

FEAMC Symposium
Assisi, Italy (april 2022)

Evidence-Based Medicine and Compassion

Alexandre Laureano Santos

Portuguese Catholic Medical Association (AMCP)

The Evidence-Based Medicine

Clinical Judgement

Alvan Feinstein

William & Wilkins. 1967

Effective and Efficiency. Random Reflections on Health Service

Archibald Leman Cochrane

Nuffield Provincial Hospitals Trust. 1972

Evidence-Based Medicine

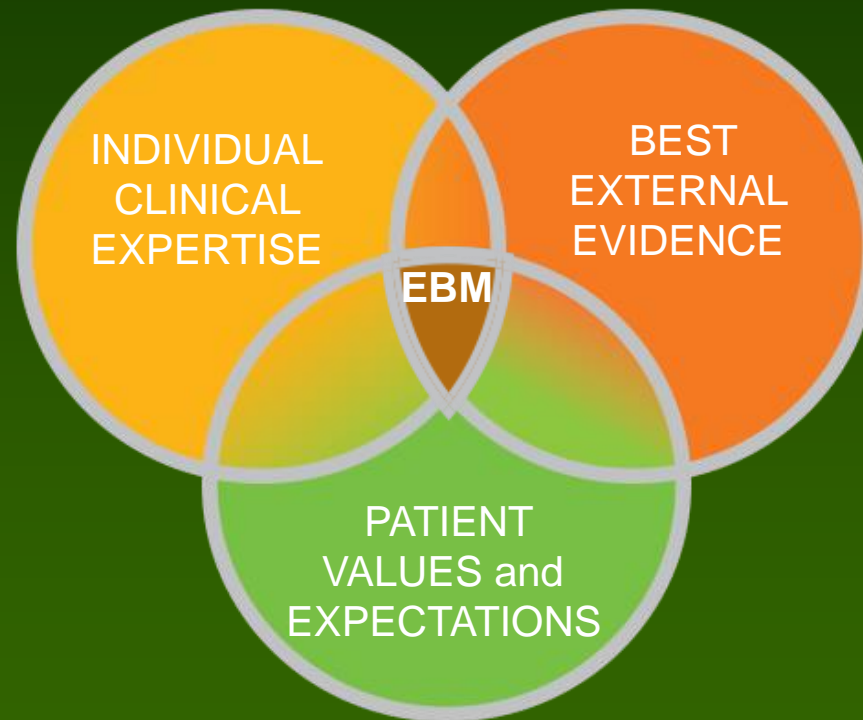
Definition

The conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patient integrating clinical expertise and the best external evidence from systematic research.

Gordon Guyatt

JAMA: 268 (17): 2420-25. 1992

EVIDENCE BASED MEDICINE (EBM)



Evidence-Based Medicine

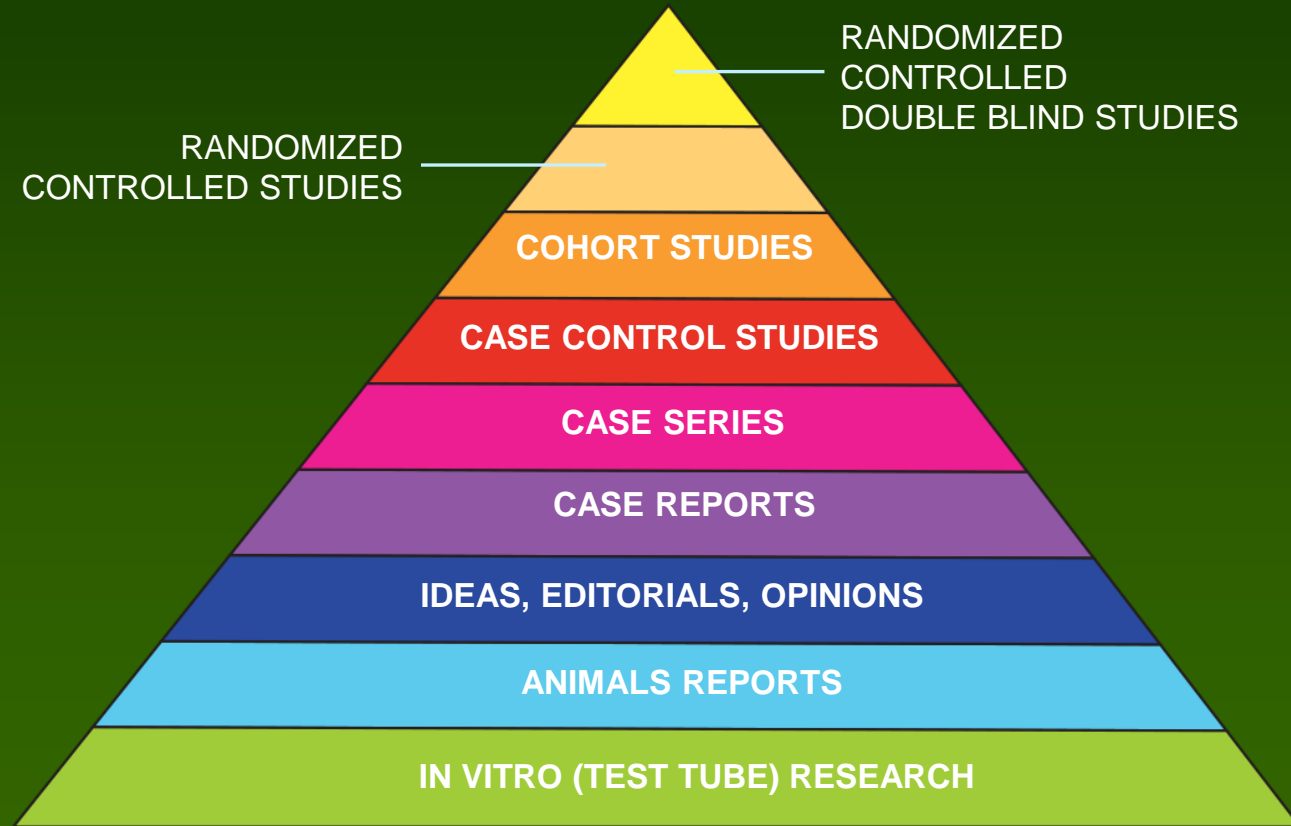
Methodology

The Evidence-Based Medicine (EBM) methods involves the routine use of the best scientific evidences obtained by clinical research in the treatment of the particular disease circumstances of a personal patient included in his familial and community involvement.

Categories of clinical evidence

- 1A-Evidences by meta-analyses of several randomized control research (RCR) with double blind control.
- 1B- Evidences from only one RCR.
- 2A-Evidences from well designed control research without randomization.
- 2B- Evidences from well designed cohort or case control studies.
- 3 - Evidence obtained from multiple series designs.
- 4 - Opinions of respected authorities, based on clinical experience, descriptive studies or reports of expert committees.

EVIDENCE HIERARCHY OF THE STUDY DESIGNS



Meaning of levels of evidence in Evidence Based Medicine

Level A - Good scientific evidence suggests that benefits substantially outweigh the potential risks.

Level B - Least fair scientific evidence suggests that benefits outweigh the potential risks.

Level C - Scientific evidence suggests that the balance benefits/risk is fair and close to general measures.

Level D - At least fair scientific evidence suggests that the risks outweigh potential benefits.

Level I - Scientific evidence is lacking, poor quality or with conflicting results.

Regularly Updated Collection of EBM databases

- The Cochrane Databases of Systematic Reviews (Cochrane Reviews)
- The Database of Abstracts of Reviews of Effects ((DARE)
- The Cochrane Central Register of Controlled Trials (CENTRAL)
- The Cochrane Databases of Methodology Reviews (Methodology Reviews)
- The Cochrane Methodology Register (Methodology Register)
- Health Technology Assessment Database (HTA)
- NHS Economic Evaluation Database (NHS EED)

Approach to the application of EBM resources

STEPS

- Problem definition: Patient/problem (what kind of problem to find solutions (diagnosis, procedures, interventions)).
- Selection of adequated sources of information.
- Critical evaluation of information.
- Application of information to the patient / situations.
- Efficacy evaluation of the application on patient / problem.

EVIDENCE BASED MEDICINE NEW APPROACHES AND CHALLENGES

