Evidence Based Practice in SLT: a workshop to develop critical appraisal skills and maximise engagement in the evidence base

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Outcomes from Today

• Identify how peer reviewed journals contribute to EBP and the SLT profession
• Critically appraise research studies using an established framework
• Understanding the role of service level data, e.g., audits in research and evidence based practice
Part 1: Contribution of peer reviewed journals to EBP in SLT
• Standards of proficiency for SLTs:
  – engage in evidence-based practice
  – recognise the value of research
  – awareness of research methodologies
  – evaluate research to inform practice
  – gather information - qualitative and quantitative
Why is evidence important?
Evidence is important

Giving advice that has not been tested can cause harm even when the intervention appears harmless!
Core components of EBP as defined by Dollaghan (2007)
Evidence-based practice is the integration of: (a) clinical expertise/expert opinion, (b) external scientific evidence, and (c) client/patient/caregiver perspectives to provide high-quality services reflecting the interests, values, needs, and choices of the individuals we serve.

http://www.asha.org/members/ebp/
Practice-based evidence

- Outcomes
- Audit
- Evaluation
- Clinical Research
- Involving children/families/clients
From Whelan et al., 2013

**Level 4**
Leadership
(leadership and supervision of the research of others)

**Level 3**
Leading research
(actively participating by leading research projects)

**Level 2**
Collaboration
(active involvement in research through collaboration with others)

**Level 1**
Evidence-based practice
(understanding, interpreting, and applying research)
From Whelan et al., 2013

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**ALL OF US!**
What does EBP look like to you?

A short video

https://www.youtube.com/watch?v=GUUF_UI4OrU
Journals in EBP

Over to you:

• What is the role of journals in EBP for you?
• What journals can you access and how?
• What journals do you read?
• What has been the most ‘important’ study or paper you have read in relation to your practice? Why?
• What are the challenges in accessing journals/reading papers?
Journals

• Editor(s)
• Publisher
• Aims and scope
• Impact Factors
• Peer review/Being a reviewer
• Subscription/Access/website
• Citation Activity
• Most read/cited list: Why are these the most read? [http://journals.sagepub.com/home/clt](http://journals.sagepub.com/home/clt)
• Future development of CLTT – your views
Part 2: Critical appraisal of research studies using an established framework
Critical Appraisal Skills Programme (CASP)

http://www.casp-uk.net/casp-tools-checklists

CASP qualitative research appraisal tool:
http://docs.wixstatic.com/ugd/dded87_25658615020e427da194a325e7773d42.pdf

CASP cohort study (quantitative research appraisal tool):
http://docs.wixstatic.com/ugd/dded87_5ad0ece77a3f4fc9bcd3665a7d1fa91f.pdf
Critical Appraisal Activity

• In small groups
• Two papers to critically appraise using the CASP tools (cohort study tool or qualitative research tool)


• Discuss and summarise
• Feedback your summary and learning points
Part 3: Understanding the role of service level data, e.g., audits in research and evidence based practice
Method

Online questionnaire

All SLT programme directors (n=18)

72% responded (n=13)

Data collected for 15 courses
(11 undergrad 4 postgrad)
Curriculum
Curriculum

Service evaluation
Audit
SLT Member (RCSLT) survey on research and EBP
Participant Characteristics N = 1035

Years of Experience

- 0-2 years (n=125)
- 3-5 years (n=146)
- 6-10 years (n=174)
- 11-15 years (n=153)
- 16-20 years (n=115)

Bangera, S. (2016). Exploring Speech and Language Therapists’ Understanding And Use of Research and Evidence Based Practice in Routine Clinical Work In The UK: MSc Dissertation, City, University of London.
Current involvement in research related activities

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I would like to further develop my skills in implementing evidence based practice

Frequency

I would like to further develop my skills in implementing evidence based practice
Own Data Activity

• Small Groups
• Share and discuss the service level data you have brought
• What else does the data need to be more meaningful or useful?
• What systems or processes work well or do you need to collect/use this data?
• Feedback to the whole group
• Action points from this activity for you?
Discover and Use Resources
Access to thousands of journals

http://www.rcslt.org/members/research_centre/journals_collection
A tool for evidence-based clinical decision making

Using the decision tree

1. Your assessment, differential diagnosis and appraisal of the evidence base have informed your selection of an intervention approach for your client. It is now time to start making decisions about your management of your client using the decision tree.

2. As you go through the decision tree you will be asked Yes/No questions.

3. Depending on how you respond you will be taken to different parts of the tree.

4. Once you come to the end of a branch of the tree, you will...

[Diagram of decision tree]

http://www.rcslt.org/members/research_centre/e_learning/tools
CASP CHECKLISTS

This set of eight critical appraisal tools are designed to be used when reading research, these include tools for Systematic Reviews, Randomised Controlled Trials, Cohort Studies, Case Control Studies, Economic Evaluations, Diagnostic Studies, Qualitative studies and Clinical Prediction Rule.

These are free to download and can be used by anyone under the Creative Commons License.

CASP Checklists (click to download)

<table>
<thead>
<tr>
<th>CASP Systematic Review Checklist</th>
<th>CASP Qualitative Checklist</th>
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http://www.casp-uk.net/#!casp-tools-checklists/c18f8
• Strategy Committee

• Professoriate

• Regional Hubs

http://www.csp.org.uk/professional-union/research/networking-support/council-allied-health-professions-research
physiotalk
@physiotalk
Helping physios to learn, share & influence with social media, with fortnightly tweetchats, team #physiotalk - @JanetThomas47 @NaomiMcVey @RoryTwogood

RCSLT
@RCSLT
@rcsltresearch
The Royal College of Speech and Language Therapists is the professional body for speech and language therapists and support workers.

ISAAC
@ISAAC_AAC
The International Society for Augmentative and Alternative Communication supports the best possible communication for people who use AAC

WeAHPs
@weahps
Connecting, driving & supporting the Allied Health Professionals community through tweetchats, social media resources as part of the WeCommunities

RADLDcampaign
@RADLDcampaign - RADLD (formerly known as RALLI) was created to Raise Awareness of Developmental Language Disorder #DevLangDis Like us on Facebook http://www.facebook.com/radld.page/
Make Connections
Make time

Start small

Embrace the evidence base

Build your network

Work as team

Influence the boss

Get involved in research led by others

Develop your own research questions

Secure funding
Summary

• Let’s summarise
• What is the one action point from today that you will do?
• Write this on one of the postcards and address to yourself
• What will you think when it arrives?