

Title:

What is evidenced-based practice? Any why should we use it?



Abstract:

Evidence-based practice (EBP) involves delivering interventions that maximise benefit and are supported by an underpinning, accountable evidence base. This article outlines the benefits of EBP and the potential consequences of failure to deliver it. As professional clinicians we are responsible and accountable for our own clinical practice. Consequently, we are expected to offer interventions that maximise benefit and minimise harm to our patients. EBP can help us achieve these aims by underpinning clinical decisions, while delivering both clinical and economical benefits. Failure to deliver EBP may lead to possible claims of negligence and malpractice which could be difficult to defend. Potential consequences are well documented, for example; poor decision-making, inadequate clinical effectiveness, harmful to the athlete, poor cost effectiveness, ethical issues etc.

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Graduate Sports Therapist Nick Dinsdale and his daughter Nicola run NJD Sports Injury Clinic in Clitheroe. The family clinic is recognised for its strong 'evidence-based' approach to the management of musculoskeletal conditions and ongoing personal professional development. This often involves research into topics and issues.

Nick specialises in researching lower limb biomechanics, particularly foot function with respect to cycle racing. In addition to advising professional cyclists, Nick often delivers private workshops and presents at Conferences. Nick has served on the Executive Committee of The Society of Sports Therapists and has worked with GB cycling teams, Manchester Wheelers, English Fell Running teams and assisting Nicola at Blackburn Rugby Union club.