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INSTITUTO
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MODULE ZERO

Introduction to Evidence-Based Practice (EBP)

TECHNICAL DATA SHEET

INTRODUCTION TO EVIDENCE-BASED PRACTICE (EBP)

Introduction

Evidence-based practice (EBP) is a way of making better decisions in healthcare; it moves beyond being a mere academic exercise to become an essential component of clinical judgement, leading to safer, more effective and person-centred care.

Incorporating scientific evidence into decision-making in everyday practice can be challenging. The constant growth in the amount of information available, the difficulties in identifying reliable sources and the need to critically interpret research findings require specific knowledge and skills.

This 'Introduction to Evidence-Based Practice' course has been designed for healthcare students and professionals. Offered as a free, self-paced online course, it provides an overview of the fundamental principles and stages of EBP, offering tools that can be applied in both academic training and clinical and professional practice.

Objectives

- To learn about the components of evidence-based practice (EBP)
- To understand the stages of the EBP process
- To understand the concept of the hierarchy of evidence in the context of EBP
- To learn about the types of resources and tools for practising EBP.

Target audience

This Introduction to Evidence-Based Practice (EBP) course is designed for healthcare professionals interested in strengthening their skills in clinical decision-making based on the best available scientific evidence.

Duration

Self-paced e-learning course structured into four self-study modules.

Technical details

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- History and development of EBP.
- Definition of EBP (the evidence triad).

Module 2 | The EBP Process

Contents:

- Formulating the clinical question (PICO).
- Searching for the best evidence.
- Critically appraising the evidence.
- Applying it to the patient.
- Evaluating performance.

Module 3 | Hierarchy of scientific evidence quality

Contents:

- Hierarchy of evidence
- Evolution of the Evidence Pyramid

Module 4 | Digital resources and tools for practising EBP

Contents:

- Types of resources and tools for practising EBP

Assessment method

To pass the course and obtain certification, students must complete a final assessment form and achieve a minimum of 80 per cent correct answers. As part of the training programme.



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