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Evidence based practice training in the Netherlands: deviation from Dutch guidelines in general practice



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Introduction



Background

The Dutch College for General Practice (NHG): over **one hundred** guidelines

- rigorous evidence based procedure, input from specialists and patients
- Important guiding role in vocational training
- However EBP is more

Background vocational training

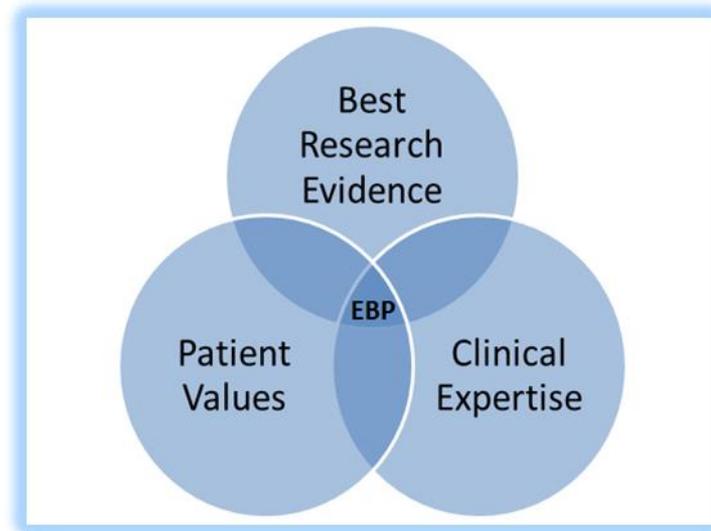
- GP students: four days a week in a general practice
- One day at the university
- Reflection, lessons and intervision
- Groups from 8 tot 20 colleagues



Workgroup instructions

Instructions two weeks before:

- Identify consultations where you deviated from the guidelines
- Discuss these cases with your supervisor using the triad of EBP

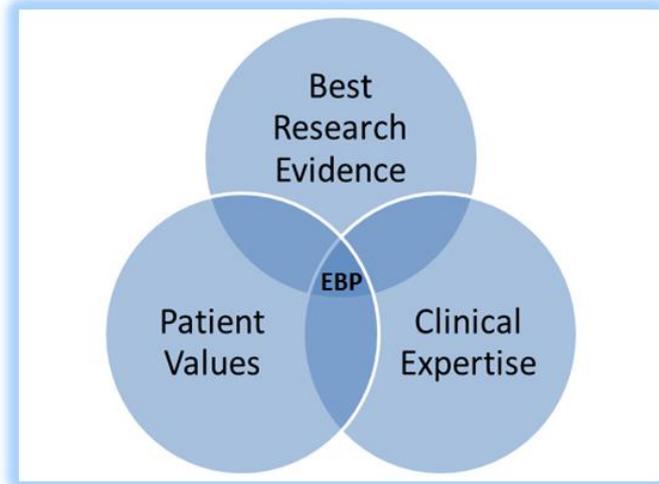


Method: two hour workgroup

- Cases are discussed in small groups
- One case is chosen for presentation on a poster
- Discussion in total group about the case

Method: workgroup instructions

- What is the scientific evidence?
- What is your experience as a doctor?
- Which patient factors influence your decision?



Show your colleagues your hesitations and doubts in a poster presentation

At work: choosing cases



At work!



Fun!



Lively discussions



Results: subjects discussed

- Eye drops in conjunctivitis
- Codeine in case of cough
- Treatment of hypertension (CAC score?)
- CT scan of the head in case of a fall in an elderly person
- Diagnostic value of troponine in general practice

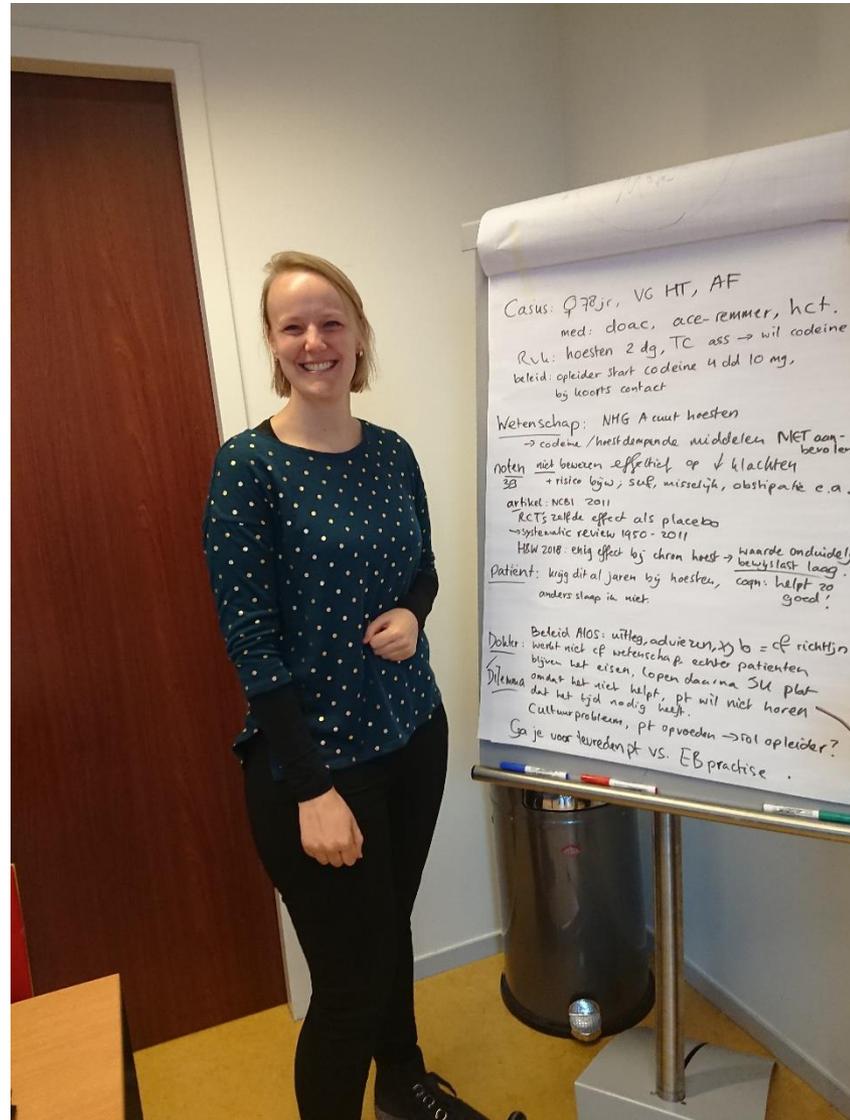
Results: Guidelines/PubMed on by-standing computer



Results: the triad



Results: dilemma's



Results: in depth discussions about dilemma's



Results: quality of the discussions

- Doubts and arguments in relation to the triad were discussed
- Opening GP guidelines, specialist guidelines, and PubMed (clinical queries)
- Critical discussion concerning typical experience based aspects
- Weight of patient values and preferences discussed deeply

Evaluation

Students gained

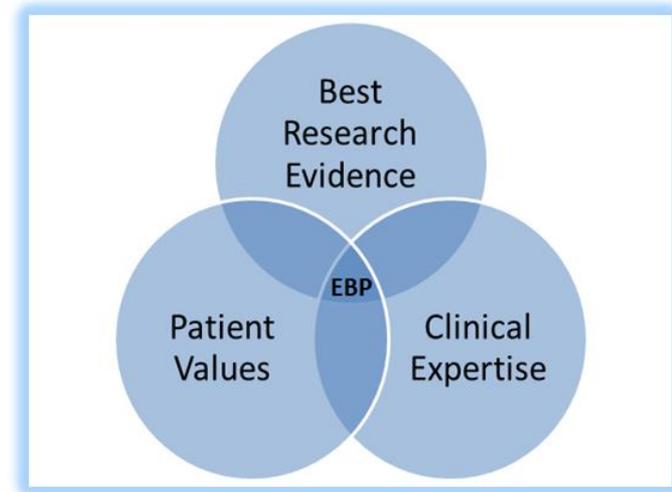
- More awareness of the three circles of the EBM triad:
 - “The triad was an eye opener”
- More awareness that doctor expertise and patient preferences are included
- More insight in what Evidence Based Practice is
- More competence to deviate from guidelines

Teachers observed

- students making the translation from EBM to EBP in daily practice

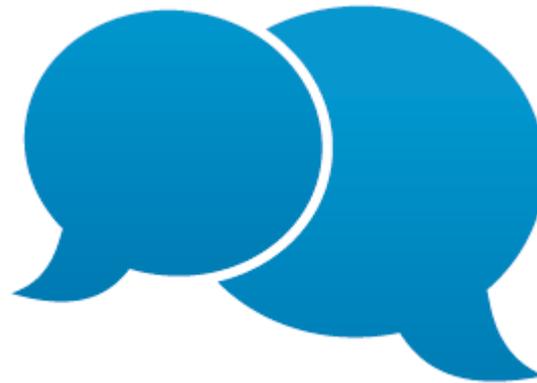
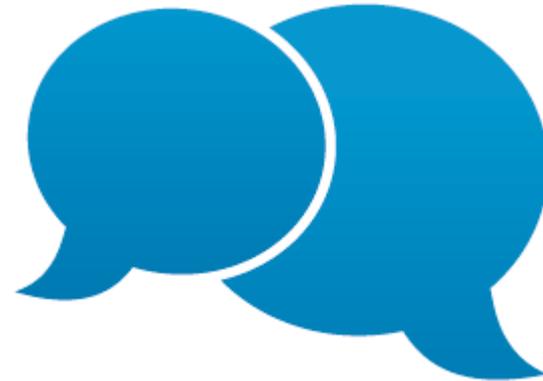
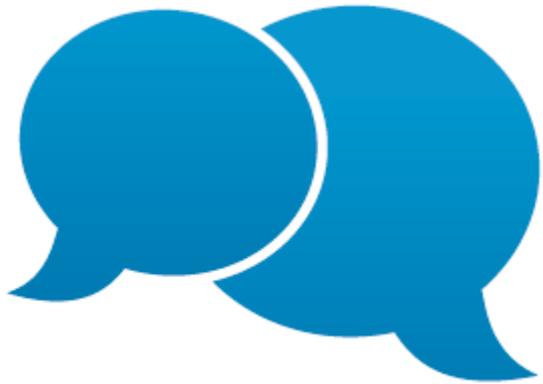
Bottom line

- A practical example of teaching EBP in vocational training for GPs
- Students were enthusiastic to adopt this approach
- Students were stimulated to
 - find the evidence
 - weigh this in their decision making
 - being aware of their own preferences
 - and those of the patient



Discussion

Teaching awareness of the three concepts of EBM in clinical practice



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