

Show me the evidence!

Best Start Conference Workshop

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Purpose

- Describe the process of evidence informed decision making (EIDM), and introduce key resources to help you find and use the best available evidence in your work.

Learning Objectives

- Describe what constitutes the “best available evidence”
- Identify factors that need to be considered along with research evidence
- Develop a focused question from your practice
- List resources that can save you time and provide direction with doing the steps of EIDM



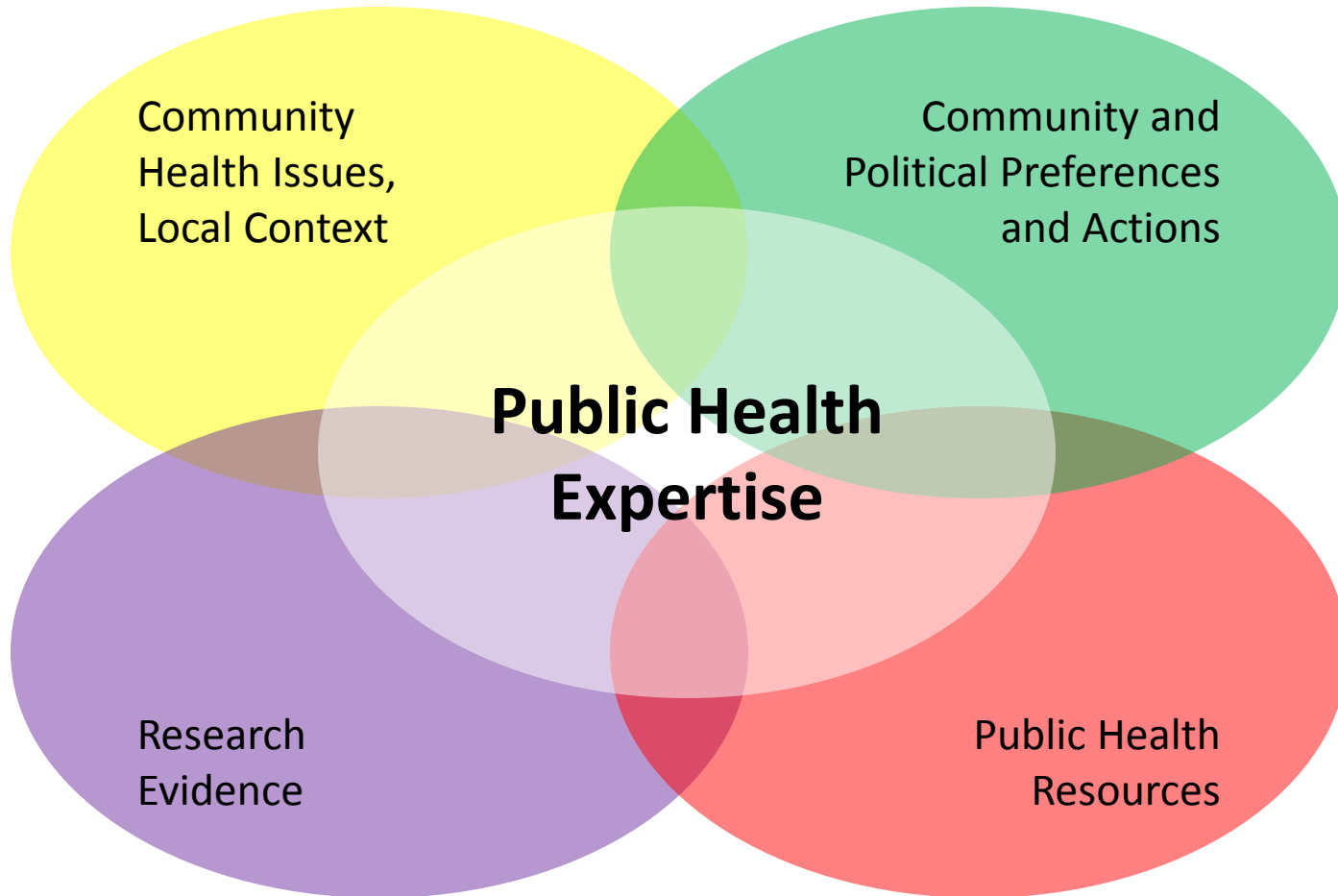
What is evidence?

Information or facts from a variety of both qualitative and quantitative sources, that are systematically obtained, i.e. obtained in a way that is replicable, observable, credible, verifiable, or basically supportable.¹

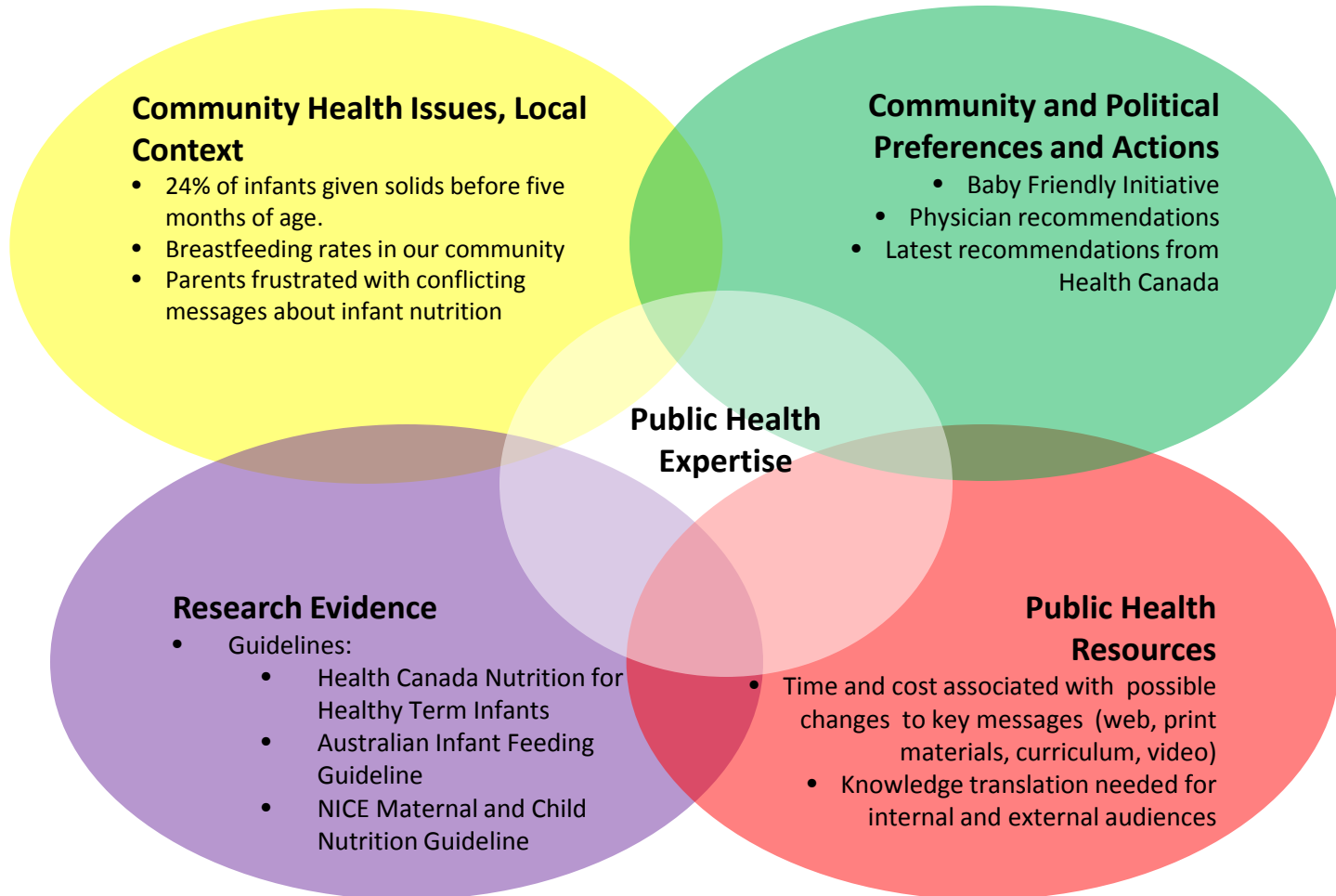
What is evidence-informed decision making?

- Recognizes that important evidence comes from a variety of sources: community health issues and local context; public health resources; community and political climate; and the best available research findings. Decision makers must draw on their explicit and tacit public health knowledge and expertise to incorporate all the relevant factors into the final decision, conclusion or recommendation.²

Model of EIDM in Public Health



Complementary Feeding: EIDM Model



Can you describe a situation from your work when considering these different sources of evidence would have been helpful?



Value of EIDM

- Save time
- Save money
- Have increased confidence in decisions
- Position the organization as credible

**What questions are you
being asked in practice?**

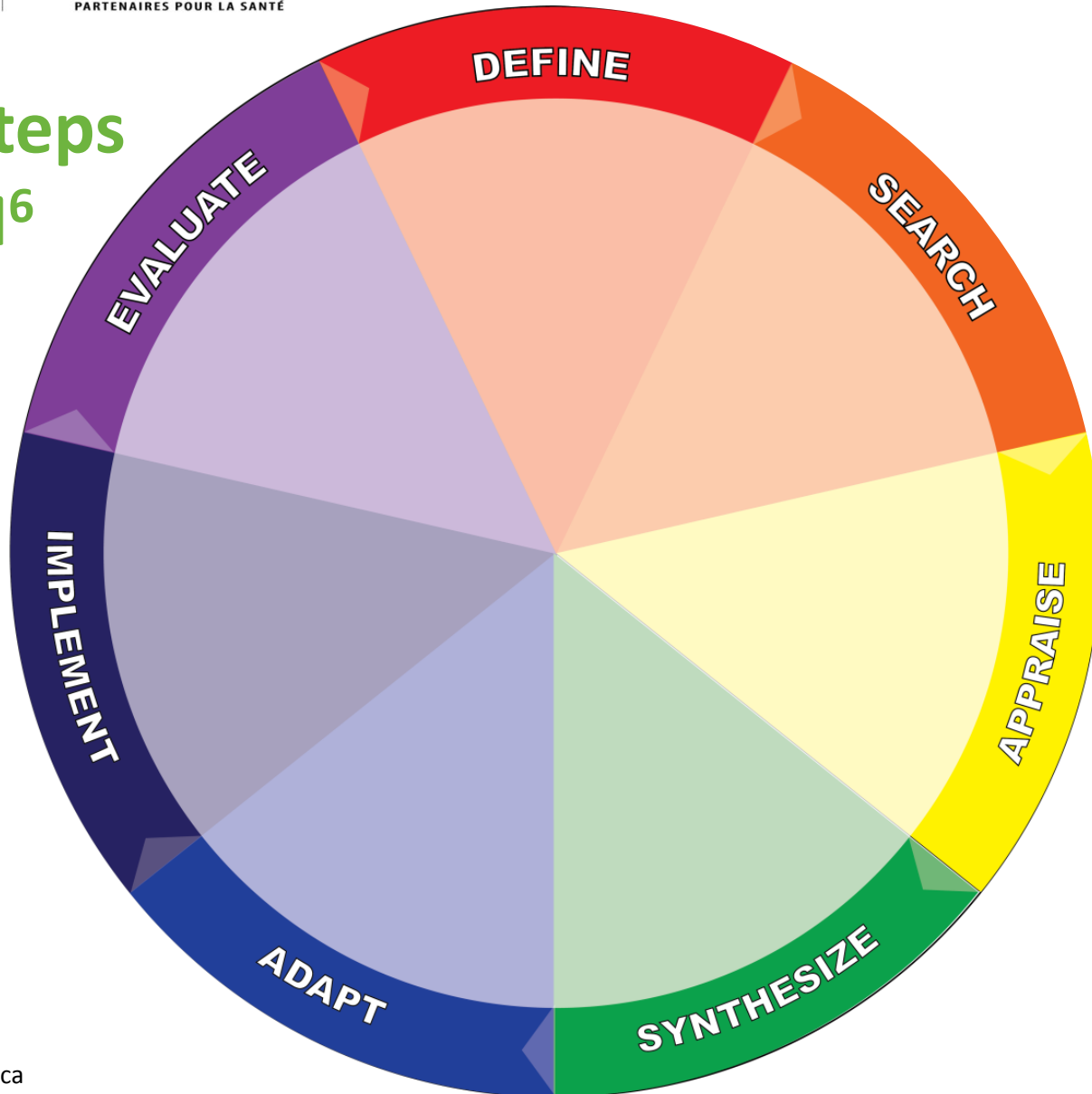


How is EIDM relevant to your work?

- Accountability to clients
- Desire to provide current and accurate information
- Need for messages to be consistent
- Professional practice requirements^{4,5}
- Enhances credibility for difficult, sensitive or political decisions

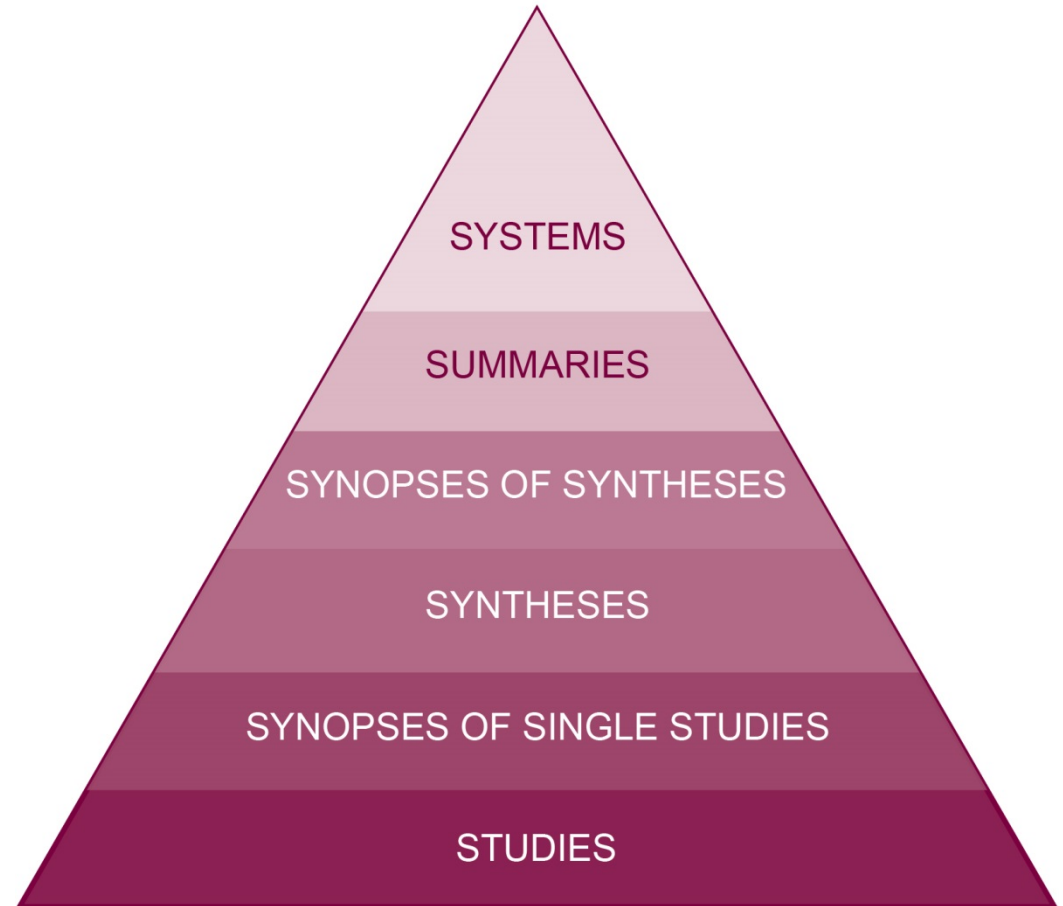
So how can we save time?

Seven steps of EIDM⁶



Levels of evidence – the 6S Pyramid⁷

- Preference for more highly-synthesized forms of evidence
- Ideally, evidence would be pre-appraised (quality)
- Even more useful is pre-processed evidence (summarized with actionable messages)



Is all evidence created equal?

Sometimes the evidence is good...



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Better health.

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Epidurals for pain relief in labour

Published:

7 December 2011

Authors:

Anim-Somuah M, Smyth RMD,
Jones L

Primary Review Group:

Pregnancy and Childbirth Group

See the full Review on



Pain relief is important for women in labour. Pharmacological methods of pain relief include inhalation of nitrous oxide, injection of opioids and regional analgesia with an epidural for a central nerve block. Epidurals are widely used for pain relief in labour and involve an injection of a local anaesthetic into the lower region of the spine close to the nerves that transmit pain. Epidural solutions are given by bolus injection, continuous infusion or using a patient-controlled pump. Lower concentrations of local anaesthetic are needed when they are given together with an opiate, allowing women to maintain the ability to move around during labour and to bear down. Epidural analgesia may sometimes give inadequate analgesia, which may be due to non-uniform spread of local anaesthetic. Combined spinal-epidural involves a single injection of local anaesthetic or opiate into the cerebral spinal fluid for fast onset of pain relief as well as insertion of the epidural catheter for continuing pain relief. Side effects such as itchiness, drowsiness, shivering and fever have been reported and rare but potentially severe adverse effects of epidural analgesia do occur.

Am score 65

Who is talking about t



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used epidurals were more likely to have a longer delivery (second stage of labour), needed their labour contractions stimulated with oxytocin, experienced very low blood pressure, were unable to move for a period of time after the birth (motor blockage), had problems passing urine (fluid retention) and suffered fever. Long-term backache was no different. Further research on reducing the adverse outcomes with epidurals would be helpful.

Authors' conclusions:

Epidural analgesia appears to be effective in reducing pain during labour. However, women who use this form of pain relief are at increased risk of having an instrumental delivery. Epidural analgesia had no statistically significant impact on the risk of caesarean section, maternal satisfaction with pain relief and long-term backache and did not appear to have an immediate effect on neonatal status as determined by Apgar scores. Further research may be helpful to evaluate rare but potentially severe adverse effects of epidural analgesia on women in labour and long-term neonatal outcomes.

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other languages

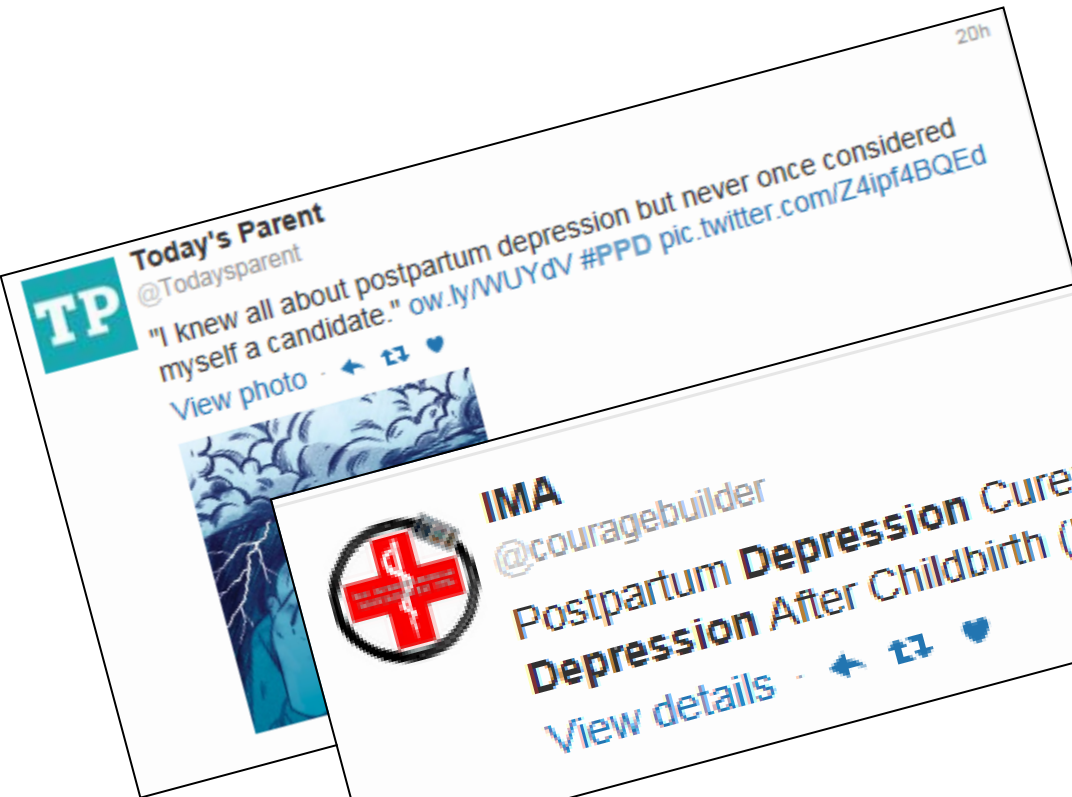


Sometimes not so good...

Social connections as important for health as exercise, diet: study



Sometimes we're not sure...



...but there's a way to be more sure



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[("postpartum depression") AND "prevent*"]

Returned 15 results

All

	Article	Authors	Date	Rating
1	Psychosocial and psychological interventions for preventing postpartum depression Highly Accessed	Dennis, C.L., et al.	2013	Strong
2	A systematic review of telephone support for women during pregnancy and the early postpartum period Highly Accessed	Dennis, C.L., et al.	2008	Strong
3	Efficacy and safety of screening for postpartum depression Highly Accessed	Myers ER, et al.	2013	Strong
4	Dietary supplements for preventing postnatal depression Highly Accessed	Miller BJ, et al.	2013	Strong
5	Long term effectiveness of cognitive behavior therapy for treatment of postpartum depression: A systematic review and meta-analysis	Perveen T, et al.	2013	Strong
6	Preventing postpartum depression: A meta-analytic review Highly Accessed	Sockol L.E., et al.	2013	Strong
7	A review of partner-inclusive interventions for preventing postnatal depression and anxiety	Pilkington P.D., et al.	2015	Strong
8	Systematic review of the literature on postpartum care: Effectiveness of postpartum support to improve maternal parenting, mental health, quality of life, and physical health	Shaw, E., et al.	2006	Strong

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What's next?

Using the 6S pyramid⁷



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<http://www.healthevidence.org/practice-tools.aspx#PT2>
- Resource to Guide & Track Your Search⁹
<http://www.healthevidence.org/practice-tools.aspx#PT4>
- Keeping Track of Search Results: A Flowchart¹⁰
<http://www.healthevidence.org/practice-tools.aspx#PT5>



Taking a closer look: Critical appraisal ^{11,12}



EIDM resources and supports

- NCCMT online learning centre¹³
- Public health library hub
- Each other

Take Home Messages

- EIDM has structure and resources to guide its use
- Tools exist to use EIDM in your local context
- The EIDM process is manageable
- Practice! There are 7 steps to EIDM and each step could be its own workshop
- What's realistic for you?



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