

AN INTRODUCTION TO EVIDENCE-BASED PRACTICE

Network Meeting

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1. INTRODUCTION

- **Increasing interest in evidence-based practice in the field of medicine.**
- **EBP has rapidly expanded to other allied fields.**

2. DEFINITION OF EBP

Evidence-based practice is the integration of best research evidence with clinical expertise and service user values.



3. REASONS FOR PRACTISING EBP

- Professional aspiration and obligation: to deliver effective social interventions.
- Ethical reasons: professionals have the obligation to do more good than harm.
- Concerns that services continue to use methods found to be ineffective or harmful is a key reason for the development of EBP.

4. EBP: FROM MEDICINE TO SOCIAL WORK

- Expansion to other disciplines, such as social work and probation.
- The United States, Canada, the UK and Australia are witnessing a rapid development of evidence-based practice in social care.

5. SISWE EXPECT NEWLY QUALIFIED SOCIAL WORKERS TO

- locate, understand and critically evaluate research findings and literature that is relevant to social work practice;
- use professional and organisational supervision and support to research, critically analyse, and review the EVIDENCE BASE FOR EFFECTIVE PRACTICE.

6. HOW CAN WE PRACTISE EVIDENCE-BASED SOCIAL WORK? 6 STEPS

1. Formulate focused and answerable questions, based on service users' needs.
2. Search the literature for research relevant to the question.
3. Critically appraise the evidence.
4. Integrate the good quality research evidence with professional expertise and service user's values and preferences.
5. Apply the results in practice (evidence-based decisions).
6. Monitor, evaluate and review performance.

7. USING PRE-APPRAISED RESOURCES

- Use of evidence which has already been selected and critically appraised by others may be needed.
- Rigorous **Systematic Reviews** are essential in the dissemination of the best and most updated evidence from research.

8. SOURCES OF SYSTEMATIC REVIEWS

- **The Cochrane Collaboration**
<http://www.cochrane.org/index0.htm>
- **The Campbell Collaboration**
<http://www.campbellcollaboration.org/>
- **The Bandolier Database**
<http://www.jr2.ox.ac.uk/bandolier/index.html>
- **The Social Care Institute for Excellence (SCIE)**
<http://www.scie.org.uk/>

9. OTHER DATABASES

- **ASSIA**: useful tool for social sciences professionals.
- **MEDLINE**: comprehensive medical database.
- **CINAHL**: a large range of health-related subjects.

10. DISCUSSION

- **Within social work agencies, how are decisions about service user needs made?**
- **Should social work agencies adopt and effectively implement an EBP approach? What are the barriers? Facilitators?**
- **What resources are needed? What training is required?**
- **How would EBP change client experience?**
- **What should count as evidence?**