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Evidence based medicine in health care professionals' opinion. A pilot study

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Background & Aim: Evidence based medicine (EBM) is the application of clinical medicine relying on the best scientific evidence available at time. Health care professionals practice medicine relying on their knowledge which is usually enriched by revising scientific bases while seeking adequate data in order to make right decisions. This study was undertaken to know the opinion of health care professionals from a university hospital and its primary care centers about their EBM competences and needs in 2016.

Methods: A self-completed questionnaire was designed for health care professionals. The questionnaire contained 6 sections (socio-demographic data, EBM formation, available access to EBM material, competences, needs and suggestions) and 36 variables. The variables were scored on a scale of 1-10 (low to high). A pilot study was performed. The present study was done in accordance with the Ethics Research Committee.

Results: Cronbach's coefficient >0.954. 31 health professionals responded the questionnaire (26 physicians and 5 nurses). 61% were females with average age of 46 years old. Participation was of 69%. Regarding their interest in access to Clinical Practice Guidelines (CPGs) databases they rated it of 8.35 points. of their competences, professionals choose as the best their need and interest in improving EBM (8.10 and 8.00 respectively). On the other hand, the worst rated was the possibility to apply EBM principles in daily practice (5.45 points). As for needs in EBM formation, they rated best their interest in access to on-line materials (8.35 points) and as 2nd best critical reading especially of treatment articles (7.97); they worse rated their possibility to elaborate CPGs based on EBM (7.39).

Conclusions: Health care professionals were very interested in EBM, especially in access to CPGs and other EBM materials. They also considered EBM as necessary in their daily practice, even with the multiple difficulties implicated while applying it.