**Evidence-Based Practice Worksheet**

1. Cleary identify your **clinical question**
2. Search the literature for the **STRONGEST available evidence** to answer your question. **Use RT Wise Owls** and the links within RT Wise Owls to help you find the research you need (e.g., PubMed, TRIP database, Google Scholar). (\*Remember, we are looking for systematic reviews and meta-analyses. See 2nd page of this handout for step-by-step search instructions)
3. Carefully read the research articles and **determine if there is enough strong evidence** to suggest incorporating the intervention into your practice. What do the authors say?
4. **Plan out the intervention** based on the research and your clinical knowledge/experience
   1. **Inclusion Criteria:**
   2. **Protocol**
5. Determine what **standardized assessment tools** you can use that will measure the changes related to the intervention. **Use RT Wise Owls (**[**www.rtwiseowls**](http://www.rtwiseowls)**)** and the links within RT Wise Owls to help you find standardized assessment tools.
6. **Determine a plan for collecting the data.** Make sure everyone who is collecting data understands the process and are trained (e.g., knows WHEN to collect data, WHERE to document the outcomes, HOW to administer and score the tool)
7. **Analyze the data** to determine the outcomes (if you think you need help with this, reach out to faculty at a local RT program)
8. **Reflect on the outcomes** (good, bad, modifications needed, etc.)
9. **Modify** the program or collection methods if needed and repeat steps 4-8 again
10. **Share your findings** with your colleagues, administrators, and other RTs (publish it in a journal, share it a conference)

**How To Find Literature**

Step-By-Step Guide

**Instructions**

1. Search the following databases use keywords from your clinical question (e.g., physical activity dementia)
   1. [RT Wise Owls](https://sites.temple.edu/rtwiseowls/ebp-resources/)
   2. [Cochrane](https://www.cochrane.org/evidence)
   3. [PubMed](https://www.ncbi.nlm.nih.gov/pubmed/clinical)
   4. [The Joanna Briggs Institute](https://journals.lww.com/jbisrir/Pages/default.aspx)
   5. [University of York Centre for Reviews and Dissemination](asp)
2. If the database has an “Advanced Search” option, you can use Boolean Operators.
   1. Use AND, OR, or NOT
      1. **Older adults AND depression** = will only show results with BOTH terms
      2. **(Older adults) AND (depression OR Major Depressive Disorder)** = will show results that have older adults AND depression….and older adults AND Major Depressive Disorder...but will not pull articles that contain depression AND Major Depressive Disorder
      3. **(Older adults OR elderly OR seniors) AND (depression NOT Major Depressive Disorder**) = will only show results that contain older adults, elderly, OR seniors AND depression. It will eliminate any studies that reference Major Depressive Disorder.
3. Once your search appears, narrow it to peer reviewed journal articles (if other options are available, such as magazines) within the last FIVE years. You want to use current research.

**Problem Solving**

* Too few references?
  + Expand your search
    - Search more databases
    - Broaden your topic (e.g., instead of aerobic exercise, search exercise; instead of children with CP, search youth with CP; instead of spina bifida, search developmental disabilities)
    - Expand the number of years searched
* Too many references?
  + Narrow your search
    - Narrow your topic (e.g., instead of aquatics, search Halliwick method)
    - Narrow the number of years searched (instead of 2017 and 2018, search 2018 only)
* Not finding meta-analysis/meta-synthesis, systematic reviews, or RCT?
  + Try entering each of these terms (one at a time) as search words
* Irrelevant references?
  + Instead of entering search terms as keywords, enter one or two important search terms as title words. This way only articles will show up with the search words in the title, which will result in more relevant articles since the title most accurately (typically) reflects the predominant topic.