



Workshop: How can we ensure our practice is evidence-based and relevant in the real world?

RCSLT Connect Scotland
17 September 2024



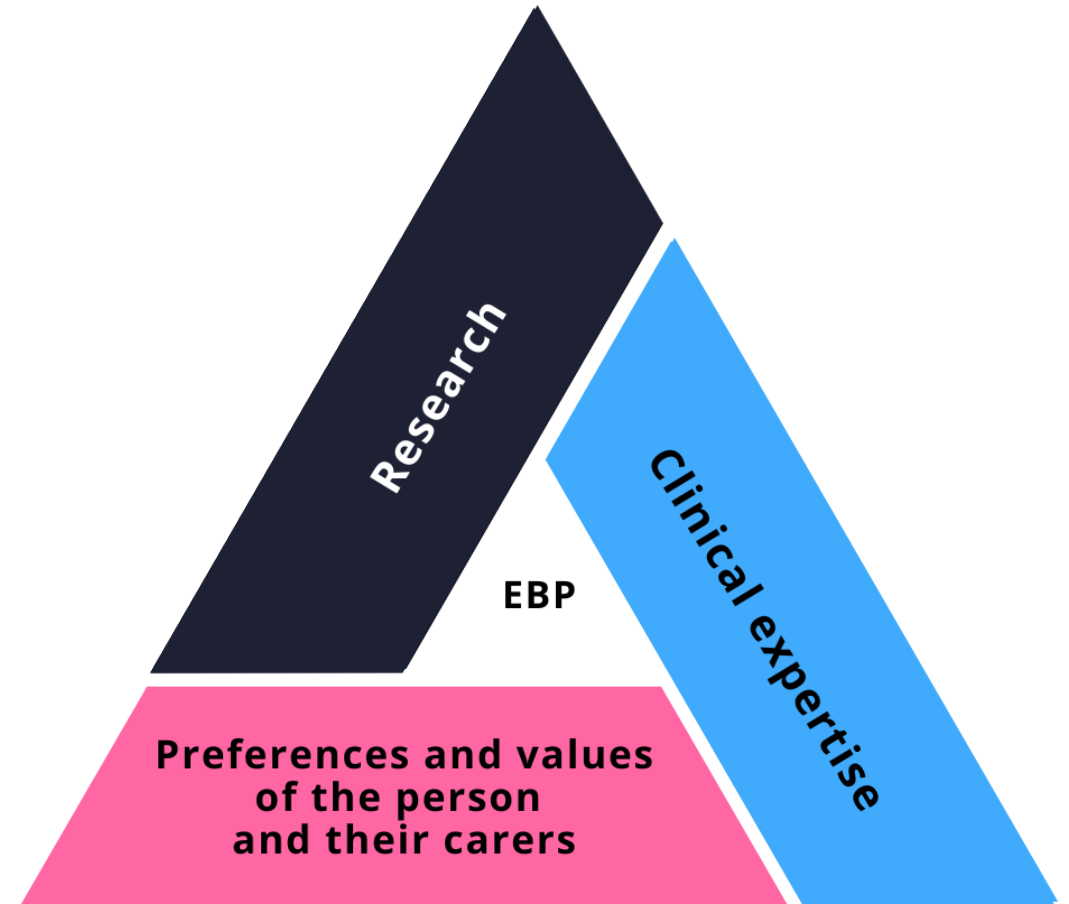
Session aims

By the end of the session, workshop participants will:

- Be reminded of what is meant by evidence-based practice and the key components of this.
- Have reflected on their approach to EBP in the context of clinical scenarios
- Be aware of some tools and resources that can support EBP

What is evidence-based practice?

- Ethical care as top priority
- Individualised, accessible evidence
- Expert judgement, not rule following
- Shared decision-making
- Building clinician-patient relationship
- Applies to delivery of care at both the individual and service level



Scenario 1: Family members of someone you are working with have read stories online about people who have benefited from a new intervention you have never heard of. They are insisting you try this approach.

Scenario 2: Your service has been informed that funders are considering a range of cost-cutting measures ahead of the next financial year and are asking for feedback. One proposal is that therapies will only be provided at hospital or clinic sites and clinicians will not be able to see patients in any other setting.

What resources and sources of information could you use to take an evidence-based approach to these situations?

Feedback



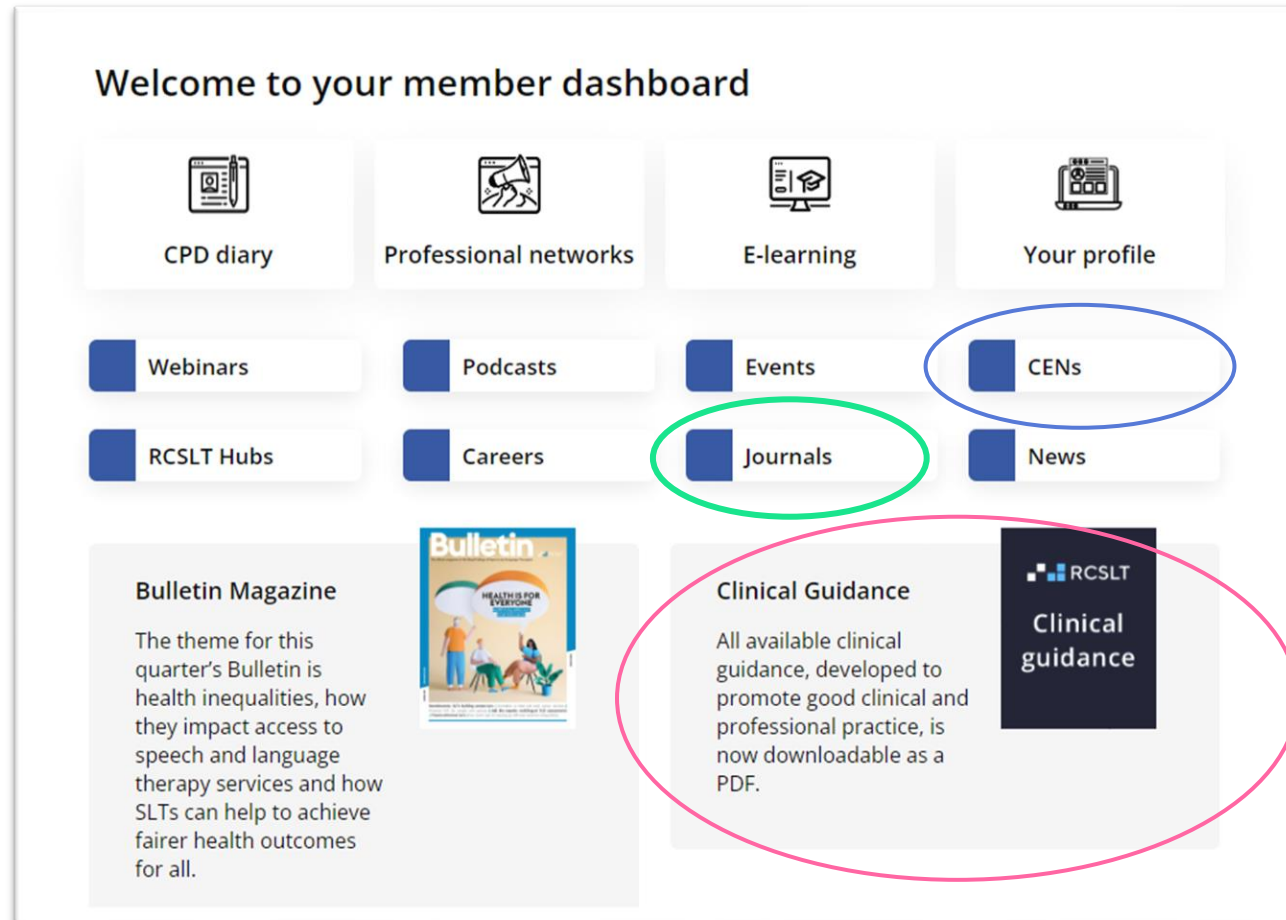
Top tips



- RCSLT's step-by-step 'clinical decision-making tool': www.rcsltcpd.org.uk
- RCSLT guidance on responding to proposed changes to your service: rcslt.info/service-changes
- Get in touch for support: RCSLT Enquiries info@rcslt.org or Scotland office scotland@rcslt.org

Resources for RCSLT members

Welcome to your member dashboard



The dashboard features a grid of resource tiles. The top row includes 'CPD diary', 'Professional networks', 'E-learning', and 'Your profile'. The middle section contains a row of five tiles: 'Webinars', 'Podcasts', 'Events', 'CENs' (circled in blue), and 'RCSLT Hubs'. Below this is another row with 'Careers', 'Journals' (circled in green), and 'News'. The bottom section is divided into two main areas: 'Bulletin Magazine' on the left and 'Clinical Guidance' on the right. The 'Clinical Guidance' area is circled in pink and includes a dark blue box with the RCSLT logo and the text 'Clinical guidance'.

CPD diary

Professional networks

E-learning

Your profile

Webinars

Podcasts

Events

CENs

RCSLT Hubs

Careers

Journals

News

Bulletin Magazine

The theme for this quarter's Bulletin is health inequalities, how they impact access to speech and language therapy services and how SLTs can help to achieve fairer health outcomes for all.

Bulletin

HEALTH IS FOR EVERYONE

Clinical Guidance

All available clinical guidance, developed to promote good clinical and professional practice, is now downloadable as a PDF.

RCSLT

Clinical guidance



Other tools and resources



The
Knowledge Network
for health and social care

speechBITE

Speech Pathology Database for Best Interventions and Treatment Efficacy



ASHA Evidence Maps

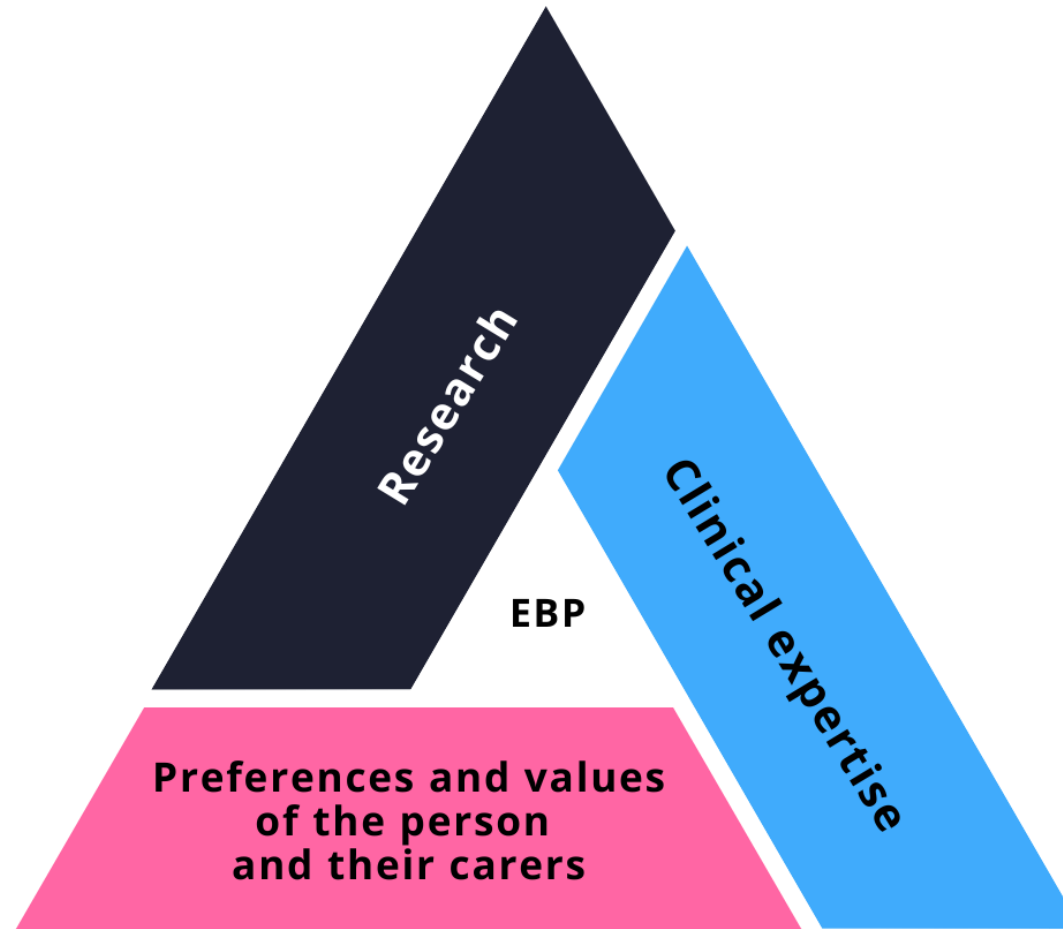
Welcome to the Evidence Maps, the latest evidence at your fingertips.

What Works database

A database of evidenced interventions to support children's speech, language and communication skills.



A reminder!



Further learning and reflection

- EBP pages rcslt.info/EBP
- e-learning courses www.rcsltcpd.org.uk
 - An introduction to evidence-based practice
 - Research under the spotlight
 - Clinical decision-making tool
- Professional development scenarios
rcslt.info/ProfDevScenarios



What next?

- Share your take home action!
- Summary of ideas and resources to be shared with attendees after the event
- Keep in touch: info@rcslt.org X RCSLTResearch



With thanks to Research Champions
Sally Boa and Leila Mackie for their help
in the development of this workshop

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