

Evidence-based practice means that health care professionals use a problem-solving approach with their patient. They base it on their clinical expertise, the preferences of the patient, the patient's circumstances, and the best available evidence from nationally accepted clinical guidelines. Through evidence-based practice, doctors and nurses have improved the care they deliver to patients. Their goal is to do things right for their patients, such as including patients in their care plan.

Evidence-based patient choice is achieved by informing about the risks and benefits of a particular intervention, procedure or surgery and making the patient a partner in the decision-making process.

Information for the Patient:

1. Decide what questions are most important to ask the provider before you to the visit.
2. Don't put off the things that are really on your mind until the end of your appointment—bring them up right away!
3. Take notes. Take along a notepad and pen and write down the main points or ask the provider (Physician, Nurse Practitioner) to write them down for you.
4. Ask if your provider if they have any brochures or other materials about your health conditions or treatments. If you have access to the internet, ask your doctor to recommend other sources such as websites.
5. If you do not understand the doctor's instructions after you get home, call the office. A nurse or other staff member can check with your provider and call you back. Ask if they have an email address or online health portal you can use to send questions directly to your provider.

Understand your Medications

1. Your provider may prescribe a medication for your condition. Make sure you know the name of the drug and understand why you are being given this medication. Ask the doctor to write down how often and for how long you should take it.
2. Make sure your provider knows about all the medications that you are taking.
3. Make notes about any special instructions. If you are taking other medications, make sure your provider knows what they are, so he or she can prevent harmful drug interactions. Check with your doctor's office before taking any over-the-counter medications.
4. Let your provider know if your medicine doesn't seem to be working or if it is causing problems. If you want to stop taking your medicine, check with your doctor first
5. You may find it helpful to keep a chart of all the medicines you take and when you take them.

For more information about questions to ask your provider:

Centers for Disease Control and Prevention (CDC)

800-232-4636

888-232-6348 (TTY)

cdcinfo@cdc.gov

www.cdc.gov

Centers for Medicare & Medicaid Services

800-633-4227

877-486-2048 (TTY)

<https://www.cms.gov>

www.medicare.gov

MedlinePlus

NIH National Library of Medicine

www.medlineplus.gov

Agency for Healthcare Research and Quality

301-427-1364

info@ahrq.hhs.gov

www.ahrq.gov

<https://www.ahrq.gov> › patient-safety › patients-families

“In the past, health care managers tended to focus on cost and quality, thus “doing things right” and leaving “doing the right things” to other forces and chance.”

Below are some internet links to other web sites that can assist patients and family members. They serve as excellent information services for general information.

SAMHA - <https://www.samhsa.gov> › resource-search › ebp

[Link patients and families with community resources to assist them in implementing evidence-based care plans and meeting their health goals](#)

Patients may need help in following evidence-based care plans, such as an exercise class or a nutritional assistance program to make healthy eating affordable. Care teams should determine which community resources patients need in order to be able to focus on evidence-based recommendations for improving their health. To

successfully link patients and families with community resources, practices should assign responsibility for keeping information about resources current.

Patient education materials have to be easy-to-understand,

Establish workflows that identify and engage patients affected by changing evidence

When evidence changes, practices need to determine which of their patients are affected by the new recommendations or guidelines. This function could be handled centrally by the practice, or each clinical team could take responsibility for identifying and reaching out to patients in its panel to reassess care plans in light of the new evidence. Practices that have electronic health records and registries will find them useful to identify affected patients. Practices can establish protocols to identify affected patients as they come for appointments. Clinicians can engage patients at that visit, or make an appointment to discuss the implications of the new evidence at a future visit. When affected patients are not scheduled for a visit and the evidence is significant enough to require urgent action, practices experienced in population health care should assign a team member to use phone calls, patient portals, postcards, and secure emails to contact patients.

Practices can also convene groups of patients and families, as well as other members of the community, to tell the practice what about this new evidence is important to them and what messages are likely to be effective. Some practices obtain feedback by administering brief surveys.

Coach patients to ask questions that will help them

PCMH - NCAQ

www.healthcare.gov

CDC

<https://guides.mclibrary.duke.edu/ebptutorial>

<https://jamaevidence.mhmedical.com>

<https://www.ncbi.nlm.nih.gov/books/NBK207234>

<https://www.aafp.org/journals/afp/authors/ebm-too..>