How does an EBM approach work?

STEP I: Identify a clinical information need.

STEP II: Formulate a structured clinical query
- Allows you to clarify the question in your mind
- Helps you do literature search

STEP III: Search and retrieve literature
- Choose the highest quality evidence

STEP IV: Critically appraise the literature
- Evaluate quality of the literature
- Evaluate the importance of the findings
- Assess the relevance of the findings to your population

STEP V: Apply if appropriate.
- Clinical benefit to your patient
- Side-effects
- Patient's views and perception
- Costs