

5-step model of evidence-based medicine

One approach to evidence-based medicine is based on a 5 step model:

1. Defining a clinically relevant question (doctor searches for information to find correct diagnosis)
2. Searching for the best evidence (doctor searches for evidence to support the findings from Step 1)
3. Assessing the quality of the evidence (doctor ensures that quality and reliability is high)
4. Acting on the evidence to form a clinical decision (based on Steps 1-3, patient and doctor jointly make an informed treatment decision)
5. Evaluating the process (doctor and patient assess if the intended outcome is achieved and adjust treatment decisions accordingly if needed)

Patient engagements in decision-making processes have an important role to play in building new guidelines of treatment principles. This includes reading, understanding, and acting on health information; working together with clinicians to evaluate and select the right treatment options; and providing feedback on outcomes. Patients can have an active role to play at all levels of evidence.

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