

UNLOCKING HEALTHCARE INSIGHTS

Evidence-Based Medicine (EBM)



Cochrane

Multiple Sclerosis and Rare Diseases
of the Central Nervous System

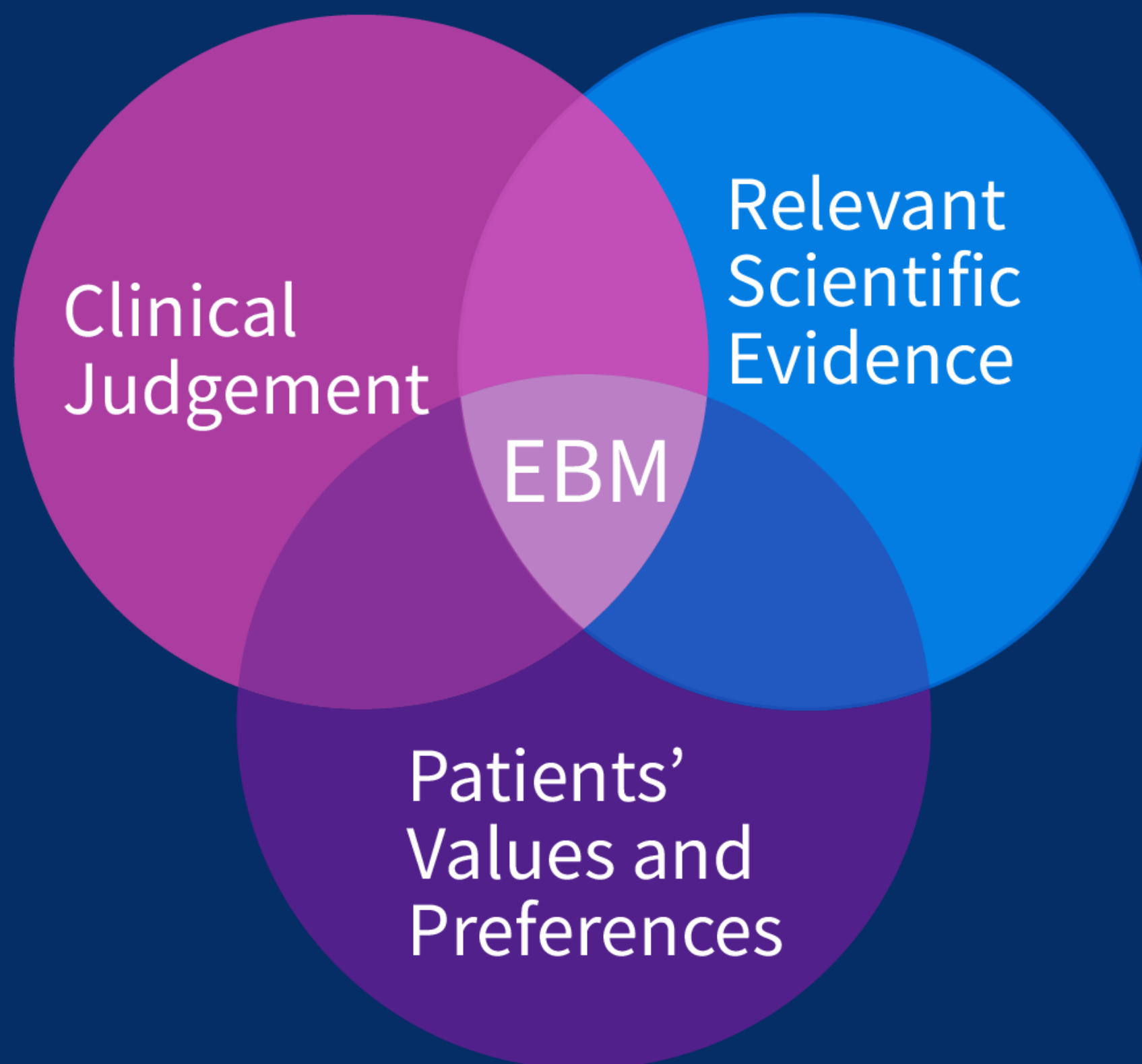


EBM ensures medical decisions are grounded in rigorous scientific research, evolving from a focus on published data to a holistic approach.

EBM emerged in the 1990s at McMaster's University, driven by a need for scientific rigor in medical decisions.



EBM integrates clinical judgment, scientific evidence, and patients' values. These pillars work together for well-informed and patient-centered decision-making





Clinical judgment relies on the healthcare professional's experience and understanding of the patient. It considers individual circumstances, anticipating potential impacts on treatment outcomes.



RELEVANT SCIENTIFIC EVIDENCE



Scientific evidence, derived from randomized controlled trials and systematic reviews, forms a crucial foundation. It provides objective insights into treatment efficacy and safety.





Patient-centered care involves respecting values and preferences.

From treatment methods to cultural considerations, EBM recognizes the diverse factors influencing patients' choices





1. **Ask a Question**: a clear and answerable question, based on patient needs.
2. **Find Best Evidence**: the most relevant and reliable scientific evidence through methods like systematic reviews and RCTs.
3. **Evaluate Evidence**: critically evaluate its validity and applicability.
4. **Apply Information**: combine the evidence into clinical expertise and consider patients' values for shared decision-making.
5. **Evaluate Outcomes**: assess the impact of the intervention.

GET INVOLVED

Want to know more?

- Check out [Cochrane Evidence Essentials](#)
- Read our reviews on [Cochrane Library](#).
- Follows us for being updated about EBM practice in the field of MS!



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