In addition to the term evidence based medicine, other healthcare practitioners might prefer the term evidence based practice, or something specific like evidence based physiotherapy. What is written below applies to them all although there are other information sources that nurses and physiotherapists should use.

Evidence based medicine integrates the best research evidence with clinical expertise and the unique values and circumstances of the patient. The best research evidence is a good systematic review, if one can be found. Look in the Cochrane Database of Systematic Reviews and DARE, both parts of the Cochrane Library, and also in Medline and Embase (see note below).

If no good systematic review is available, then a good randomised controlled trial should be searched for, using Medline or the Trials register in the Cochrane Library. Other types of study and other sorts of literature (including “ordinary” review articles) are less good evidence, but can also be found using Medline or Embase.

Critically appraised summaries are evidence based summaries of research knowledge and can be found in PRODIGY and also in NHS Evidence.

Evidence based clinical guidelines are produced to aid healthcare providers. NICE Guidelines are an example of these. NICE and other guidelines can be found in NHS Evidence, and also in the National Guideline Clearinghouse.

Sources of evidence
Cochrane Library, Medline and PRODIGY are in the Library’s Databases A-Z available from the Library homepage. TRIP Database Plus searches a variety of evidence based sources simultaneously and is also in the Databases A-Z. Embase is available only to students and staff in the Department of Health Sciences.

Further information
NHS Evidence https://www.evidence.nhs.uk/
National Guideline Clearinghouse http://www.guidelines.gov/
Library webpage about evidence based practice http://www2.le.ac.uk/library/find/subjects/medicine/ebp