Subject: Evidenced Based Practice

Mid Term Assignment.

Semester: DPT 8th.

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Section A.

Note: Highlight the correct option of the given MCQs from section A. attempt all 3 questions from section B.

1. **A research study to answer specific questions about new therapies or vaccines or new ways of using known treatment is known as**
2. A clinical trial
3. Non clinical trial
4. Case study
5. All of above
6. **You are teaching your juniors the fundamentals of the research one of your student who is 50 years of age asks you evidence based practice is challenge for physical therapist in Pakistan, your suitable answer is**
7. Yes it’s a challenge
8. We cannot research
9. We are undergoing a change
10. No matter if it is a challenge we can overcome it through little effort of researching.
11. **What barriers are there to evidence based medicine?**
12. Conflicting evidence
13. Resistance to change
14. Communication
15. All of the above
16. **The study drug or treatment is given to large groups of people (1,000 – 3,000) to confirm its effectiveness, monitor side effects, compare it to commonly used treatments, and collect information that will allow the drug or treatment to be used safely is an example of\_\_\_\_\_\_\_\_\_\_**
17. Phase-1trial
18. Phase-4 trial
19. Phase-3 trial
20. None of above
21. **Which of the following is correct?**
22. Levels of evidence represents research designs
23. Levels of evidence represents search system
24. Levels of evidence represents quantitative research and represents qualitative research
25. Levels of evidence represents qualitative research
26. **Evidence-based practice describes best when\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
27. Best available evidence is considered with patient values and professional expertise
28. Health professionals no longer make decisions based on what they were taught at university
29. Health professionals make decisions using critical thinking skills to appraise best available evidence
30. Health professionals make decisions based on opinions of those who influenced them early in their career
31. **A study of diagnostic effectiveness aims to**
    1. Determine if an intervention is effective
    2. Determine if a test is effective
    3. Determine the cause of a condition
    4. Determine the experiences of a condition
32. **A control group is important when determining if an intervention works because\_\_\_\_\_\_\_\_\_\_**
33. It controls for threats to internal validity
34. It increases the sample size
35. It improves the quality
36. It can be classified as an observational study
37. **Prognostic research investigates which of the following?**
38. Does a treatment work?
39. What is the likely outcome of the condition?
40. What causes the condition?
41. Does a test detect the condition?
42. **A specialist in diabetes writes a commentary in a peer-reviewed journal outlining how to best treat diabetes. With regard to the evidence hierarchy, this commentary is\_\_\_\_\_\_\_\_**
43. A higher level than case studies
44. A lower level than case studies
45. A higher level than systematic reviews
46. Equal to a systematic review
47. **Which is the highest level of evidence suitable for an intervention that causes harm?**
48. Cohort study
49. Case-control study
50. Randomized controlled trial
51. Case study
52. **Studies are done after the drug or treatment has been marketed. These studies continue testing the study drug or treatment to collect information about their effect in various populations and any side effects associated with long – term use is an example of**
53. Phase-1trial
54. Phase-4 trial
55. Phase-2 trial
56. None of above
57. **Scenario: Your client is a football player who wants to know if stretching just before his football game will reduce the risk of injury. Which PICO search terms are most appropriate for this question?**
58. P: Football players, I: Stretching, C: No stretching, O: Reduce injury
59. P: Football Payers, I: No stretching, C: No Stretching, O: Reduce injury
60. P: Football players, I: Stretching, C: Not football players O: reduce re injury
61. P: Football players I: Stretching, C: reduce injury, O: no stretching
62. **Research on patients, conducted in clinical settings that generates knowledge with experiment or observation rather than theory.**
63. Ecological research
64. Astronomy
65. Research methodology
66. Clinical research
67. **Distillation of clinical observations generates ‘practice knowledge’ or \_\_\_\_\_\_\_\_\_**
68. Cross sectional study
69. Knowledge or power
70. Professional craft knowledge
71. None of the above

Section B

Q1: What is meant by evidenced based practice, why is evidence-based physiotherapy important. Explain with examples.

EVIDENCE:

The available facts, circumstances etc., supporting or otherwise, a belief, proposition etc. or indication whether or not a thing is true or valid.

EVIDENCE BASED PRACTICE:

It is systemic inter connecting of scientifically generated evidence with the tacit knowledge of the expert practitioner to achieve a change in a particular practice for the benefit of a well-defined client / patient group.

PHYSIOTHERAPY IMPORTANCE:

\_Patients may be offered the safest and most effective interventions

\_ the expectation is that this will produce the best possible clinical outcomes

\_ Practice knowledge might suggest alternative interventions even if the . Evidence indicates a particular intervention is effective.

\_ there is some evidence that upper extremity casting for children with cerebral Palsy may increase the quality and range of upper extremity movement.

\_However, an experienced physiotherapist might suggest alternative interventions if his or her practice knowledge indicates that casting will cause the child distress, or if the child or the child’s parents are unlikely to tolerate the intervention well.

Q:2 What do we mean by ‘high quality clinical research, patient preferences and practice knowledge’?

HIGHLY QUALITY CLINICAL RESEARCH

* It is very important to get guidance from seniors.
* Choose most important questions and define them clearly
* Collect only the key items of data to answer the questions
* Just keep the research procedures simple and easy to follow
* In case of writing the paper, keep it short and simple to make it.

\_Reliability and credibility of information providing an answer to a scientific question \_Compliance of the trial process with defined requirements

PATIENT PREFERENCES

* Decision about therapy for the patient is made by the physiotherapist.
* Patient have developed expectations that they will be given an opportunity to contribute and to share ,decisions involving their health
* In contemporary model of clinical decision making, patient are encourage to contribute information
* Physiotherapist are able to communicates to patients the risk and benefits are alternative action
* Communication skills, empathy and flexibility from physiotherapists.

PRACTICE KNOWLEGED

* Practice knowledge is knowledge arising from professional practice experience.
* Consciously or subconsciously, physiotherapists add to their knowledge base during each patient encounter
* Practice knowledge is created through reflective processes that enable practitioners to evaluate their practice and learn from their experience.

Q 3: Develop a clinical research question using **P I C O** for the following Scenarios.

1. Mabel is a 6-week-old baby at her routine follow-up. She was born prematurely at 35 weeks. You want to tell the parents about her chances of developing hearing problems…

Answer:

* P Population/patient = infants
* I Intervention/indicator = premature
* C Comparator/control = full-term
* O Outcome = sensorial deafness

1. At a routine immunisation visit, Lisa, the mother of a 8-month-old, tells you that her baby suffered a nasty local reaction after her previous immunisation. Lisa is very concerned that the same thing may happen again this time. Recently, a colleague told you that needle length can affect local reactions to immunisation in young children but can’t remember the precise details.

ANSWER:

* P Population/problem= infants receiving immunization
* I Intervention = longer needles
* C Comparator= shorter needles ( needle length)
* O Outcome = local reactions

