



UBC CPD
Medicine

CONTINUING
PROFESSIONAL
DEVELOPMENT

FAST EVIDENCE

Finding Answers: Systematic, Timely, Evidence-Based

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8:30 am-12:30 pm

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FAST EVIDENCE — Finding Answers: Systematic, Timely, Evidence-Based

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Faculty/Author and Planning Committee Disclosure Statements

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Accreditation

The Royal College of Physicians & Surgeons of Canada

This activity is an **accredited simulation activity (Section 3)** as defined by the Maintenance of Certification Program (MOC) of the Royal College of Physicians and Surgeons of Canada, and approved by UBC CPD. You may claim a maximum of **5.5 hours** (*credits are automatically calculated*). Each physician should claim only those credits he/she actually spent in the activity.

The College of Family Physicians of Canada

This Assessment program meets the certification criteria of the College of Family Physicians of Canada and has been certified for **up to 16.5 Mainpro+ credits**.

*Note: Full program completion – including Commitment to Growth and Coaching Call with reflective questions - is required to claim the maximum Mainpro+ credits.

FAST EVIDENCE — Finding Answers: Systematic, Timely, Evidence-Based

Introduction

This workshop aims to help participants find the best medical information in the fastest and most efficient way possible.

The workshop starts with an overview of the levels of evidence-based literature and then a demonstration of a point-of-care tool. We then examine how to search for primary research and systematic reviews using the MEDLINE database.

After the break, we look at practice guidelines, drug information and apps in the library collection to finish off the workshop.

To imbed the workshop's learning in regular practice, post-workshop activities provide opportunities to connect with colleagues, discuss challenges with instructors, and explore a personal learning activity.

Learning Objectives

After this workshop, participants will be able to

- Conduct efficient and refined literature searches;
- Apply search tools to find reliable health information and evidence-based medical literature (e.g. MEDLINE, point-of-care tools, and ebooks);
- Obtain the full text of journal articles through electronic resources or document delivery; and
- Find valid patient and drug information.

Course structure



Learning Objectives

After this workshop, participants will be able to:

- conduct efficient and refined literature searches,
- apply search tools to find reliable health information and evidence-based medical literature (e.g. MEDLINE, point-of-care tools, ebooks, and multimedia),
- obtain the full text of journal articles through electronic resources or document delivery, and
- find authoritative patient and drug information.

Post-Workshop Activities

Post-workshop activities are an integral component of the FAST EVIDENCE program. They provide opportunities to reflect upon and reinforce new skills and learning while also providing a forum to share ideas and challenges with coaches.

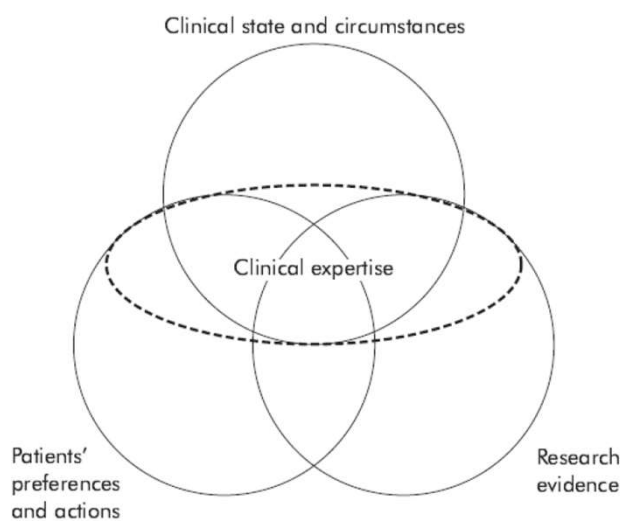
The activities are:

1. At end of workshop: Commitment To Growth (CTG) document
2. 3 weeks post-workshop: CTG reflection
3. 6 weeks post-workshop: 30-minute coaching call with librarian
4. 12 weeks post-workshop: post-reflective survey

If you wish to receive Mainpro+ or Section 3 continuing professional development credit these activities are mandatory. If you do not wish to complete the post-work activities, please contact the program administrator to discuss alternative credits for the work you have completed to date.

What is evidence-based medicine?

- “the *clinical expertise* that facilitates integration of research evidence with *patient values* and *clinical circumstances*”



(Image from **Clinical expertise in the era of evidence based medicine and patient choice**. *Evidence Based Medicine*. 7March/April 2002:36-38.)

The 5 A's of Practicing EBM

The workshop's focus is **#2 and #3, with #4** considered using evidence-based publication types.

1. ASSESS the Patient

- Clinical problem arising from patient care

2. ASK a Question

- Construct a well-built clinical question from the case

3. ACQUIRE the evidence

- Select the appropriate resource(s) and conduct a search

4. APPRAISE the evidence

- Validity based on evidence-based publication types. Relevance determined by user.

5. APPLY to the Patient

- Use clinical expertise to integrate evidence, patient preference, and clinical context
- apply it to practice

Further Reading

For your interest, the following websites provide further background on evidence-based practice:

- Evidence-Based Practice: 5 steps of Evidence Based Practice – Overview. Northern Territory Dept of Health (Aust):

<http://library.health.nt.gov.au/EBP/overview>

- Introduction to Evidence-Based Practice tutorial. Duke University:

<http://guides.mclibrary.duke.edu/ebmtutorial/home>

Download Apps

Please consider downloading these 2 apps, which will be explored in an interactive session:

1. BMJ Best Practice
2. Read by QxMD

Download instructions at <https://www.cpsbc.ca/registrants/library/mobile-apps>.
Instructions are also provided on the next 2 slides.

If you require assistance, please contact CPSBC librarians at medlib@cpsbc.ca

BMJ Best Practice app download instructions

A. On your desktop/laptop

1. Go to [Best Practice website](#) (College login required).
2. Click Create account on the top right corner.
 - i. Alternatively, log in if you have previously registered.
3. Follow the instructions to set up your personal account

B. On your mobile device

1. Download BMJ Best Practice from the App or Google Play stores
2. Sign into the app with the credentials used to set up your Best Practice personal account.
3. If you encounter problems, contact the library at medlib@cpsbc.ca

Read by QxMD app download instructions

Setting Institutional Access

1. Download "Read by QxMD" from the App Store or Google Play.
2. Open the Read by QxMD mobile app.
3. Click **Get started**.
 - I. Alternatively, **log in** if you have previously registered.
4. Follow the instructions to set up your personal account.
5. Under Account Settings, select **Institutional Access**.
6. Select **College of Physicians and Surgeons of British Columbia**.
7. Select **Automatic login**.

Questions

1. Please record 1-2 clinical questions or knowledge gaps that have arisen in your practice.
2. What did you do or would have liked to have done in terms of seeking new information to answer the questions?

Next Step

- Four 1-hour virtual, interactive sessions with CPSBC librarians are next in the FAST EVIDENCE program.



- If you have questions at this point, contact UBC CPD at 604.675.3777 or cpd.info@ubc.ca

Thank you

- www.cpsbc.ca

