

## Evaluation of my use of EBP

Asking answerable questions		Yes	No
1.	Do I ask any clinical questions?		
2.	Do I use PICO, PICO or similar to develop my questions?		
3.	Do I have a method to develop and save my questions?		
Acquiring the best external evidence		Yes	No
1.	Am I searching for evidence?		
2.	Do I know the best sources of current evidence for my clinical discipline?		
3.	Do I have access to the best evidence for my clinical discipline?		
4.	Do I use Booleans, MeSH headings, limiters, suitable keywords or an appropriate search filter when searching PubMed?		
Appraisal of evidence		Yes	No
1.	Do I critically appraise external evidence at all?		
2.	Is my use of critical appraisal checklists improving?		
3.	Is my understanding of outcome certainty and rigour and the measures used to assess this improving?		
4.	Have I created any appraisal summaries?		
Adopting evidence		Yes	No
1.	Am I integrating my critical appraisals of evidence into my practice at all?		
2.	When evidence suggests a need to change practice, am I identifying barriers and facilitators to this change?		
3.	Am I eliciting patient values and preferences?		
4.	Am I explaining the potential risks and benefits to my patients and checking that they understand?		
5.	Am I integrating the evidence with my clinical expertise and my patient's values and preferences?		
6.	Am I sharing my findings with others at meetings, journal club, or other opportunities?		
Assessing evidence		Yes	No
1.	When evidence suggests a change in practice, am I identifying ways to monitor the impact of this change?		
2.	Am I considering sustainability of this change?		