Evidence:* Search of the medical literature for the most current and relevant study results on the problem.
3. *Critique:* Critical analysis of literature search for validity and clinical relevance.
4. *Summarize the Evidence:* Apply the relevant data to form an answer to the clinical question
5. *Outcome application and Evaluation :* follow up evaluation of the practice change (Rosenberg , William and Anna Donald. Evidence based medicine : an approach to clinical problem solving. BMJ 1995;310:1122-1126)

Finding the Evidence

A review of literature and background information to demonstrate the significance of the topic and to outline previous work in the same area is the second and one of the most important steps in the process. This requires a familiarity with and some skill in selecting accurate, appropriate cross-referencing terms to provide useful literature searches.

Online medical databases, such as MEDLINE or PubMed. Are commonly used sources.

PubMed

<http://www.pubmed.gov>

Medline

<http://www.nlm.nih.gov/medlineplus/>

NHS National Library for Health Skin Disorders Specialist Library

<http://www.library.nhs.uk/skin/>

Evidence-Based Practice Sites

The following sites offer a list of resources compiled to assist DNA members in their search for the best evidence to use in clinical practice. Each website contains excellent links to both general and specific websites devoted to evidence-based healthcare. Health Links offers a tutorial and basic introduction to evidence-based practice resources.

Health Sciences and Human Services Library

<http://www.hshsl.umaryland.edu/resources/evidence.html>

Health Links- University of Washington

<http://healthlinks.washington.edu/hsl/classes/evidence/>

Nursing Library and Information Resources

<http://www.med.yale.edu/library/nursing/educatiob/sysdata.html>

NHS National Library of Health (skin)

" An extensive source of robust peer reviewed evidence relevant to dermatology practitioners"

<http://www.nelh.nhs.uk/>

Nursing Research Resources on the Web

ASPAN- American Society of PeriAnesthesia Nurses

<http://www.aspan.org/ResearchInfo.htm>

Six excellent links for preparing and writing a research proposal

AORN- American Operating Room Nurses

<http://www.aorn.org/research/ebpfaq.htm>

Excellent definitions on Evidence-based Practice

Oncology Nurses Society

<http://www.ons.org/research/>

Excellent sections on EBP

AHRQ Agency for Healthcare Research and Quality

<http://www.ahrq.gov>

Sigma Theta Tau

<http://www.nursingsociety.org>