

# Evidence-Based practice: Bridging research and clinical decision-making.

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## Introduction

Evidence-Based Practice (EBP) is a fundamental approach in modern healthcare that integrates clinical expertise with the best available research evidence and patient values. Originating from the field of medicine, EBP has expanded into various health disciplines, including nursing, public health, physiotherapy, and psychology. Its goal is to improve patient outcomes by making clinical decisions grounded in the most reliable and up-to-date evidence. The foundation of EBP lies in the systematic review of current research, which enables practitioners to stay informed about effective treatments and interventions. Rather than relying solely on traditional practices or anecdotal experience, healthcare professionals are encouraged to critically evaluate peer-reviewed studies, clinical trials, and meta-analyses. This ensures that the care provided is scientifically sound and consistently updated to reflect advancements in the field.[1,2].

In addition to research evidence, clinical expertise plays a vital role in EBP. Healthcare professionals apply their experience, skills, and intuition to interpret evidence and tailor it to individual patient needs. Each patient is unique, and what works for one may not be suitable for another. EBP empowers clinicians to make informed choices while considering contextual factors such as comorbidities, preferences, and lifestyle. Patient values and preferences are the third pillar of EBP. Involving patients in decision-making not only promotes autonomy but also improves satisfaction and adherence to treatment plans. This patient-centered approach ensures that care is not just clinically effective, but also aligned with what matters most to the individual receiving it. [3,4].

The implementation of EBP requires a supportive infrastructure, including access to databases, continuing education, and institutional encouragement. Training programs and workshops are essential to equip healthcare professionals with the skills to search for, appraise, and apply research findings. Moreover, hospitals and clinics must foster a culture where questioning outdated practices and adopting new, evidence-based approaches are encouraged. [5,6].

Despite its advantages, EBP also faces several challenges. Limited access to research, time constraints, lack of training in critical appraisal, and resistance to change can hinder its application. Additionally, in some fields, high-quality evidence may be scarce, making it difficult to draw clear conclusions. To overcome these barriers, interdisciplinary collaboration and leadership support are crucial. [7,8].

The future of EBP looks promising with the integration of digital health technologies and artificial intelligence. These tools can streamline data analysis, personalize care, and provide real-time evidence to guide decision-making. As global health challenges evolve, EBP remains a cornerstone in ensuring safe, effective, and ethical healthcare delivery. [9,10].

## Conclusion

Evidence-Based Practice is a dynamic and essential strategy for improving healthcare outcomes. By uniting the best research evidence, clinical expertise, and patient preferences, EBP enhances the quality and consistency of care. Continued investment in education, research, and infrastructure will be key to fully realizing its potential across all health disciplines.

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