

Look for the Evidence

Understanding evidence-based practice, where to find it, and what it could mean for your organization

About Me and About NARIC

- Jess Chaiken
- Media and Information Services Manager
- MLIS and 21 years working in knowledge translation with a community of disability and rehabilitation researchers
- National Rehabilitation Information Center
- Celebrating 40 years as the library and dissemination point for the National Institute on Disability, Independent Living, and Rehabilitation Research
- Library of disability & rehabilitation research
- 3 databases – literature, research, organizations
- News and Notes and Research In Focus

What is evidence-based practice?

- Evidence-based medicine is the *integration* of the best research evidence with clinical expertise and patient values. (Sackett, 2000)
- EBP is a process in which the practitioner combines well-researched interventions with clinical experience and ethics, and client preferences and culture to guide and inform the delivery of treatments and services. (Social Work Policy Institute)
- You, the practitioner, take your knowledge of the client and their needs, look for the well-researched interventions, evaluate whether they will meet the client's needs and to what (potential) outcome, and determine whether you and your organization can and should put one into practice.
- EBP is not a practice that is driven by research evidence alone. Integration is a key part of the definition (RRTC EBP VR).
 - *5 A's: ask, acquire, appraise, apply, and assess.*

Are we doing the best for our clients?

- Your organization works with people with serious mental illness, providing employment and housing services. Your new director asks whether the current employment program is effective or if there are new programs out there which could increase the number of people who successfully find competitive employment in the community.



Why are we doing what we are doing?

- "It's what we've always done"

- "We know it is the best choice for our clients because we've done our homework"

Ask: What is the best program for our clients?

Take...

Your knowledge of the client: Who are they (race, gender, education, age, income level, disability, culture, etc.)? Why are they coming to you (find a job, stay employed, start a business, develop job skills)? What access and resources do they have (transportation, finances, home supports)?

And look for

Well-researched interventions: programs, courses, therapies, tools, practices that have strong evidence to show they work with people like your client (evidence-based)

Acquire: Finding the Evidence

- Use well-established, trusted scholarly websites, databases, and collections such as:
 - PubMed/National Library of Medicine
 - Cochrane Library of Systematic Reviews
 - Campbell Collaboration
 - ERIC
 - REHABDATA
 - AHRQ
 - What Works Clearinghouse
- Use the right search terms
 - Systematic review
 - Meta-analysis
 - Clinical trial
 - Randomized controlled trial
 - Intervention, program, treatment
 - Along with your keywords (employment, developmental disability, mental health, parents)

Can you just Google it? Sure, but starting at a trusted, focus source will save you hours of searching and sifting.

Search scholarly websites
and academic databases

Here's a search of our
REHABDATA database

Psychiatric and employment

and

Systematic review

The screenshot shows the NARIC website interface. At the top left is the NARIC logo with the text "National Rehabilitation Information Center". To the right is the full name "National Rehabilitation Information Center" and the tagline "Information for Independence". Social media icons for Facebook, Twitter, YouTube, and LinkedIn are visible. A navigation bar contains links for HOME, DISABILITY RESOURCES, OUR PUBLICATIONS, KNOWLEDGEBASE, ARTICLES, BOOKS & REPORTS, and RESEARCH PROJECTS. Below the navigation bar, the breadcrumb "Home » Your Search" is shown. The main content area is titled "Your REHABDATA Search Results" and indicates "Total abstracts found : 3". A link for "Detailed Report and Export Options" is provided. The results are listed under "Articles, Books, & Reports - New Search".

IN THIS SECTION

- Search REHABDATA
 - New Acquisitions
 - Browse by subject
 - Journals Indexed in REHABDATA
 - Publishers Indexed in REHABDATA
 - Other Disability Research Resources
- About REHABDATA
- REHABDATA Connection
- Rehabdata Thesaurus
- ICF Thesaurus Crosswalk
- Adding Documents
- Document Delivery
- Multimedia Collection
- International Rehabilitation Research

Your REHABDATA Search Results

Total abstracts found : 3. Click the Accession Number to see the full record.
[Detailed Report and Export Options](#)

Articles, Books, & Reports - New Search

1 of 3.
A systematic review of the effectiveness of the clubhouse model.
Battin, Clemence; Bouvet, Cyrille; Hatala, Claire.
2016
Accession Number: J74886.

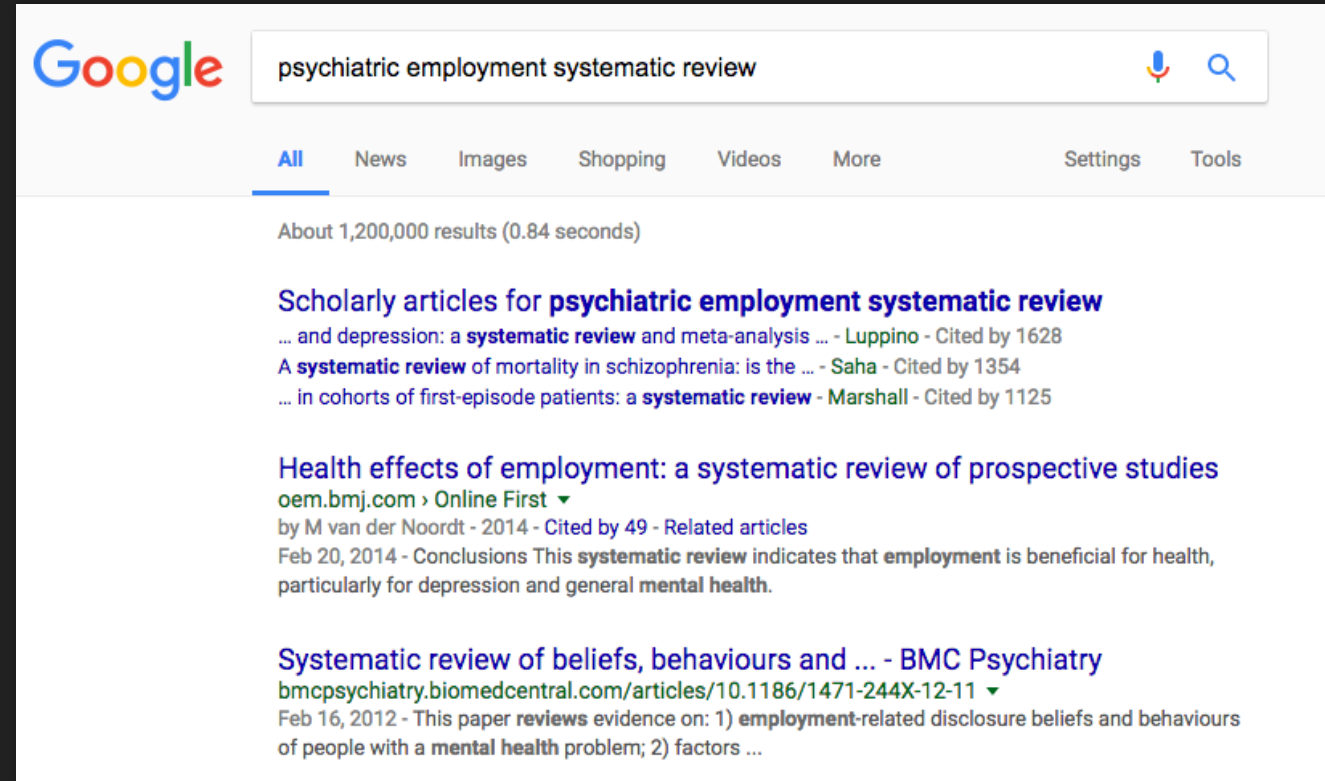
2 of 3.
Return-to-work in patients with acquired brain injury and psychiatric disorders as a comorbidity: A systematic review.
Garrelfs, Sander F.; Donker-Cools, Birgit H. P. M.; Wind, Haije; Frings-Dresen, Monique H. W..
2012
Accession Number: J71881.

3 of 3.
Occupational therapy interventions for employment and education for adults with serious mental illness: A systematic review.
Arbesman, Marian; Logsdon, Dana W..
2011
Accession Number: J61236.

Google will get results, but how do you sort through them all?

Similar search as REHABDATA - 1.2M results!

Many of these results will be found in trusted sources like Medline, CINAHL, etc.



The image shows a Google search interface. The search bar contains the text "psychiatric employment systematic review". Below the search bar, there are navigation tabs for "All", "News", "Images", "Shopping", "Videos", "More", "Settings", and "Tools". The "All" tab is selected. Below the tabs, it says "About 1,200,000 results (0.84 seconds)". The search results are listed below, with the following entries:

- Scholarly articles for psychiatric employment systematic review**
 - ... and depression: a **systematic review** and meta-analysis ... - Luppino - Cited by 1628
 - A **systematic review** of mortality in schizophrenia: is the ... - Saha - Cited by 1354
 - ... in cohorts of first-episode patients: a **systematic review** - Marshall - Cited by 1125
- Health effects of employment: a systematic review of prospective studies**
 - oem.bmj.com > Online First
 - by M van der Noordt - 2014 - Cited by 49 - Related articles
 - Feb 20, 2014 - Conclusions This **systematic review** indicates that **employment** is beneficial for health, particularly for depression and general **mental health**.
- Systematic review of beliefs, behaviours and ... - BMC Psychiatry**
 - bmcp psychiatry.biomedcentral.com/articles/10.1186/1471-244X-12-11
 - Feb 16, 2012 - This paper **reviews** evidence on: 1) **employment**-related disclosure beliefs and behaviours of people with a **mental health** problem; 2) factors ...

The Cochrane Library is an excellent resource for systematic reviews

The Cochrane Library is a collection of six databases that contain different types of high-quality, independent evidence to inform healthcare decision-making, and a seventh database that provides information about Cochrane groups.

The screenshot shows the Cochrane Library website interface. At the top, there is a navigation bar with the Cochrane Library logo and the tagline "Trusted evidence. Informed decisions. Better health." Below the navigation bar, there is a search bar with the text "Search title, abstract, keyword" and buttons for "Browse" and "Advanced Search".

The main content area displays search results for "Public health". On the left, there is a sidebar with filters:

- Narrow your results**
 - Topic
 - Public health
 - Increasing physical activity
- Refine your results**
 - Clear all filters
 - Date
 - Published or updated within the last:
 - All dates (3)
 - 2 years (1)
 - Cochrane Review Group
 - Public Health Group (3)
 - Stage
 - Protocol (2)
 - Review (1)

On the right, there is a "Highlighted Cochrane Review" section with the title "Strategies to improve the implementation of healthy eating, physical activity and obesity prevention policies, practices or programmes within childcare services" and a list of authors. Below this, there is a section for "3 items matching Increasing physical activity" with a pagination control (Page: 1) and a sort-by dropdown (Date: Newest First).

The search results list includes:

- Interventions implemented through sporting organisations for promoting healthy behaviour or improving health outcomes** by Aline Flatz, Nadine Pfeifer, Thomas Radtke, Susi Kriemler, Irma Klerings, Luke Wolfenden, Erik von Elm. Online Publication Date: May 2016.
- Public health interventions for increasing physical activity in children, adolescents and adults: an overview of systematic reviews** by Philip RA Baker, Maureen Dobbins, Jesus Soares, Daniel P Francis, Alison L Weightman.

Appraise: Critically Evaluate the Problem and the Evidence

Does it match my situation?

- Did the studies look at the same or similar groups as my clients? Same characteristics (disabilities, income, education)
- Were the environments and resources similar or different?
- Were any groups excluded? Why?
- How old is the research? Have new or innovative programs come out since then?
- Look at the methodology or study design to answer these questions.

How strong is the evidence?

- Were there many studies of this intervention? A few? Just one?
- Did they run a clinical trial? Randomized? Observational study?
- Where does this study fall on the strong to weak scale (1-5)?

How strong is the evidence?

- Supported by data, not just based in theory
- Derived from or informed by objective evidence
- Rigorously evaluated in experimental evaluations – repeatedly tested
- Shown to have a positive impact
- Subject to clinical or randomized control trials
- Can be reproduced in other settings

Level 1	Strong evidence from at least one systematic review of multiple well-designed randomized controlled trials.
Level 2	Strong evidence from at least one properly designed randomized controlled trial of appropriate size
Level 3	Evidence from well-designed trials without randomization, single group pre-post, cohort, time series, or matched case-controlled studies.
Level 4	Evidence from well-designed non-experimental studies from more than one center or research group.
Level 5	Evidence from opinions of respected authorities, based on clinical evidence, descriptive studies, or reports of expert committees.

Strong
↑
Weak

What about new and promising practices?

Maybe your client's situation is unusual, maybe your field is emerging, maybe new technology is entering the marketplace. Emerging and Promising Practices still have a place

Emerging practice – generally based on guidelines, protocols, and standards they have demonstrated effectiveness. May not have the evaluation data, but there's some proof it's working or that it doesn't work at all.

Promising practice – emerging practices plus some data (quantitative or qualitative) demonstrating positive outcomes, but not yet replicated in practice.

Apply: Apply the evidence within context

Here is where your expertise and your knowledge of the situation come into play:

- What resources are available to my client? To me and my agency? Do they match the study?
- Would this program be cost-effective for my agency? Save time, reduce staff burden or turnover, reduce travel?
- How different is my client's situation and would that make a difference to the outcome?
- Is there other research, similar research with the same findings? Which studies are more relevant to my situation?
- Is there any risk to my client with this program or intervention?

Assess: Analyze the results and adjust

After selecting and implementing a program or intervention that meets the needs of your client and fits with the resources and culture of your organization, plan to evaluate the results.

- Is the program having positive results? What will you measure?
 - More or better job placements?
 - Less need for support services?
 - Good feedback from clients?
 - Less staff turnover or burnout?
- Are your results similar to the studies? If not, what may be different (culture, resources, clients)?
- Should you continue or find another program?

What are some situations where EBP can come in handy?

- Grant writing
- Expanding to new markets or fields
- Partnering with other community organizations
- Budget development
- Policy development
- Recruiting staff
- Outreach to communities
- Advocacy
- Developing trusted relationships with advocates

Some examples of EBP

Examples of evidence-based programs from the NIDILRR Community (varying strengths of evidence)

- Project SEARCH – extensively researched supported employment program currently being tested with autism-specific supports at Virginia Commonwealth University
- Living Well with a Disability – a CDC-funded health and wellness curriculum currently being developed for mobile by the Rural Institute at UMT
- Just In Time Toolkit from Northeast ADA Center
- Life Skills Manual developed by an OT to help people with psychiatric disabilities transition to stable housing
- Health Matters – a health and wellness curriculum focused on people with intellectual/developmental disabilities
- My Care, My Call – promising practice giving people with SCI the tools to advocate for healthcare

Where to find all this excellent evidence?

Multiple Topics

- ERIC <http://eric.ed.gov>
- Cochrane Collaboration <http://www.cochrane.org>
- Campbell Collaboration <http://www.campbellcollaboration.org>
- AHRQ National Guidelines Clearinghouse <https://www.guidelines.gov/>
- REHABDATA <http://www.naric.com>
- Proprietary databases like CINAHL, PsycINFO

Where to find all this excellent evidence?

Education

- What Works Clearinghouse
<https://ies.ed.gov/ncee/wwc/>
- IDEAs that Work
<https://ccrs.osepideasthatwork.org/>
- The IRIS Center
https://iris.peabody.vanderbilt.edu/ebp_summaries/

Employment

- Rehabilitation Research and Training Center on EBP for Vocational Rehabilitation
<http://www.research2vrpractice.org>
- National Clearinghouse for Rehabilitation Training Materials <http://www.nchrtm.org>



Integrating Research into VR Practice



In Evidence-Based Practice, Featured, News, Online, Practice, Resources, Training, Vocational Rehabilitation Counselor Skills and Competency by SVRI / February 10, 2014



5.00 avg. rating (90% score) - 1 vote

Training Overview

This online training module offers an introduction and guide for integrating research into your VR practice. In this training, you will get an overview of four steps to integrate evidenced-based practice into VR practice:

1. Formulate well-defined, answerable questions
2. Seek the best evidence available to answer your questions
3. Critically evaluate the evidence

Total Time

6 Minutes

Format

Self-paced, online

Where to find all this excellent evidence?

Public health

- EBP in Public Health Umass
<http://library.umassmed.edu/ebpph/>
- Tools for Implementing an EBP Approach in PH from CDC
https://www.cdc.gov/pcd/issues/2012/11_0324.htm

Justice Involvement

- National Institute of Corrections EBP in the Criminal Justice System
<https://nicic.gov/library/026917>
- Center for Evidence Based Crime Policy at GMU <http://cebcp.org/>
- Center for Justice Planning
<http://www.ncjp.org/saas/ebps>
- Office of Juvenile Justice and Delinquency Prevention
<https://www.ojjdp.gov/mpg>

Where to find all this excellent evidence?

Medicine

- Centre for Evidence Based Medicine
<http://www.cebm.net/>
- JAMA Evidence
<http://jamaevidence.mhmedical.com/>
- Turning Research Into Evidence (TRIP) database
<https://www.tripdatabase.com/>
- BMJ Clinical Evidence
<http://clinicalevidence.bmj.com/x/index.html>

Physical/Medical Rehabilitation

- OT Seeker <http://www.otseeker.com>
- PEDro <http://pedro.org.au>
- REHABDATA <http://www.naric.com>
- ASHA EBP
<http://www.asha.org/Research/EBP/>

Where to find all this excellent evidence?

Mental Health

- Center for EBP at Case Western Reserve
<https://www.centerforebp.case.edu/>
- SAMHSA EBP Web guide
<https://www.samhsa.gov/ebp-web-guide/mental-health-treatment>
- Council for Evidence Based Psychiatry (UK) <http://cepuk.org/>

Homelessness/Housing

- NH Coalition to End Homelessness
<https://www.nhceh.org/research-advocacy/evidence-based-practices>
- Family & Youth Services Bureau Runaway & Homeless Youth Technical Assistance Center
<https://www.rhyttac.net/research/evidence-based-practices>

Thank You

Jess Chaiken

jchaiken@heitechservices.com

www.naric.com

www.twitter.com/naricinfo and naricenespanol

<http://naricspotlight.wordpress.com>

<http://www.facebook.com/NationalRehabilitationInformationCenter>

NARIC is operated under a contract from the National Institute on Disability, Independent Living, and Rehabilitation Research (contract #GS-06F-0726Z). The contents of this presentation do not necessarily represent the policy of the NIDILRR, and you should not assume endorsement by the Federal Government.