

**Education Bursary Report**  
**Evidence based practice course – 18<sup>th</sup> August 2008**  
**Gemma Willis**

I decided to attend the evidence based practice course to help equip me in planning for and completing my BAHT level III project. A range of topics were covered on the course within which I feel I have gained many new skills to apply within my clinical practice. The topics covered and skills gained include:

**1. Concepts and purpose of evidence based practice:**

Attending this course has given me an understanding into the concepts of evidence based practice and the hierarchy of evidence. I now feel more aware of the benefits from adopting an evidence based practice approach and how important it is that as therapist we make time to challenge our practice using available evidence.

**2. How to access research evidence:**

Having attended this course I now feel more confident about how to define my database search in order to locate more relevant research. No longer will I have to search through long lists of research trying to find relevant studies which will make this process much more time efficient to complete. I also feel more confident about how to structure a research question which will be helpful when I come to come to plan and complete my level III project.

**3. How to complete critical appraisals:**

I now have a better understanding of what components make a good piece of research. This is not only useful for completing critical appraisals but also when completing the research process yourself. The course also provided a very useful method/scoring system to use when evaluating evidence based practice. This is a tool which can be used with any randomised control trial to score the research method and results. I feel I have also gained a basic understanding of some statistical concepts which I could apply into this evaluation process.

**4. How to incorporate this evidence into clinical practice?**

The course provided some useful method of how these principles could be incorporated into clinical practice and reflecting on the benefits of this process.

My aims to apply this knowledge gained from the course include:

1. To develop synonym lists that could be broadly used for different research questions within hand therapy.
2. To regularly develop a list of possible research questions as and when these arise within clinical practice
3. To complete regular database searches and become confident using different search engines
4. To regularly complete critical appraisals and reflections of research articles using the structured format provided to maintain up to date protocols and therapy techniques.

If I am able to apply these above principles I feel it will allow me to develop my clinical practice and provide a higher quality of service to my patients. If these approaches can be adapted as a team we will be more equipped to provide up to date and current evidence based treatment. In summary I found this course a very valuable learning experience and I am very grateful for the generous support I received from BAHT, without which attendance at the course would not have been possible.