



## Evidence pack contents

Palliative care is focused on quality of life and your preferences as a patient, or those of the person you care for, are central to providing quality care.

Evidence helps you to understand the issues. It also informs care decisions by showing us the most likely impact of events or interventions.

### 7-Steps to finding evidence with CareSearch

A quick guide to using CareSearch resources to find the most relevant evidence and information for those providing care.

### Journal club basics and plan

A quick guide to planning a journal club and how it can help improve practice.

### Searches for evidence begin with the right question

Mnemonic frameworks help you to define your question and build an answerable question. CareSearch has interactive versions of mnemonic tools including:

- PICO Tool
- PICO (qualitative) Tool

### Assess your use of evidence

This self-evaluation form will help you to reflect on whether you are making the best use of evidence in your practice and where it might be improved.

### CareSearch support for Evidence Training

There are three common applications of evidence in a clinical context: Evidence Based Practice, Quality Improvement, and Research. This sheet shows you how to access training and support for each of these using CareSearch.

### Developing a knowledge translation plan

This sheet helps you to get started with implementing change. Follow the steps to make use of CareSearch resources and others that can help you from the point of identifying the need for change to planning and implementing change.

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