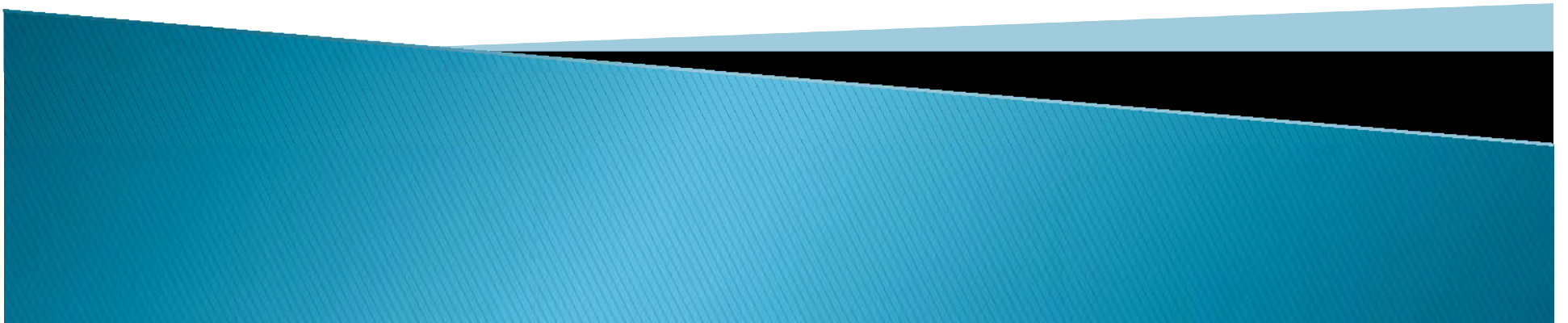


Why Evidence-Based Practice?

Kelly Rubino Burgess, MPA

June 4, 2011



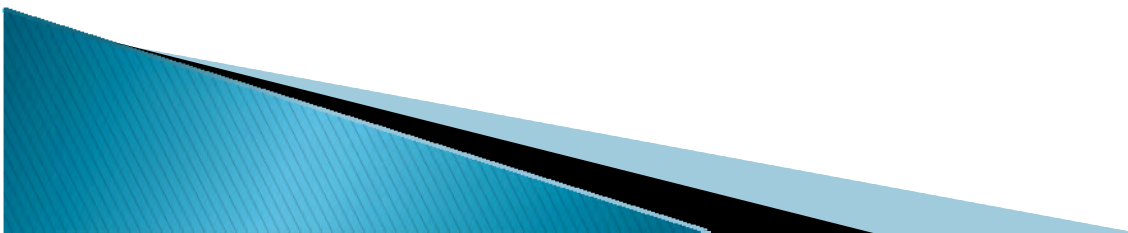
Seven Steps to Evidence-Based Practice in Social Work

Step 1—Become motivated to apply evidence-based practice

Step 2—Convert information need into an answerable question

Step 3—Track down best available evidence to answer the question

(Gibbs, 2003)



Seven Steps to Evidence-Based Practice in Social Work (continued)

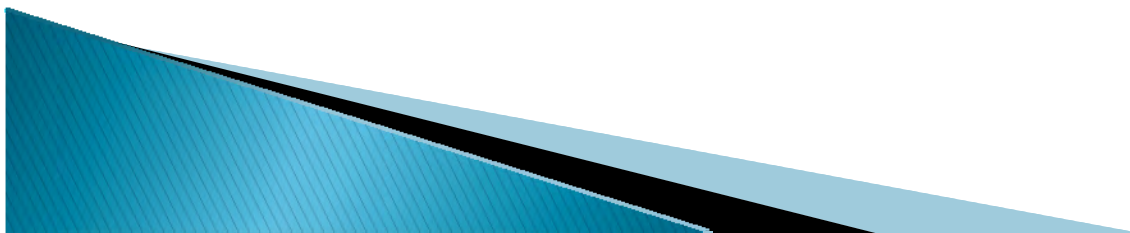
Step 4—Appraise evidence critically

Step 5—Integrate evidence with practice experience and client circumstances and values

Step 6—Evaluate effectiveness and efficiency in exercising the steps

Step 7—Teach others to do the same

(Gibbs, 2003)



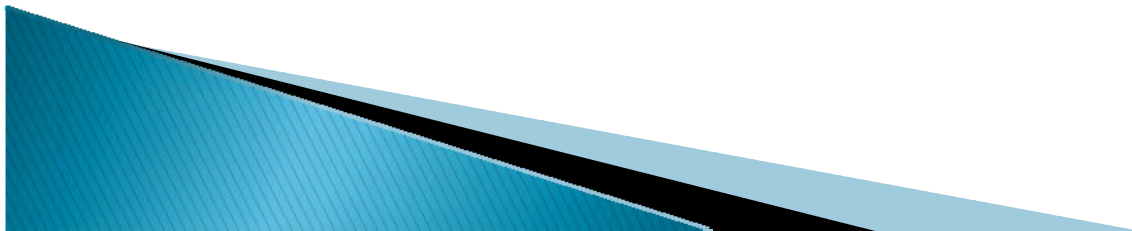
Step 1 —

**Become motivated to apply
evidence-based practice**



Definition of Evidence-Based Practice

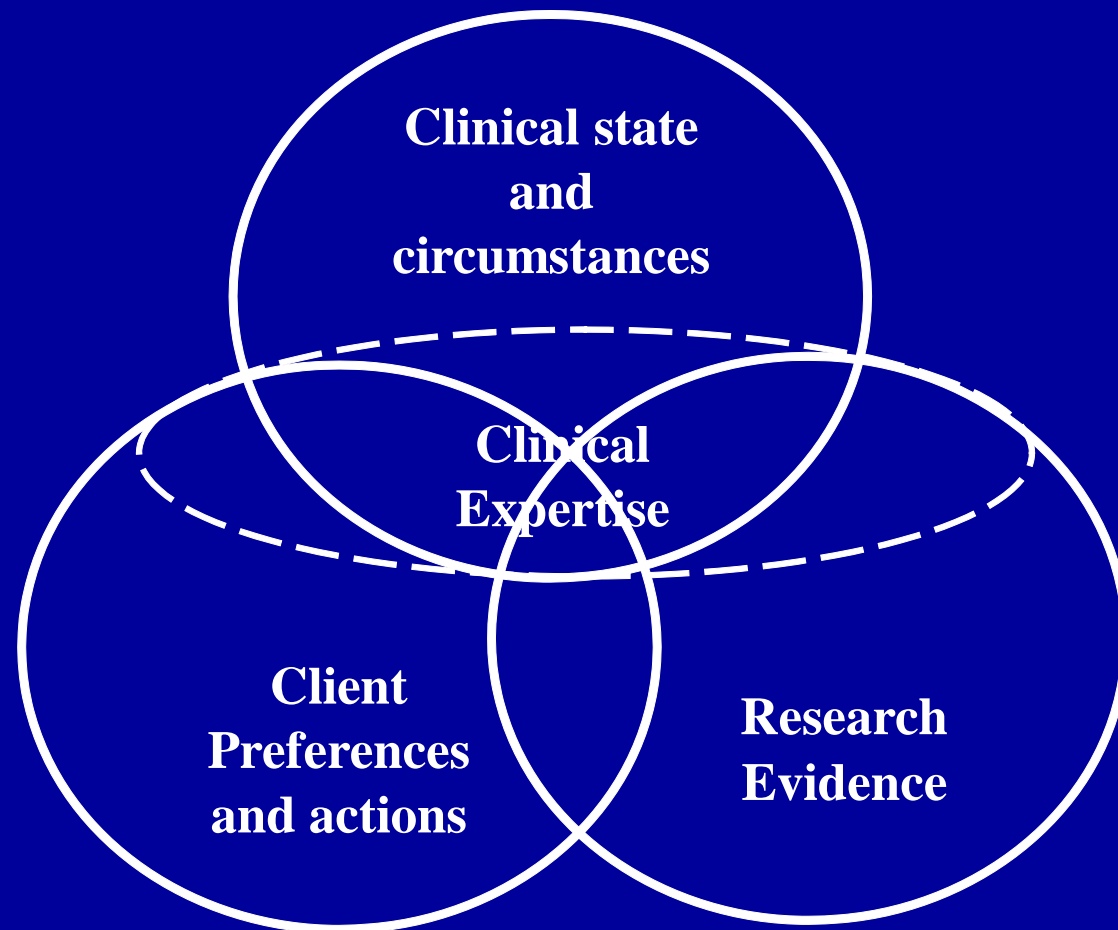
- ▶ The integration of best research evidence with client values and the practitioner's individual expertise



The EBP Model



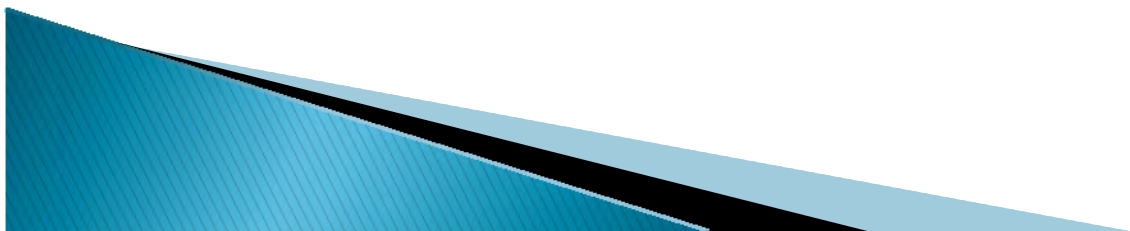
EBP and Clinical Social Work Practice



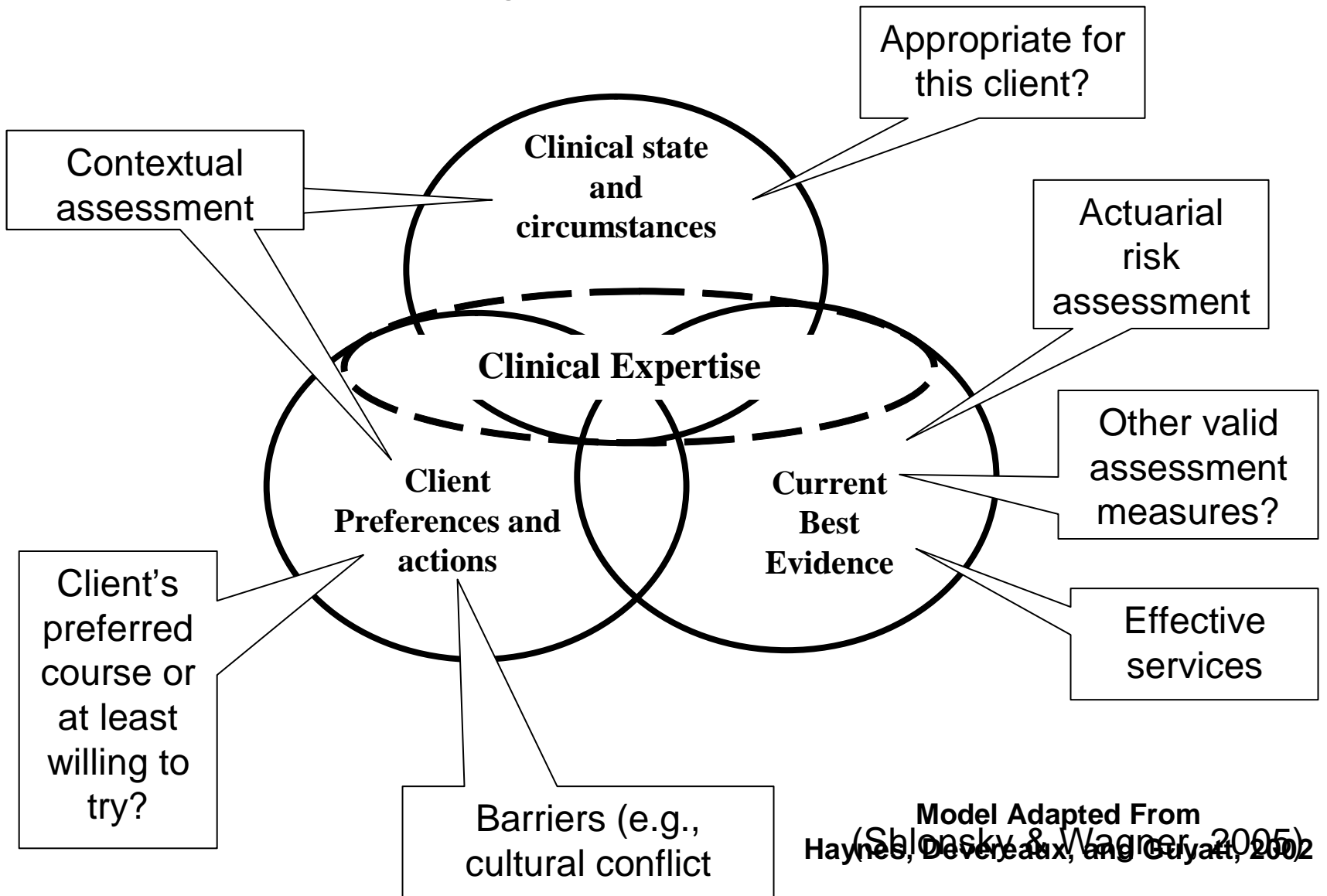
Haynes, Devereaux, and Guyatt, 2002

Cycle of Evidence-Based Practice

- ▶ Refers to a dynamic process in which all three components are continually assessed and addressed.
- ▶ Expands Haynes model to highlight factors and questions that fit within each of the three major components.

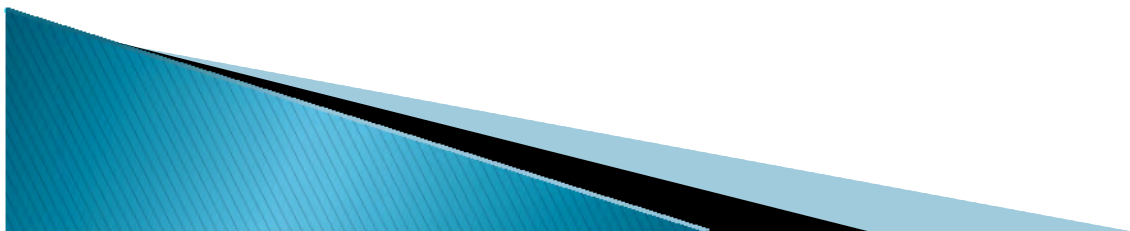


The Cycle of EBP



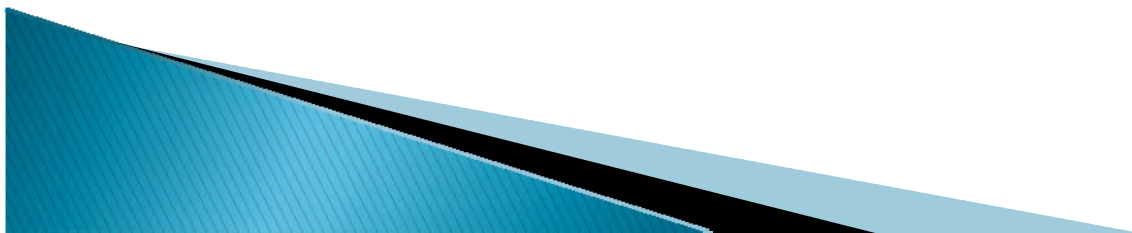
Evidence-Based Practice and Macro Social Work Practice

- ▶ Evidence-based practice is rooted in clinically oriented domains, but many aspects are adaptable for community, organizational, administrative, and policy social work practice.
- ▶ From a macro perspective, evidence-based practice is a decisionmaking process involving policymakers, purchasers, managers, practitioners, and key stakeholders.



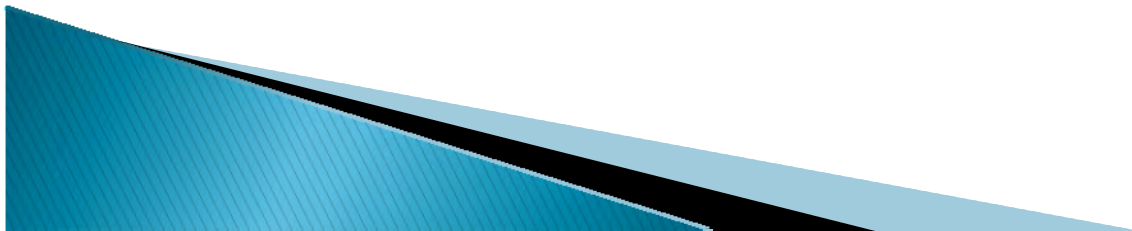
Benefits of Using Evidence-Based Practice in Social Work

- ▶ Enhances quality
- ▶ Empowers clients and practitioners
- ▶ Develops thoughtful and skilled practitioners
- ▶ Adds social work contributions to scientific literature
- ▶ Builds bridges across professions
- ▶ Honors ethical obligations and professional standards




Related Concepts and Terms

- ▶ Practice-based research (PBR)
- ▶ Critical thinking
- ▶ Empirically supported treatments and interventions



Broad Developments in Mental Health and Research


- ▶ Expansion of treatment and service options
 - ▶ Development of psychoactive drugs
 - ▶ Growth in community care
 - ▶ Increased involvement of patients and families in decision making
 - ▶ Establishment of NIMH
 - ▶ New perspectives on mental health and mental illness
 - ▶ Managed mental health care
 - ▶ Recovery view of serious mental illness
- 

Growth of Evidence-Based Practice in Health and Mental Health

- ▶ Evidence-based medicine
- ▶ Archie Cochrane and the Cochrane Collaboration
- ▶ Campbell Collaboration
- ▶ Outcomes measurement
- ▶ Work of McMaster University
- ▶ Evidence-based medicine term first published in 1991
- ▶ President's Commission on Mental Health and authoritative reports

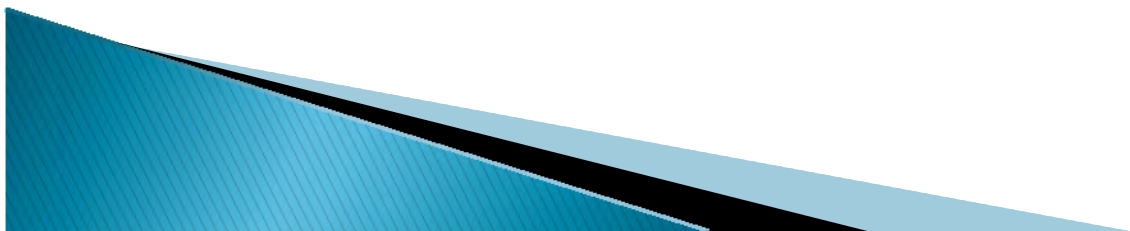


Factors Contributing to the Development of EBP in Social Work

- ▶ Social Welfare Research Group
 - ▶ NIMH Social Work Task Force
 - ▶ Recency of social work's consideration of EBP
 - ▶ Social work contributions to research and literature on EBP
 - ▶ Council on Social Work Education (CSWE) accreditation requirement
 - ▶ Rapid expansion of knowledge and information technology
- 

Practical Steps of Evidence-Based Social Work Practice

- ▶ Uneven scientific literature supporting EBP in social work
- ▶ Some evidence-based programs and interventions have toolkits and guides
- ▶ Substance Abuse and Mental Health Services Administration (SAMHSA) Evidence-Based Practice Implementation Resource Kits



EBPs for Individuals with Severe Mental Illness

- ▶ Several studies and reports cite that individuals with severe mental illness lack good access to evidence-based practices
- ▶ National Implementing Evidence-Based Practices Project
 - Collaborative pharmacological treatment
 - Family psychoeducation
 - Illness Management & Recovery
 - Supported Employment
 - Integrated Dual Disorders Treatment
 - Assertive Community Treatment





CASE WESTERN RESERVE
UNIVERSITY

MANDEL SCHOOL OF APPLIED SOCIAL SCIENCES
& DEPT. OF PSYCHIATRY, SCHOOL OF MEDICINE

systems change
organizational
change
clinical change



CENTER FOR
EVIDENCE-BASED
PRACTICES

Providing technical assistance for



SUBSTANCE ABUSE & MENTAL ILLNESS
strategies for co-occurring disorders



**INTEGRATED
DUAL DISORDER
TREATMENT**
*the evidence-based
practice*



**DUAL DIAGNOSIS
CAPABILITY IN
ADDICTION TREATMENT**
*an organizational
assessment & planning tool*



**DUAL DIAGNOSIS
CAPABILITY IN
MENTAL-HEALTH
TREATMENT**
*an organizational
assessment & planning tool*



**SUPPORTED
EMPLOYMENT**
*the evidence-based
practice*



**TOBACCO: RECOVERY
ACROSS THE CONTINUUM**
*a stage-based
motivational model*



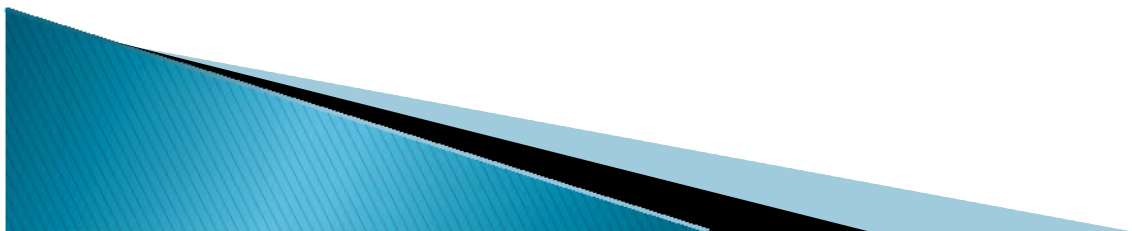
**MOTIVATIONAL
INTERVIEWING**
*the evidence-based
treatment*



BENEFITS PLANNING
*relationships supporting
recovery*

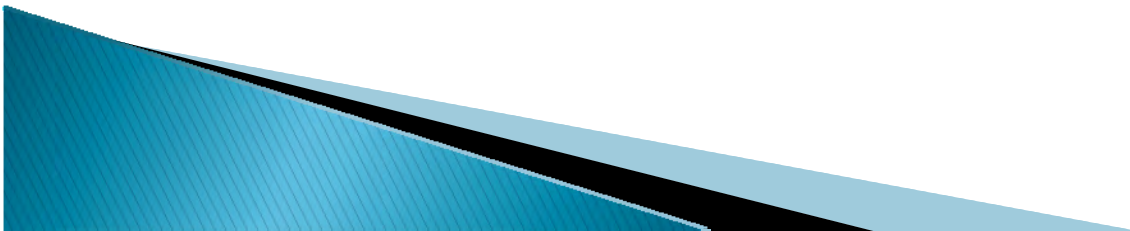
Using Research to Inform Practice

- ▶ Best available research evidence is not in a manualized format in many social work practice areas.
- ▶ *EBP is* finding, assessing, and applying the *best available* research for social work practice.



Contributing to the Scientific Literature

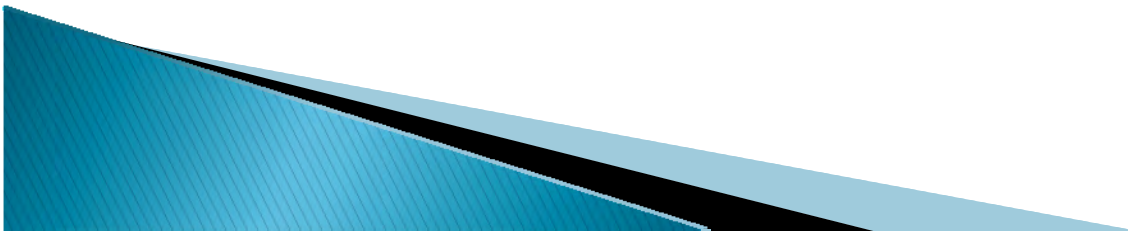
- ▶ Using an evidence-based practice approach to contribute to social work research and literature
- ▶ Evaluating interventions and outcomes



Summary

Evidence-based practice:

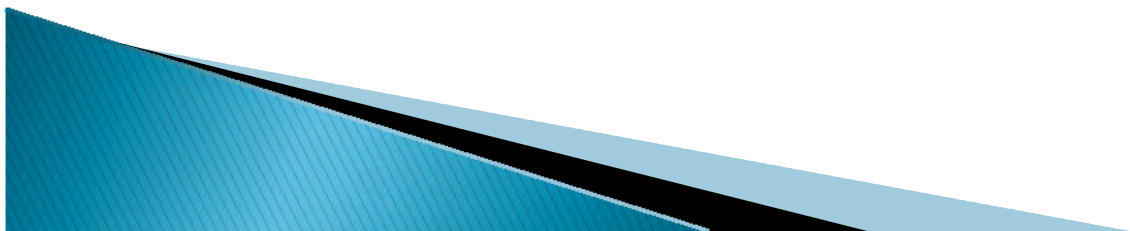
- ▶ Has reached maturity in health and mental health
- ▶ Is a new and innovative development in social work
- ▶ Is becoming the dominant practice framework in social work.



Summary (continued)

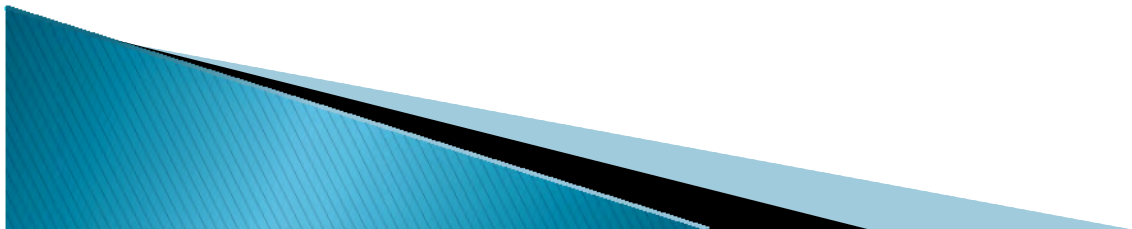
To be effective evidence-based practitioners, social work students need to:

- Understand researching
- Find relevant research
- Assess quality and relevance of research
- Apply research findings to practice situations



Discussion Activity:

- ▶ *How does evidence-based practice (EBP) affect decision making?*
- ▶ *How does EBP impact client care?*
- ▶ *How does EBP affect both clients and practitioners?*



Student Editorial

- ▶ State one argument for and one argument against using evidence-based practice in nursing

