



Fact Sheet - Evidence Based Practice

What is 'Evidence Based Practice'?

Evidence based practice has been described as “the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients” (Sackett et al. 1996¹).

Evidence based practice encompasses consideration of the **best available research evidence, clinical expertise, context and patient preferences** when making decisions on the provision of care.

The need for evidence to support patient care is not new. Florence Nightingale used evidence from patient morbidity statistics to make decisions about the care provided to injured soldiers. Today many factors have pushed the need for evidence based practice to the fore, including rising costs of health care and the need to improve the quality of health care outcomes for patients and communities.

What is 'Best Evidence'?

Best Evidence refers to a synthesis of results obtained from rigorous evaluation of research studies related to treatments, interventions, care practices or clinical problems.

Evidence may include results from different types of research studies, e.g. randomised controlled trials, case control studies, descriptive studies or qualitative studies.

When evaluating the evidence, consideration is given to:

- The strength of the evidence (i.e. the quality of the study and how well the study design reduces bias in results)
- The size of the effect (e.g. if a study finds one treatment is better than other, was there a large or small difference in the clinical outcomes?)
- Relevance of the results (i.e. are the results relevant to your patient population, context or the particular intervention of interest?)²

Where is the evidence?

The Champions for Skin Integrity project aims to provide pathways to assist all staff gain awareness of evidence, evidence based guidelines and how to implement evidence into practice. For assisting in finding evidence in wound management, access Module 8 'Finding Evidence' in the Self Education 'Promoting Health Skin Learning Modules' <https://promoting-healthy-skin.qut.edu.au>

1. Sackett et al. 1996. Evidence based medicine: What it is and what it isn't. BMJ 312:71-72
2. Commonwealth of Australia NHMRC. 2000. How to use the evidence. NHMRC, AusInfo: Canberra

Education session - Evaluation Form

EDUCATION SESSION EVALUATION FORM



Participant Name: _____ (Optional)

Organisation: _____

Job Title: _____

Date: _____

Venue: _____

Name of Workshop: _____

Using the rating scale below, please indicate the level of your agreement with the following statements about the workshop you have completed.

1 = Strongly disagree 2 = Disagree 3 = Neutral 4 = Agree 5 = Strongly Agree

| | 1 | 2 | 3 | 4 | 5 | na | Additional Comments: |
|---|---|---|---|---|---|----|----------------------|
| The workshop met my expectations | | | | | | | |
| The workshop was relevant to my current position and duties | | | | | | | |
| The facilitator communicated the course content effectively | | | | | | | |
| The facilitator provided assistance at my level of need | | | | | | | |
| The workshop materials were well organised, well written, and easy to follow | | | | | | | |
| The workshop was well structured | | | | | | | |
| The amount of information was sufficient | | | | | | | |
| The pace of the program was appropriate for the workshop | | | | | | | |
| There was sufficient opportunities provided for interaction and participation | | | | | | | |
| The catering was sufficient | | | | | | | |

Education session - Evaluation Form



1. What knowledge and/or skills did you gain from the workshop?

2. How would you apply what you have learnt in your workplace?

3. What part(s) of the workshop did you find most useful?

4. Were any topics still unclear? Which ones, and why? How could the workshop be improved?

Education session - Evaluation Form



5. Were you happy with the registration process, and the information provided to you prior to the workshop? What could we have done better?

6. Would you recommend this workshop to others? Please give reasons.

7. Additional comments:

Thank you