

Evidence-based practice

Evidence-based practice (EBP) is an interdisciplinary approach to clinical practice that has been gaining ground following its formal introduction in 1992. It started in medicine as **evidence based medicine** (EBM) and spread to other fields such as audiology, speech-language pathology, dentistry, nursing, psychology, social work, education, library and information science.

EBP is traditionally defined in terms of a “three legged stool” integrating three basic principles: the best available research **evidence** bearing on whether and why a treatment works, (2) clinical expertise (clinical judgment and experience) to rapidly identify each patient's unique health state and diagnosis, their individual risks and benefits of potential interventions, and (3) client preferences and values.

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