EBP Step #2 Cont’d
APPRAISING THE EVIDENCE:
QUANTITATIVE ARTICLES

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EBP - THE PROCESS

Clinical Problem

Ask

Acquire

Appraise

Apply

Act
ASK

- Foreground Questions
  - PICO
  - P - Patient/Problem
  - I - Intervention
  - C - Comparison
  - O - Outcome
ACQUIRE

Building the search strategy

- Identify concepts from PICO
- Decide on words
  - 2 methods: keywords or classification
  - Boolean operators
  - Truncation
  - Limits: study design; age; gender; language; year of publication
APPRAISE

LEVEL OF EVIDENCE

- Meta-analysis
- Systematic reviews
- Narrative reviews
- Clinical Practice Guidelines
- Randomized Controlled Trials
- Cohort Studies
- Case-controlled Studies
- Case studies
- *Expert opinion
  - Modified from Cormack (2002)
Quality of methodology

“If you are deciding whether a paper is worth reading, you should do so on the design of the methods section and not on the interest of the hypothesis, the nature or impact of the results, or the speculation in the discussion”

APPRAISE

- PURPOSE
- REVIEW OF LITERATURE
  - Synthesis of previous literature (refs)
  - Demonstrate ‘holes’
- METHODS
  - Sample
    - Description
    - Number (calculation of power)
    - Randomization
    - Allocation concealed
APPRAISE

- METHODS Cont’d
  - Intervention
    - Detailed
    - Relevant
    - Trained & blinded
    - Contamination & co-intervention
  - Outcomes
    - Detailed
    - Relevant
    - Reliable
    - Valid
APPRAISE

- STATS ANALYSIS & RESULTS
  - Groups similar at baseline
  - Drop outs - reported & analyzed
  - Test for normalcy
  - More than means and p values
CONCLUSIONS
- Clinical implications
- Reasonable restriction of interpretation
- Limitations reported

APPLICABILITY
- Patients similar
- Benefits > harm/cost
APPRAISE

- EXPLANATION
  - A mutual discussion designed to correct differences ……
  - So, now let’s go practice!
WHERE ARE WE NOW?

- ASK
- ACQUIRE
- APPRAISE
- APPLY
- ACT
- Pollock et al (2000): Barriers to EBP in 3 general categories
  - Ability
  - Opportunity
  - Implementation
THANK YOU!

- Charlotte Beck
- Maggie McIlwaine
- Sandy Leznoff
- Eugene Barsky
- Barbara Saint
- Jo Clark
- Marcelle Sprecher
- YOU!
Session #4: Appraising Qualitative Articles (theory)

Session #5: Appraising Qualitative Articles (practical)

Session #6: Applying EBP- Putting it into practice!
THE BOTTOM LINE ..............

WE CAN DO IT!