How to Find and Implement Free & Low-Cost EBP

Disclosures

Financial Disclosures:
- Owner at Jill Sheek Therapy LLC, which includes Jill Sheek SLP (TPT resources), & Private Practice SLP (private practice resources)
- Receives royalties from Northern Speech Services for “Private Practice Foundations” course
- Paying member of The Informed SLP
- Paying member of ASHA

Non-Financial Disclosures:
- None

AGENDA

1. What does EBP really mean?
2. How are SLP’s accessing research?
3. What’s working?
4. How to find the evidence to practice
What is EBP?

“...An approach in which current, high-quality research evidence is integrated with practitioner expertise and client preferences and values into the process of making clinical decisions.”

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What does that look like in theory?
1. Framing the Clinical Question
   - PICO
2. Finding the Evidence
   - Clinical Practice Guidelines
   - Scientific Evidence
3. Assessing the Evidence
   - Relevance to specific clinical question
   - Author and Publisher?
4. Making the Clinical Decision
   - To follow or not to follow the guidance?
The Research to Practice Gap
From a 2013 paper by Hoffman et al:

- 25% of school-based SLP’s had NO formal training in EBP
- 31% of school-based SLPs researched 1-2 questions a year
- 48% researched 0 questions
- Research states that it takes 17 years for 14% of research to make it into clinical practice
- Number 1 barrier? Time Constraints

What does that look like IRL?

1. Framing the Clinical Question
2. Finding the Evidence
3. Assessing the Evidence
4. Making the Clinical Decision

Free Solutions from ASHA:
1. Evidence Maps
   - Combine reviews of and links to available research articles with position statements/guidelines and info about patient perspectives (from those research articles)
   - Topics include:
     - Acquired brain injury
     - ASD
     - Dementia
     - Fluency (adults and children)
     - Hearing Loss
     - Orofacial Myofunctional Disorders
     - Speech Sound Disorders
     - Voice
Free Solutions from ASHA:

2. Tutorials and Resources

- Aggregated webinars/resources
- Organized using the EBP framework (Framing the Question, Finding the Evidence, Assessing the Evidence, and Making the Clinical Decision)
- Topics include:
  - What is Evidence Based Practice? from speechBITE
  - Find It Fast! from Yale’s Cushing/Whitney Medical Library
  - How To Read A Paper: The Basics of Evidence-Based Medicine from BMJ

Free Solutions from ASHA:

3. N-CEP Systematic Reviews

- Formal assessments of the body of scientific evidence related to a clinical question. Describe whether or to what extent treatment approaches are supported by evidence
- **Do not** make specific practice recommendations
- Current topic areas (multiple reviews within each topic):
  - Cognition
  - Speech
  - Fluency
  - Swallowing
  - Hearing
  - Voice
  - Language
  - Service Delivery

Free Solutions from ASHA:

4. FREE webinar for 0.05 CEUs (includes transcript and slides)

- Agenda:
  - Definition and Importance of EBP
  - Review of external scientific evidence, clinical expertise, and client perspective(s)
  - Overview of each step in EBP process
  - Quality appraisal of individual studies and systematic reviews
  - Resources for EBP: ASHA and other resources
  - Clinical scenarios
### Free Solutions from ASHA:

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### Free Solutions from elsewhere:

1. **Pearson EBP Briefs**
   - Each volume has various topics from dysphagia to bilingual language therapy
   - Authors pose a clinical question that mimics real-life practice using the PICO format, then research it
   - Gives method (systematic vs literature review), search terms used, number of included studies, primary results, and conclusions
   - Can earn CEU's if a member of Speechpathology.com

2. **SpeechBITE**
   - Specifically for SLPs
   - Speech Pathology Database for Best Interventions and Treatment Efficacy
   - Rate articles on methodological quality using the PEDro-P 10 point scale
   - Can sort results by rating
Free Solutions from elsewhere:

3. What Works Clearinghouse
   - Geared toward education
   - Topics:
     - Literacy
     - Children/Youth with Disabilities
     - Early Childhood (Pre-K)
     - Math
     - ELL
     - K-12
     - Science
     - Teacher Excellence
     - Path to Graduation
     - Behavior
     - Charter Schools
     - Postsecondary

Free Solutions from elsewhere:

4. The National Professional Development Center on ASD EBP Guides
   - 27 evidence-based practices
   - Linked to the AFIRM resource (Autism Focused Intervention Resources and Modules)
   - Can pay $35 for each module to get CMHs

Free Solutions from elsewhere:

5. Cochrane Database of Systematic Reviews
   - Geared toward medical field
   - Some reviews of articles about language disorders, ASD, and DS
   - Must pay for full “plain language” review but can read most review abstracts for free
Free Solutions from elsewhere:

6. PubMed
   - Geared toward medical field
   - Some functions require free registration with NCBI
   - Can search by "free full text" to find only free articles
   - Need an article but it's not free? Try Unpaywall, Google, Institutional Repository for their university, or emailing the author

PAID RESOURCES

Paid Solutions:

1. The Informed SLP
   - Printable, online, and audio formats
   - Currently covers pediatric topics
     - Preschool + School Age (monthly)
     - EI (every other month)
   - Full membership: $29/3 months or $107/year
2. Many other databases (ScienceDirect etc)
So... what do we DO with these resources?

"[Finding evidence can be] a tradeoff between sources designed to be exhaustive and sources designed to support EBP and reduce the time barrier. Often good to use both."***

Scenarios:

- A 12 year old needs eval for language and reading difficulties. Parents are adamant that child needs FastForward. Where would you look for evidence about this program and how to evaluate this child?

- 48 year old male, s/p TBI. Testing indicates impaired memory function. Where would you look for evidence-based interventions for this?

- Parents are looking for private therapy for their 6 year old with ASD. They would like to be trained to do as much as they can with her at home. Where would you look for evidence-based interventions for this that you could also share with parents?

Practice:

1. Frame the Question
   - P
   - I
   - C
   - O

2. Find the Evidence

3. Assess the Evidence
   - Relevance to specific clinical question
   - Author and Publisher?

4. Make the Clinical Decision
References
How To Find and Implement EBPP by Jill Strock / PSAIA 2019
1. Frame the clinical question
   • Population: ________________________________________________
   • Intervention: ______________________________________________
   • Comparison: ______________________________________________
   • Outcome: ________________________________________________

2. Find the evidence

3. Assess the evidence
   • Relevance to the specific clinical question
   • Author and publisher?

4. Make the clinical decision

You can do this!