

Teaching EBP, addressing the "Applying Evidence in Practice" domain

Dr. Eve O'Toole
Dr. Niamh O'Rourke

Background

In 2016 Evidence Based Practice Ireland (EBPI) was established to increase the capacity and use of evidence-based practice in Ireland and to foster a culture in the health and social care service that "evidence-based practice is how we do things around here". One of the challenges to the widespread adoption of the EBP paradigm in Ireland is the lack of teaching of EBP to healthcare professionals. To address this deficit, a three-day workshop in EBP was held in Ireland November 2017 and in March 2019 in collaboration with the Centre of Evidence Based Medicine (CEBM) in Oxford.

Reflections from participants of the 2017 EBP workshop included:

"In the 'real world' of healthcare there is a balance to be reached. It can be hard for staff to let go of practices even when they are not or no longer supported by the 'evidence' and many will challenge the evidence based on their own experiences"

"I vary between feeling re-equipped to move forward and reluctant... there are still a number of days when I feel there is little progress"

"It has afforded me the opportunity to develop my skills in accessing appropriate research."

"I do a focussed PICO for all my clinical questions now. I can retrieve and appraise the best evidence more efficiently."

Therefore the domain of applying evidence in practice was included in the 2019 workshop

Aim

- To develop and deliver a teaching module on "evidence into practice"
- To empower healthcare professionals to become evidence based practitioners
- To build capacity in teaching EBP
- To create international links by inviting speakers from the Centre of Evidence Based Medicine.

Methods

The workshop was delivered through a blend of plenary and small group sessions. Day one and two covered the Ask, Search and Appraise domains and day three focused on putting evidence into practice. Each small group was required to demonstrate the skills attained including how to put the evidence into practice. Evaluations were completed by participants and reflection essays were submitted three months later

Results

In 2019 when asked what was most useful participants responded

- "Practical aspects of bringing EBP to patients"
- "Guidelines to aid implementation"
- "Connection of theory to real world practice"
- "Shared decision making"
- "Apply information in practice"

The reflections from 2017 focused on individual skill gained

Reflections from 2019 showed a shift to applying evidence in practice

"I searched for the evidence...We are now implementing this on the ward..."

"Demonstrated that the evidence was relevant to and applicable to our patient population... I developed a physiotherapy led...clinic... ensuring better patient outcomes in many cases..."

Limits

We chose the evidence into practice topics to reflect the real-world challenges of healthcare professions and based on the expertise of the tutors. However there is a lack of standardised curricula in this domain.

Conclusions

By developing this practical evidence into practice module we are addressing the curriculum gap in how to teach the "apply in practice" domain of EBP while building capacity and leadership in EBP in Ireland.

Day three (Thursday 14 th March) Chair- Dr. Eve O'Toole & Prof. Carl Heneghan		
09:00-09:45	Plenary: Appraising guidelines	Dr. Eve O'Toole
09:45-10:30	Plenary: Evidence into practice-Developing guideline recommendations	Dr. Eve O'Toole
10:30-11:00	Coffee	
11:00-12:00	Plenary: Evidence into practice-Shared decision making	Dr. Donncha O'Gradaigh
12:00-13:00	Plenary: Evidence into practice-Implementation planning	Dr. Niamh O'Rourke
13:00-14:00	Lunch	
14:00-15:00	Small group work 3: Presentation preparation	
15:00-16:30	Group presentations	
16:30-17:00	Closing	Dr. Niamh O'Rourke

