Welcome to the podcast entitled Health and Wellness Briefs Tactics for a better you, I'm Doctor Bern Melnyk, Vice President for Health Promotion and Chief Wellness Officer for The Ohio State University.

This podcast series is brought to you by my CWO office and wonderful Buckeye Wellness team, in order to provide you with evidence-based micro-learning modules to optimize your health and well-being.

My CWO podcast starts by taking a dose of vitamin G given that vitamin G or gratitude is one of the simplest research-based strategies to improve mood, sleep and optimism and reduce stress and blood pressure. Please take a few seconds now to think about who or what you're grateful for today. Give a dose of vitamin G to someone today for even more benefit.

My topic today is one of my favorites, evidence-based health care, what do you need to know? And I am thrilled to have as my expert guest Doctor Jackie Hoyne, who is a clinical assistant professor in the Ohio State College of Nursing Jackie, also for the past several years, has led our community core in our full National Institute for Evidence based practice. Really focused on helping the public ask great questions so they receive the highest quality and safety of the healthcare.

Jackie, you know, this is one of my greatest areas of passion. I've been banging the drum for evidence-based health care for the last 25 years. I've long had the philosophy, “In God we trust that everybody else better bring data to the table”. So, I'm going to start with my first question, because a lot of people think of course, all of health care is evidence-based for better outcomes. But let's help people to first understand what are the key principles of evidence-based healthcare and how do they guide clinical decision-making and patient care in today's healthcare landscape?
Absolutely. And it is a pleasure to be here with you today, Bern. What a joy. I was remembering you. It's actually quoted in my dissertation, what you say about, “In God we trust, and everyone else should bring data”. So, I smile about that.

But when we think about the key principles of evidence-based healthcare, I like to compare it to a three-legged stool. As the three fundamental principles of evidence-based healthcare, so the first leg of the stool is research or scientific evidence, meaning it’s the most rigorous scientific evidence that is valid and reliable.

The second leg of the stool is clinician expertise. So that's the expertise that clinicians gain from years of experience working with people and seeing how people respond to treatment.

And then the third leg of the stool is the patient preferences, values, and their circumstances. And those three legs of the stool are equally essential to guide clinical decision make.

The other piece that I would add in is the Quint triple aim for healthcare improvement. They've added HealthEquity as a goal, emphasizing that health care needs to be optimized to establish HealthEquity and interestingly translational and implementation sciences have emerged to promote evidence-based practice. So, we're seeing some dynamic changes on the horizon.

**00:05:40 Dr. Bernadette Melnyk**

You know, I think Jackie again, a lot of public thinks is an all-healthcare evidence based, but our team has conducted so much research over the years and sadly our data indicates that only about 40 to 50% of clinicians are consistently implementing evidence-based health.

There now a barrier is just the vast amount of research evidence out there. So how can healthcare professionals effectively navigate that massive amount of research evidence to identify the highest quality of the evidence to guide what they do in practice?

**00:06:46 Jackie Hoying**

Yeah, absolutely. So, you know, first I would, I would suggest focusing your medical literature on reading pre-appraised evidence, meaning systematic reviews and evidence based clinical practice guidelines instead of individual single studies.

The foundation for Best Practice really is a body of evidence, right? And the easiest way to get there is through high quality reviews.
I’m going to suggest today, and I will certainly provide the references for this, but there is an interesting article on how to conduct a rapid review. It’s by Garrity et al and in there they published the Cochrane Rapid Reviews methods group. And they offered evidence-based guidance to conduct rapid reviews. So, it was really a nice, straightforward read on what that could look like.

They also conducted a definition on - they put a definition out on what that would look like. So, to be considered a systematic review for screening purposes, the studies need to clearly report inclusion and exclusion criteria, search at least two databases, and conduct a risk of bias assessment and provide a list and synthesis of included studies.

00:08:15 Dr. Bernadette Melnyk

Those are all important pieces of information that you just provided.

But another interesting fact for people to hear is since 2000, we have said a famous landmark study was published that actually said it takes 17 years to translate findings from research into clinical practice to improve care. A more recent study in 2021 was conducted that said we actually move the needle by two years in two decades. So, it only takes 15 years to translate findings from research into clinical care. Well, obviously that’s way too long. Because at that pace, it’s going to take us another 150 years before research is produced. And bam, it’s translated into the real world to improve care and outcomes.

Can you talk about some of the common challenges, or misconceptions, healthcare providers face when trying to implement evidence-based practice? And how can those barriers be overcome?

00:09:56 Jackie Hoying

Sure. I think we spend too much time trying to implement new things which fail, and this is frustrating.

Instead, we should dedicate more time to searching the literature to ensure that the best practice, what we want to implement, is truly evidence-based and has the greatest likelihood of having the desired effect.

We need to dedicate more time to identifying what is the clinical issue, searching the literature and then synthesizing best practices before making small steps of change. Then you take that and make a small test and then adapt it again. So, this process really blends evidence-based practice and quality improvement methodology, and it’s known as evidence-based practice improvement.

00:10:49 Dr. Bernadette Melnyk
And it's interesting, Jackie, that most people do not realize that there are 250,000 to 400,000 people who die across the United States from preventable medical errors that are made, or omissions that are made, because well-meaning caring clinicians are not following best evidence. The best evidence-based guidelines out there or clinicians today, many of them are burnt out so they can't be fully engaged with what they do.

So, I guess if you are trying to teach a layperson about how can they know what's the best questions to ask about? Best evidence if they get admitted to the hospital, when they see their healthcare provider, what kind of tips would you give them about making sure they're receiving the highest quality of evidence-based evidence based.

00:12:24 Jackie Hoying

Well, I would think about that, It's a that it's a team sport, right? So that you want to see that there are more than one discipline involved in the care and that the communication is occurring between members.

Write your questions down. Don't rely on your memory. Sometimes when people come into the room, it's easy to get distracted and to lose your thoughts. So, and then I would tell the public to look at Medline Plus. It is a great access point to look at what is current, what is accurate, and what is evidence-based. So, it's a great place to go instead of using like Doctor Google, right? So, Medline Plus is the first thing that I asked people to use for your source of accurate information and then not being afraid to ask the questions. So, following up with the individual with your individual clinician provider.

00:13:31 Dr. Bernadette Melnyk

I think that last point, it's so crucial. People really need to ask for evidence-based healthcare, so when they're given, let's say, a prescription by a healthcare provider, is this the best medication based on research evidence for me to be taking? Or what is the best evidence for high blood pressure, diabetes, or whatever chronic condition? And to keep asking if you don't understand, or you doubt what you're being told. There are so many people that are just afraid to ask for that evidence, and we just have to make that a standard behavior in any healthcare encounter.

So as the field of healthcare evolves, how can we ensure that evidence-based practices are responsive to emerging research? Because if it does indeed still take 15 years, what do we do to speed that up? And how can, maybe, technology help in that?

00:15:12 Jackie Hoying
Sure. So, I think we need to be cognizant of the fact that patient needs are shifting right away from the hospital to the community and we're looking at population health and preventive measures. So, the best way to know what the community wants is to ask them and then engage with our communities by conducting research that's important for them and their healthcare services and that their priorities are reflected in what we are focused on.

I would also add, I think artificial intelligence is something that we can use. To think about, how it could remain responsive, with emerging research and the technology advancements that are occurring to help us keep up.

**00:16:08 Dr. Bernadette Melnyk**

Absolutely, and I want to add, that if you work in healthcare, it's really important that you know there are a list of evidence-based practice competencies. And if you're not feeling confident in the delivery of evidence-based healthcare, you can come to our FULD National Institute for evidence-based practice. We offer many, many workshops to get skilled and confident in evidence-based practice, and again if you don't live or work in healthcare, get up to speed on knowledge about best evidence by continually asking for your provider to explain, “What is the best evidence on this topic or treatment?”

So, Jackie, it's been a pleasure to talk with you today about a topic so near and dear to my heart and expertise.

Thank you for listening to “Health and Wellness Briefs.” Tune in to other of My CWO podcasts in this series, to learn more evidence-based tips for a healthier, happier, and better you.