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!
What are the 5 Steps of EBM?

Evidence-Based Medicine (EBM) is a research protocol that designed to make it easier for medical professionals to find relevant, quality articles that can help them answer questions related to patient care. In order, the 5 steps of EBM are:

1) Ask a focused, clinical question.
   - Asking background and foreground questions
   - Using a PICO form to clarify your question.

2) Efficiently find the evidence.
   - Use precise search techniques to narrow and focus your research.
   - 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.
   - When answering a clinical question, patient preferences must be taken into consideration.
   - Proper attribution (citations) must be given for the 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 on the first 3 steps in the Evidence-Based Medicine process are available in the Library, and all of the information is also available on our website in the Evidence-Based section. We also have blank PICO and Critical Appraisal Checklists available on our website.

If you have additional questions or need further assistance, please contact a Librarian using one of the methods on the front of this handout.