Evidence-Based Medicine Skills

The 5 Steps of EBM

For further research assistance access the Wahlstrom Library website via the myUB Portal.

Ask a Librarian via Chat: Available when the Library is open through the Library website.

E-mail a Librarian: reference@bridgeport.edu

Call a Librarian: 203-576-4747

Walk-ins welcome, no appointment needed!
**What is EBM?**
Evidence-Based Medicine (EBM) is a research protocol designed to make finding relevant, quality articles easier for medical professionals. EBM helps find answers to patient care questions.

**What are the 5 Steps of EBM?**

1) Ask a focused, clinical question.
   - Use background and foreground questions to establish focus.
   - Use a PICO form to clarify your question.

2) Efficiently find the evidence.
   - Use precise search techniques to narrow and focus your search results.
   - Use Wahlstrom Library databases as well as sources from the Internet.

3) Critically appraise the evidence.
   - Use a Critical Appraisal Checklist to determine whether a source is current, verified, reliable, and applicable to the clinical question.

4) Ethically apply the evidence.
   - Patient preferences must be taken into consideration.
   - Proper attribution (citations) must be given for any information used.

1) Reflect upon the process.
   - What part(s) of the process worked well?
   - What part(s) of the process were challenging or could be improved?
   - How was the information gained during the process utilized?

Handouts covering the first 3 steps in the Evidence-Based Medicine process are available in the Library and online in the **Evidence-Based** section. We also have blank PICO forms and Critical Appraisal checklists available.

Please contact a librarian if you have additional questions or need further assistance. A list of contact methods can be found on the front of this pamphlet.