

# What is EBM?

- “The conscientious, explicit and judicious use of **current best evidence** in making decisions about the **care of the individual patient**. It means integrating **individual clinical expertise** with the **best available external clinical evidence from systematic research**.” (Sackett D 1996)
- “Evidence-based clinical practice requires integration of **individual clinical expertise** and **patient preferences** with the **best available external clinical evidence** from systematic research, and consideration of **available resources**.” (DiCenso 2005)
- **New evidence** from clinical research both invalidates previously accepted diagnostic tests and treatments and replaces them with new ones that are more powerful, more accurate, more efficacious, and safer. (DiCenso 2005)