



Special Collection: Letter to the Editor

Advancing Evidence-Based Practice with Evidence Summaries

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JBI of the University of Adelaide is an international organization dedicated to enhancing health and healthcare delivery through the promotion of evidence-based decision-making. It offers unique solutions for accessing, appraising, and applying high-quality evidence to improve global health outcomes. By addressing the practical needs of healthcare professionals and users, JBI provides reliable, high-quality information tailored to specific populations and contexts. Through collaborations with universities and hospitals worldwide, JBI ensures that the evidence it synthesizes, disseminates, and implements is culturally inclusive and relevant across various healthcare settings.¹

The Center for Health Research and Movement Science, the sole JBI Affiliated Group in the Philippines, plays a crucial role in advocating for evidence-based practice through JBI evidence summaries.² These summaries are vital for several reasons. Primarily, they offer a succinct synthesis of the highest quality evidence on specific topics, enabling healthcare professionals to stay updated without needing to review numerous individual studies. This streamlined access to information is highly beneficial. Additionally, evidence summaries support

clinical decision-making by presenting key findings or the clinical bottom line derived from the evidence, informing both practice and policy. This distillation of complex research into practical insights assists clinicians in making well-informed decisions. Furthermore, these summaries provide best practice recommendations grounded in evidence, supporting clinicians in delivering better care. By promoting evidence-based practices, they promote consistency and high standards in patient care. Moreover, evidence summaries incorporate only the latest and most reliable evidence, thus superseding outdated studies. As such, evidence summaries act as a critical link between research and clinical practice, facilitating the application of the most up-to-date and robust evidence in healthcare settings.³

In comparison to systematic reviews, evidence summaries offer several distinct advantages, including brevity, timeliness, clinical applicability, accessibility, and uniform formatting. They condense essential findings into a brief format, making them more digestible. These summaries are updated more frequently, ensuring the provision of the latest evidence. They focus on clinical implications, providing practical recommendations for practice.

Designed for busy clinicians, policymakers, and educators, they offer quick and easy access to evidence. By adhering to a standardized format, they enable straightforward comparison and application of findings across different topics. In essence, evidence summaries effectively bridge the gap between research and practice by delivering timely, relevant, and concise information to healthcare professionals.³

An evidence summary comprises several essential components, ensuring clarity and standardization. The title follows a specific convention, indicating the population, condition, or topic, along with the intervention. The search date is clearly stated to ensure the evidence's relevance. Author information, including names and qualifications, is listed. The clinical bottom line introduces the topic's clinical significance and summarizes key findings in a brief paragraph with bullet points. The summary details the characteristics of the evidence, including study types, designs, number of studies, and participants. Best practice recommendations are provided and rated using the JBI Grades of Recommendations. References are organized numerically according to the Vancouver format. A technical development report outlines the search parameters, databases searched, search terms used, and appraisal results for new evidence. This structured format ensures the presentation of the most current and relevant evidence in a clear and standardized manner.³

To further enhance the application of evidence-based practice, the Health Research Methods Course, offered at the Graduate School of the University of Santo Tomas, integrates Master of Science in Physical Therapy and Master of Science in Occupational Therapy students into the development of evidence summaries. This program aims to fulfil strategic objectives by evaluating and improving the quality, clinical relevance, and applicability of evidence in rehabilitation practice. The course emphasizes utilizing specific online resources, such as the Cochrane Library, PubMed/MEDLINE, Web of Science, and CINAHL, to identify and include the

best available evidence. Post-graduate students are guided to structure their reports according to the JBI Evidence Summary template. The program focuses on providing practical exposure to creating and updating research resources, enhancing students' skills in conducting research, evaluating evidence, and effectively reporting their findings. By the end of the program, students are expected to publish their evidence summaries after undergoing the peer-review process.^{4,5}

The Evidence Summaries produced by the students of the Graduate School of the University of Santo Tomas adhere to the JBI format but are independently created and not part of the JBI EBP Database. Developed by the JBI at the University of Adelaide, the JBI EBP Database provides healthcare professionals with high-quality, evidence-based information to enhance clinical decision-making and improve patient outcomes, supporting the implementation of best practices in healthcare settings globally.⁶ We extend our gratitude to Assoc. Prof. Ivan Neil B. Gomez, Ph.D., Editor-in-Chief of the Philippine Journal of Allied Health Sciences (PJAHS), for permitting the use of PJAHS as a platform for publishing our evidence summaries intended for clinicians.

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