What is Best Practice?

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What is Evidence-Based Practice?

"Evidence-based medicine is the integration of best research evidence with clinical expertise and patient values."

Best Research Evidence

- Accuracy of diagnostic tests
- Power of prognostic markers
- Efficacy, effectiveness, and safety of therapeutic and preventative regimens
  - Efficacy: performance of a therapeutic intervention under ideal, controlled circumstances (explanatory trial)
  - Effectiveness: performance of intervention under “real-world” conditions (pragmatic trial)
EBP in Action

- Step 1) Convert need for information into answerable question
- Step 2) Track down best evidence available to answer the question
- Step 3) Critically appraise the evidence for:
  - Validity
  - Impact
  - Applicability
- Step 4) Integrate critical appraisal of evidence with clinical expertise and patient values
- Step 5) Evaluate effectiveness and efficiency in executing steps 1-4, seeking improvement in the process
## EBP & EPI

**Shared Components:**
- Logic Model, Manual/Protocol,
- Not Harmful, Accepted Practice

**Commitment to CQI & Ongoing Evaluation**

<table>
<thead>
<tr>
<th>Emerging</th>
<th>Promising</th>
<th>Supported</th>
<th>Well Supported</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Ongoing collection of pre/post data</td>
<td>• All elements of emerging, plus:</td>
<td>• All elements of promising, plus:</td>
<td>• All elements of supported, plus:</td>
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<tr>
<td>• Peer review</td>
<td>• 1 study, quasi-experimental design with control or comparison group</td>
<td>• 2 randomized trials or 2 between group studies (or comparable methodology)</td>
<td>• Multiple site replication</td>
</tr>
<tr>
<td>• Document all implementation activities</td>
<td>• Model fidelity</td>
<td>• One year sustained effect</td>
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**Evidence Informed** ←-----------------→ **Evidence Based**

Source: FRIENDS National Center, Chapel Hill Training and Outreach Program, Inc.  
Why does it matter?
Why does it matter?

HCA’s Value-based Roadmap

1. Reward patient-centered, high quality care
2. Reward health plan and system performance
3. Align payment and reforms with the federal government
4. Improve outcomes
5. Drive standardization
6. Increase sustainability of state health programs
7. Achieve Triple/Quadruple Aim

Source: Healthier WA
https://www.hca.wa.gov/assets/program/VBP-Rural-Solutions-Webinar-slidedeck.pdf
Where can you find out about EBPs?

National, State and Local Listings of EBPs

- ACL Title III D list
  - OAA Health Promotion and Disease Prevention Programs
  - NCOA: [https://www.ncoa.org/resources/ebpchart/](https://www.ncoa.org/resources/ebpchart/)
- CDC [www.cdc.gov](http://www.cdc.gov) (e.g. physical activity, arthritis)
- SAMHSA’s NREPP* ([https://www.samhsa.gov/nrepp](https://www.samhsa.gov/nrepp))
- AHRQ Innovations Exchange: [https://innovations.ahrq.gov/](https://innovations.ahrq.gov/)
- State and local public health, aging, social services
- Local EBPs
Where can you find out about EBPs?

WA DOH/ALTSA

Living Well website

EBP workshops + trainings

https://livingwell.doh.wa.gov/Events
Where can you find out about EBPs?

EBLC website  
http://www.eblcprograms.org/evidence-based/map-of-programs/
What to consider when choosing an EBP

- Does this EBP align with our organizations’ mission, who we serve and partner with, and who are providers are?
- Who will deliver the EBP?
- Who will do outreach/recruitment?
- How will we pay for the EBP?
  - in the short-term and in the long-term
- How will we evaluate whether and how the EBP is working?
The value of academic-community partnerships on this EBP journey

- “Community” = older adults, care partners, providers, administrators, policymakers

- Developing a EBP
- Implementing an EBP
  - Training
  - Technical assistance
  - Adaptations
- Evaluating an EBP
Michelle Reitan, MSW
Health and Wellness Manager, Enhance Wellness/PEARLS Program, Edmonds Senior Center
Evidence-Based Programs Offered at Edmonds Senior Center

- EnhanceWellness
- PEARLS
- Chronic Disease Self Management workshops (Chronic Disease, Diabetes and Pain)
- Aging Mastery Program (National Council on Aging pilot for EBP)
Why We Chose Evidenced Based Programs

- **Pros**
  - Good fit for the size of our agency
  - Researched programs that had proven measurable outcomes
  - Do not have to develop a program - reinvent the wheel
  - Community in place to offer support if needed

- **Cons**
  - License and training can be expensive
  - May need to develop data management system
Reality of Implementing Evidence Based Programs

- Balancing fidelity and efficacy in real life practice
  - Appropriate referrals
  - Flexibility
    - Adaptations

- Sustainability
  - Continued Funding
Thank you!

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Questions?

- Where do you get information when you’re told you need to do EBP?

- How do you share with funders and have the conversation about EBP?

- Politics around EBP?