

# Motivating factors for Evidence Based Practice in GP-trainees and their trainers

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# Background

- Multiple studies have been performed to assess barriers of residents and their trainers towards EBP<sup>(1, 2)</sup>.
- Removing barriers will not always lead to an improvement in practice<sup>(3)</sup>.
- Motivating factors are required to change practice habits.



# Aims

- To assess the motivating factors for EBP in GP-trainees and their trainers.

# Methods

- 9 focusgroup sessions at 2 universities
  - GP-trainees (4)
  - Formal trainers (teachers) (2)
  - Clinical trainers (3)
- Purposive sampling (age, gender, place of medical training, clinical experience, research experience and discipline).
- Moderator and observer

# Methods

- EBP is integration of best evidence with preferences and experiences of the patient and physician<sup>(4)</sup>.
- EBP can be considered to be the cornerstone of modern GP-practice
- Question 1: experience with ebp
- Other questions: current practice, motivating factors for the use of EBP, needs for EBP

# Results: motivating factors

Training in EBP knowledge and skills

*“I think it is great that a resident or other people can do that. Search the university library, assign a weight to a paper, and than comparing studies. Residents are better at that than I am. I would like to work on that .... Which paper is really usefull”*

*(Clinical trainer)*



# Results: motivating factors

## Practice

*“Now, that he [Clinical trainer] indeed, if you could discuss it together. What he thinks about it, and what I think. If he would also come with something, like hey, look at this, this is interesting, you recently had that patient.... But he doesn't read that, so.”*

*(resident)*

## Conditions

*“Something that is easy accessible, like summary cards for instance. It is easy and you can easily look things up. I personally think that searching in Pubmed, I did have course with PICO etc, but it is somewhat long-winded. If it would be easier I would do it more often”.*

*(resident).*



# Results: Barriers

- Definition of EBP was unknown/ disputed
- Attitude varied significantly
- Barriers
- Current practice
- Resources
- Learning needs





# Limitations

- Dutch situation - generalisability
  - Healthcare system
  - Guidelines
- Applicability of results – what can we do?
- Focus on motivating factors, also barriers need to be overcome

# Conclusions

Motivational factors for EBP can be identified in GP trainees and their clinical trainers and can facilitate EBP in daily GP-practice.



# References

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