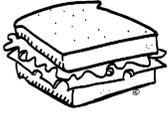




Name _____ Date _____ Section _____

Citation:



Summarize what you found in an EBP sandwich in 1-3 sentences:

	Are the Results Valid?	Comments
	Were patients properly randomized?	
A	Was randomization concealed (AKA <i>concealed allocation</i>)?	
B	Were relevant groups blinded: patients, caregivers, collectors of outcome data, data analysts?	
C ₁	Were patients in the treatment and control groups comparable with respect to known characteristics that might influence study outcome measures?	
C ₂	Aside from the experimental intervention, were groups comparable in terms of exposure to additional therapies?	
D	How many drop outs/how much missing data? <ul style="list-style-type: none"> • End of intervention: • Main outcome measure points: • End of follow-up How were they accounted for?	
F	Was follow-up an appropriate length of time?	
I	Were patients analyzed in the groups to which they were randomized (AKA by <i>intention to treat</i>)?	
X	Were there any other threats of bias?	
II	What are the Results?	
A	How large was the treatment effect (i.e., was it <i>clinically important</i>)?	
B	Were the results statistically significant?	
C	How precise was the estimate of the treatment effect (e.g., were the <i>confidence intervals</i> narrow)?	
III	How can I apply the results to my patient care?	
A	Were the study patients similar to my patients?	
B	Were all patient-important outcomes considered?	
C	Are the likely benefits worth the potential harms and costs?	

Clinical Application: Would you apply the results to one of your patients (why/why not)

- Yes__ No__ Not sure ____
- Why?

Study Guide: Components of the EBP Sandwich

The EBP sandwich

The “meat”: what was the answer to the clinical or research question?

The “bread”: What is the magnitude of treatment effect? (This should be expressed in numbers whenever possible).

The other bread: How strong is the evidence? (High quality study? Flawed? Low quality?)

Example:

The meat: Vitamin B may help decrease the frequency of migraine headaches.

How good: Frequency was cut in half with an NNT 4.

The evidence: Based on a small moderate quality 2004 RCT (lack of blinding of outcome assessors).