# Best practices

The term "best practices" refers to:

Proven, effective methods or techniques that consistently lead to superior outcomes and are widely accepted as benchmarks within a field.

In medicine and neurosurgery, the best practices are:

Evidence-based: grounded in clinical research and validated outcomes.

Replicable: can be applied reliably across different contexts and teams.

Efficient: maximize benefit while minimizing risk, time, and cost.

Ethical and patient-centered: respect autonomy, dignity, and safety.

Continuously evolving: updated based on new evidence, innovations, and real-world feedback.

In short:

🔹 Best practices = "What works best, according to the best knowledge we have — applied with judgment and humanity."

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Best practices in neurosurgery.

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