

How to prepare a CAT in less time: factors influencing the time costs for preparing a CAT

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Background

EBP in Zwolle

- 1 in 1000 prevalence

It costs time!

Making a CAT costs \pm 5 hours!



Aims

1. Determine **what factors** influence the time spent on preparing a CAT
2. How many CAT's of practice are needed?



Methods

- Weekly EBM-meetings
- Formulating PICO's during morning-reports and rounds
- Voluntary problem-owner
- CAT within 1-4 weeks after PICO
 - Every Tuesday after morning call
 - < 10 minutes
- Collect CAT's on intranet
- Measure time investment



Results:

How much time does one PICO/CAT cost?

- Average 5 hours
 - huge variability
 - 20 min – 40 hours
- Half of CAT's < 3 hours



Results:

What can you do to make it less time consuming (1)?

Practise!

First CAT

6-7 hours

Second CAT

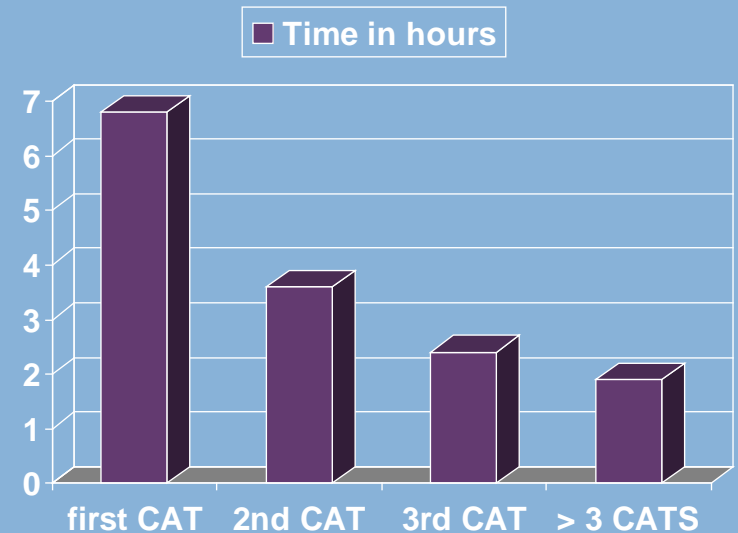
3-4 hours

Third CAT

2-3 hours

“experienced” catmakers

< 2 hours



Results:

What can you do to make it less time consuming (2)?

Choose the correct domain!

Treatment	4 hours
Diagnosis	6 hours
Etiology	5 hours
Prognosis/harm	4 hours

first therapy-
cat 5-6 hours

first
diagnostic cat
7-8 hours

Results:

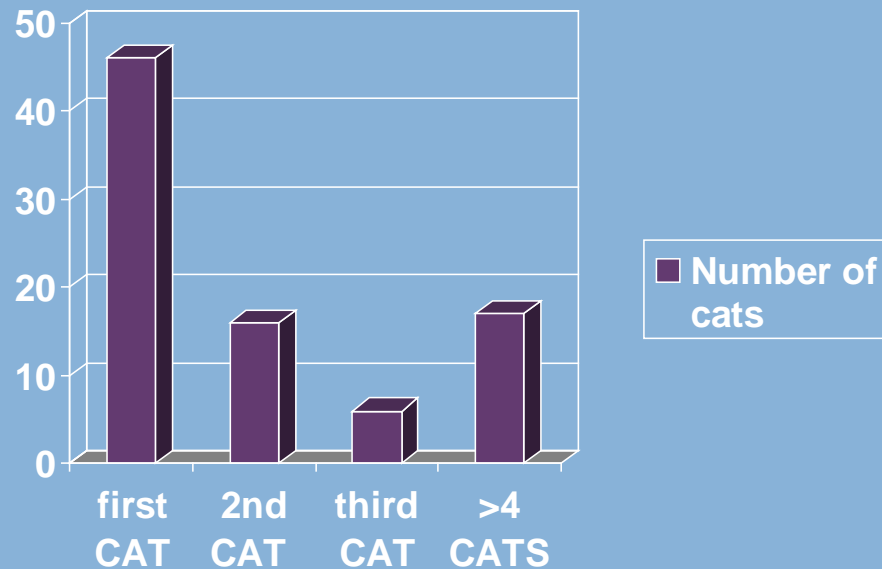
What can you do to make it less time consuming (3)?

Choose a PICO with a good change of finding evidence

Strong evidence	3 hours
Weak evidence	7 hours
No evidence	4 hours

Limitations

- CAT's presented as powerpoint presentation
- Few persons with a lot of experience



Conclusions

- Making a CAT costs time!
 - Beginner 6-7 hours
 - Expert 1½-2 hours
- TIPS FOR BEGINNERS:
 1. Practise (at least 3 PICO's)
 2. Choose the therapy domain
 3. Start with good evidence