The phrase evidence-based practice (EBP) is becoming increasingly popular in health care as insurance companies provide reimbursement. As an occupational therapist, it is important to understand what EBP is, what it is not, and how it can be used to benefit your clients and the occupational therapy profession.

EBP occurs when a practitioner combines his or her clinical expertise with the best available research evidence and the values of the client (Figure 19-1 [Sackett, Straus, Richardson, Rosenberg, & Haynes, 2000]).

Practitioners are encouraged to follow these steps in the EBP process (Lou & Durando, 2006; Wyrick, 2010):

1. Create a clinical question

   a. Practitioners develop clinical questions on a daily basis. It might be a general question, such as “What treatment technique is most effective for a client with a particular diagnosis?” or a more specific one, such as “Is treatment A or treatment B the best option to reduce a particular symptom in a client?”