Evidence based practice

Lauren Longhurst
Research Officer
Plan

- Brief outline of support for evidence-based practice and research from the RCSLT
- For you to highlight other things that may be useful
What is an evidence-based practice approach?

Source: ASHA
‘Introduction to EBP’
https://www.asha.org/Research/EBP/Introduction-to-Evidence-Based-Practice/
Why is it important?

I want to be a clinician not a researcher

I need my therapists to spend most of their time on therapy

Do you not realise I’m already super busy?

Have you seen all the admin I need to do?

I’m not a team lead, it doesn’t apply to me
Why is it important?

- Healthcare services are being challenged to improve efficiency
- An evidence-based approach can help you provide safe, timely, effective, person-centred, equitable services
- Generating options
- Service-users want, and should have, quality services and their perspectives matter
- Commissioners need demonstrable evidence that what you are doing works
- Developing a workforce
- To make sure you are not wasting your time!
Learn about EBP and research

Research Methods

Dancing statistics
Find evidence to inform your practice

speechBITE
Speech Pathology Database for Best Interventions and Treatment Efficacy
Use the evidence to inform your practice

What Works?

The Communication Trust
Every child understood

RCSLT Online Outcome Tool

The RCSLT Online Outcome Tool (ROOT) supports you with collecting and collating TOMs data and generating reports.

The reports generated by the ROOT can be utilised by SLTs to inform clinical decision making and offer the potential to demonstrate the impact of SLT interventions for individual service users and cohorts of service users.

https://tinyurl.com/y7ebkanc
ROOT@rcslt.org
Add strings to your EBP/research bow

### Research Champions Activity Menu

Use this list of activities to find ideas for how you can embrace your role as a Research Champion. If you have an activity or resource to add, if you have any questions or comments about this document, please email katie.nchdd@rcslt.org.

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### NIHR Dissemination Centre

**Experts, can you help?**

We are looking for experienced professionals to join our funding committees. Make a difference to the future of research.

[www.nihr.ac.uk/NIHRcommittees](http://www.nihr.ac.uk/NIHRcommittees)
Getting started

Mark Jayes - RCSLT Research Champion
Tips on applying for NIHR Masters in Clinical Research

Selection took place locally. I had to complete an application form and was interviewed by local researchers who taught on the course. At the interview, I was asked general questions about my clinical career, understanding of research, research interests and my ability to manage the academic demands of the course. I found the application process quite straightforward.

Since I applied in 2009 competition for places has increased and the application process has changed to reflect this. Applicants are now expected to outline a research proposal in their application and be able to talk about this at the interview. They've also been asked to discuss and critically appraise a recent paper they have read.
Get support for your projects

Section 1: Planning for impact

Part of the research communications toolkit

July 2017
Support networks

Mission Statement
A UK-wide network of speech and language therapists that strives to ensure that speech and language therapy is an evidence-based, research-active profession, bringing together research and clinical practice by working in partnership with the RCSLT and wider research networks.

Vision
- Each SLT in the UK will have access to a RCSLT Research Champion.
- Each SLT service will have a culture of applying evidence and gathering evidence of effectiveness that is supported by their research champion.
- Each research champion will be supported by the RCSLT to disseminate information, promote evidence-based practice, signpost SLTs to sources of support, facilitate collaborations and share good practice.
Ongoing projects

UK STANDARDS for PUBLIC INVOLVEMENT

Association of Speech and Language Therapists in Independent Practice

NICE National Institute for Health and Care Excellence

Top Ten Paediatric Dysphagia Research Priorities

1. Are oro-motor therapy techniques effective and cost-effective in improving feeding and drinking health outcomes for children with young people with non-progressive neurodisability?

2. Does cervical-assisted swallowing (i.e., swallowing while the neck is extended) represent a safe and effective means of achieving swallowing goals in patients with swallowing disorders?

3. What is the most effective way to manage the transition from tube feeding to oral feeding in terms of health and wellbeing outcomes in premature infants?

4. What is the psychological impact of tube feeding on the parents of premature infants and do the fear of adverse effects and difficulties associated with tube feeding contribute to parental stress?

5. Is cutting tongue tie effective and cost-effective in terms of feeding outcomes in infants with tongue tie?

6. Is oral motor exposure effective and cost-effective in improving oral feeding and swallowing outcomes in children with behavioral and/or sensory feeding difficulties?

7. In feeding via a gavage tube, is the effectiveness of improving health and wellbeing outcomes of children with swallowing difficulties and their families with nutritionally adequate and palatable feeds?

8. What is the typical pattern of development of breastfeeding in premature infants?

9. What is the effect of the NuroRelax Oral-Motor Assessment Scale (NORMAS) on identifying and managing feeding difficulties in infants?

10. What is the clinical and cost-effectiveness of speech and language therapists training to improve outcomes for children with oral motor and feeding and drinking difficulties?
Coming up soon

RCSLT Conference 2019
25-26 September 2019
IMPROVING QUALITY IN SPEECH AND LANGUAGE THERAPY
EVERYONE’S BUSINESS
Early bird rate available until 31 July
East Midlands Conference Centre | Nottingham | #RCSLT2019
R&D team

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Feedback

What support from the RCSLT have you / would you find useful?
Any questions?