

# Evidence-Based Practice Workshop Summary

- **25% of College members attended the workshop (850 RDs) which is the highest attendance to date.**
- **The workshop was also given to 30 students and interns**

The primary objective of this workshop was to examine the concepts of evidence-based practice (EBP), discuss and illustrate professional and regulatory obligations for EBP and to introduce the College's *Five-Step Evidence-Based Practice Framework*, presented on the next page. This framework can be applied to various scenarios when practising dietetics in any environment.

An online version of this presentation with reflective questions and scenarios is posted on the College website at: [www.cdo.on.ca](http://www.cdo.on.ca) > Resources > Practice Standards and Resources: Evidence-Based Practice: Regulatory and Professional obligations for RD.



## References

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- Melnyk, B. M. (2010). *Evidence-based practice in nursing and healthcare: guideline to best practice*. Lippincott Williams & Wilkins.
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College of Dietitians of Ontario — Five-Step Evidence-Based Practice Framework

D.L. Sackett, 1997

"[Evidence-based practice] is the conscientious, explicit & judicious use of current best evidence in making decision about the care of individual (clients)."

College of Dietitians of Ontario, 2012

Evidence-based practice refers to using the best evidence in balancing anticipated benefits and risks in supporting decisions for optimizing client-centered dietetic services.

Dietitians of Canada, 2012

"Evidence-based decision-making refers to making decisions that affect client/patient care based on the best available evidence".

STEPS	DIETETIC EVIDENCE-BASED PRACTICE	CLIENT-CENTRED APPROACH
<b>STEP 1</b> Ask	<b>Ask focused questions. This involves the translation of uncertainty into answerable questions to clarify information.</b>	When information seems conflicting or fuzzy, ask "what is happening or what is going on? Use the "PICO" Model to add clarity to the information: <ul style="list-style-type: none"> <li>● Problem/population/client - Who or What? Describe a group of clients similar to your own.</li> <li>● Intervention/exposure/ maneuver - How? What intervention are you considering?</li> <li>● Comparison - What is the main alternative? (If appropriate).</li> <li>● Outcome - What are you trying to accomplish, measure, improve, effect?</li> </ul>
<b>STEP 2</b> Access	<b>Find the best evidence, including the client's contributions, to enable knowledgeable and informed decisions.</b>	Finding the evidence improves the treatment of many clients. Evidenced-based practice recognizes that science alone is not sufficient; it places emphasis on the client's contributions to the body of evidence.
<b>STEP 3</b> Appraise	<b>Critically appraise the evidence using the four cornerstones of evidence-based practice and individualize, based on professional expertise and client concerns.</b>	<p>Critique and synthesize research findings, manage personal assumptions through reflective practice and address bias using the four cornerstones of evidence-based practice.*</p> <p>*Jane F. Gilgun, ( 2005). "The Four Cornerstones of Evidence-Based Practice in Social Work." <i>Research on Social Work</i>. Vol 15 (1); 52-61.</p> 
<b>STEP 4</b> Act	<b>Enable clients and team to make "informed" decisions.</b>	Determine whether the evidence has an impact on practice. When making a decision recognize that research alone is not sufficient to justify a change in practice. The client's preference is part of the decision-making process: <ul style="list-style-type: none"> <li>● Choose solutions based on information from all four cornerstones of evidence-based practice: research + professional judgement (practice wisdom and personal assumptions) + client's contribution (values).</li> <li>● Ask: Do any of the quadrants outweigh another in this solution? If yes, Why; and is this a benefit or a risk to the client? Is there a bias?</li> </ul>
<b>STEP 5</b> Assess	<b>Evaluate your own performance.</b>	Evaluating personal performance allows RDs to modify their practice in the best interests of clients. This involves monitoring and assessing their own performance; monitoring changes in outcomes, supporting positive changes, mitigating risks and emphasizing client-centered benefits.