



# Evidence Based Medicine



# Learning Objectives

1. What is Evidence Based Medicine

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2. To have a better understanding of the Pyramid of Evidence

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3. How to determine what is a primary source vs a secondary sources

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4. Understanding Qualitative vs Quantitative

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5. Understanding Systematic Reviews and Regular Reviews

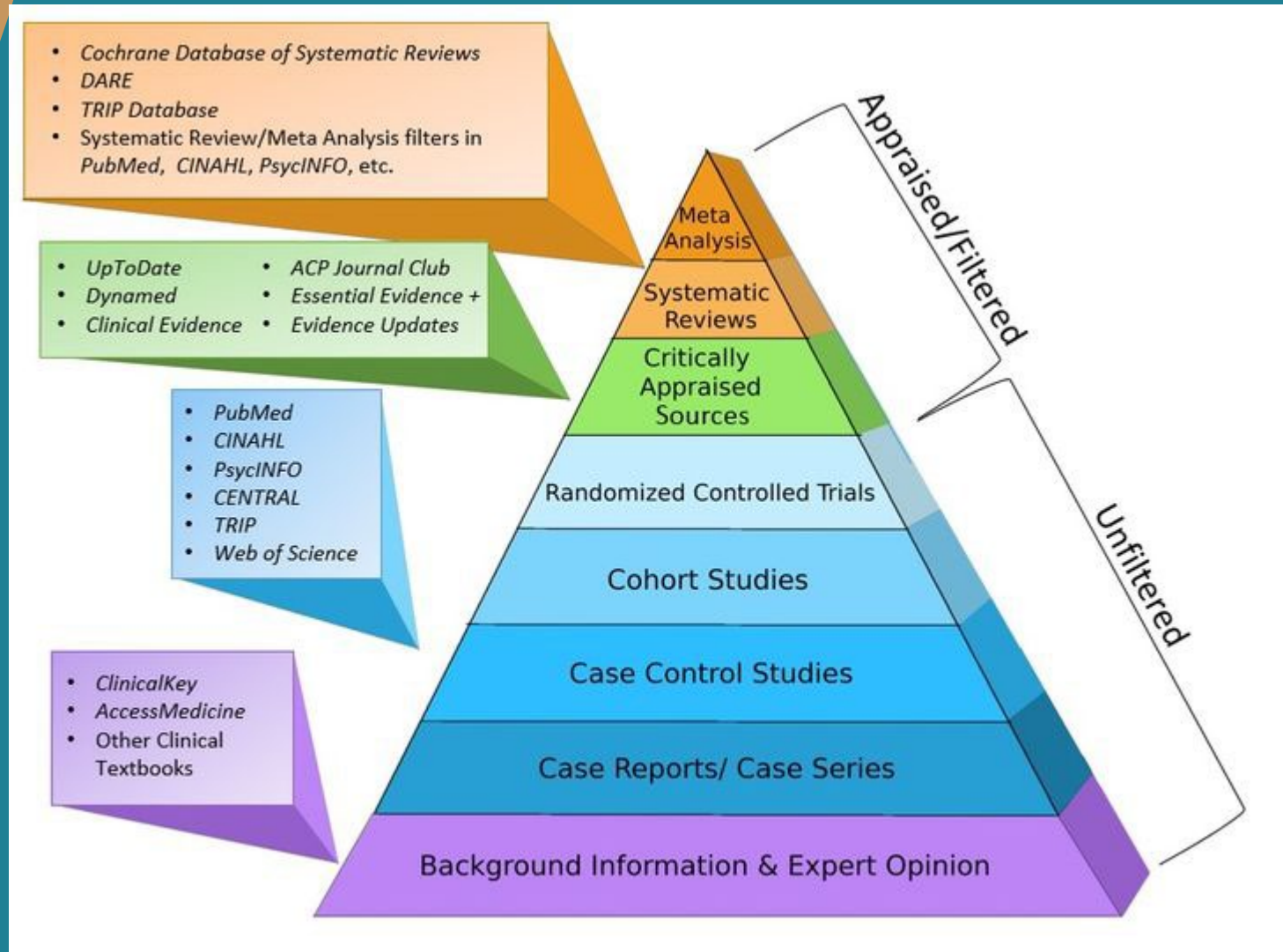
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# What is Evidence Based Medicine?

- **Making decisions based on research:** EBM uses the best available scientific studies to guide healthcare decisions.
- **Combining research with experience:** EBM blends clinical expertise with up-to-date research to provide the best care.
- **Using what works best:** It focuses on treatments and practices proven to work through evidence.
- **Tailored for the patient:** EBM considers the patient's preferences, values, and needs along with scientific evidence.
- **Keeping care current:** EBM ensures that healthcare practices stay aligned with the latest and most reliable findings.

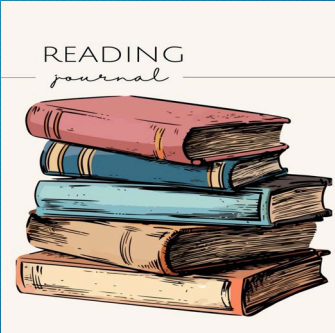
# Pyramid of Evidence



# Primary Sources

vs

# Secondary Sources



An artifact, document, recording or other source of information that created at the time of being studied

Examples:

Diaries \* Speeches \* Journals interviews  
\* letters \* memoirs Autobiographies  
Books \* Photos  
Maps \* Postcards  
Wills \* Deeds \* Paintings \* Sculpture  
\* Patents \* census data

A document or recording that discusses information originally presented elsewhere.

Examples:

Encyclopedias \* Chronologies \*

Fact books \*

Biographies \* Monographs \*

Dissertations \* General Histories \*

## Qualitative

Vs

## Quantitative

Expressed in Words

It is subjective

Consist of Interviews

Focus group

Person reactions

Opinions and view points of the subjects

Part of the Lower level of the evidence based pyramid

Expressed in Numbers

It is Objective

Objectively answers a hypothesis

Seeks a concrete object answer to a set of hypothesis

Uses statistical analysis to collect data

Part of the higher level of the evidence based pyramid

# What is Evidence

1. Case reports

2. Practice Guidelines

3. Data Sources

4. Validation Studies

5. Cohort Studies

6. Systematic Reviews

7. Meta Analyses

8. Expert Opinions

9. Comparative studies

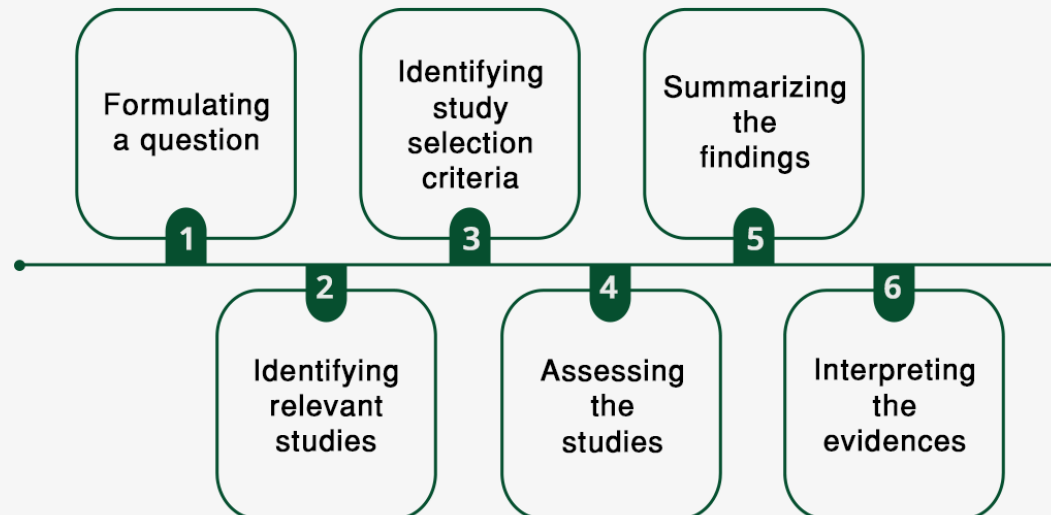
10. Random and controlled trials

# Systematic Reviews

## What is a Systematic Review?

Systematic review is an evidence-based review which identifies and summarizes relevant studies to answer a clearly framed question using a specific methodology.

The basic steps in conducting a systematic review are as follows:





## Remember what is Important for EDB Medicine

There are  
three  
important  
aspects to  
EDB  
Learning

- Patient values and preference
- Clinical physician judgement
- The evidence Itself



# Thank you

MS. E. KENT

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