



A mobile application to support the process of evidence-based practice: The EBPsteps.

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Background and aim

The purpose of the EBPsteps mobile application (app) is to support students and health professionals through the process of evidence-based practice (EBP) by guiding them through the five EBP steps. The aim is to describe the development and the content of the EBPsteps app, designed to support the process of evidence-based practice.

Methods

A functional prototype was ready in 2016. Development is an ongoing process. In addition to software developers, a multi-professional group of researchers participated from the fields of physiotherapy, nursing, occupational therapy, social education and engineering. The app was built for mobile phones, but works on any device. It can be freely accessed at: <https://ebpsteps.no/>. Currently the app is only available in Norwegian.

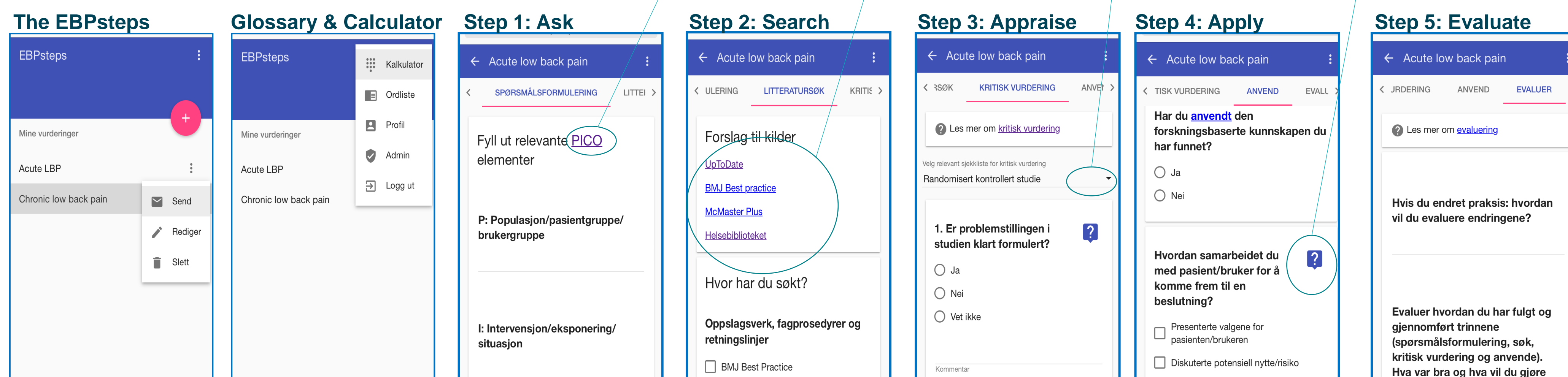
Results

Information in the app is saved and stored in users' personal profiles and on a research server.

Links to online learning resources: www.kunnskapsbasertpraksis.no

Links to sources of research evidence: <http://www.helsebiblioteket.no/om-oss/english>

A drop-down menu with checklist and tips and hints behind question marks



Limitations

The EBPSteps resembles other available apps and tools, including the CASP app and the Graphic Appraisal Tool for Epidemiological studies (GATE). A major difference: the EBPSteps provides links to learning resources for each EBP step, including links to sources of evidence.

Conclusions

The EBPsteps has the potential to support the process of EBP, including assessment of EBP competences, among students and health professionals.