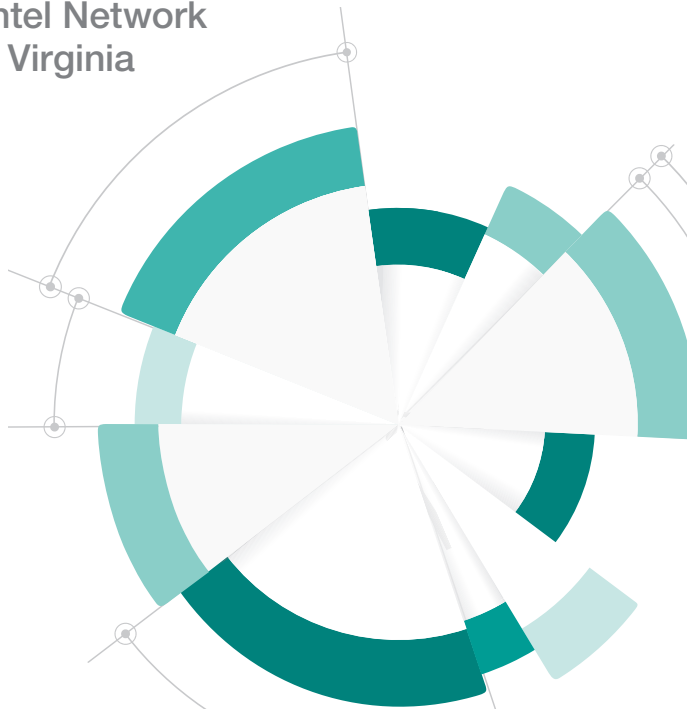


FOURTH EDITION

# Guide to Evidence-Based Physical Therapist Practice

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To my physical therapist colleagues at  
Sheltering Arms Physical Rehabilitation Centers,  
Richmond, VA. Your quest for excellence in the art  
and science of what we do and your dedication to  
our mission inspire me to do better every day.



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# PREFACE

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*Guide to Evidence-Based Physical Therapist Practice, Fourth Edition* provides foundational groundwork in research methods and teaches physical therapist students and clinicians alike how to integrate evidence in clinical practice. Its goal is to make the evidence-based physical therapist practice (EBPT) process accessible and relevant to nonresearchers who need to *apply* research as well as conduct it.

Consistent with prior versions, the patient/client management model described in the American Physical Therapy Association's *Guide to Physical Therapist Practice 3.0* remains the framework for discussion. The definitions and labels used to describe the evidence-based practice approach to patient care are consistent with the World Health Organization's *International Classification of Functioning, Disability and Health*. A new clinical scenario introducing each chapter provides the context for use of evidence in practice in conjunction with the physical therapist's clinical judgment and the patient's or client's preferences, values, and goals. Updated citations provide current examples throughout the book of the various forms of evidence available to students and practitioners.

## Organization of the Fourth Edition

The organization and goals of the sections are described here. Every effort has been made to have a structure that promotes ease-of-use for the physical therapist student and practicing clinician.

### **Part I: Principles of Evidence-Based Physical Therapist Practice**

Part I comprises three chapters that set the stage for the use of evidence in patient/client management. Tools and resources from organizations and individual authors recognized as leaders in the evidence-based practice movement are adapted or referenced in the context of physical therapist practice.

### **Part II: Elements of Evidence**

The first five chapters of Part II describe the different components of a research article with an emphasis on the features that enhance or diminish a study's quality. The goal of these chapters is unchanged. They are intended to increase readers' understanding of and confidence with the evidence they review, not to train new researchers. The remaining chapters review statistical methods relevant to physical therapist practice and their application in different research designs.

### Part III: Appraising the Evidence

The underlying principle remains; evidence-based physical therapist practice requires students and clinicians to work with the best available evidence that, often times, is weakly designed. The chapters in this section assist readers in determining for themselves whether the evidence they locate is useful *despite* its limitations.

### Part IV: Evidence in Practice

Part IV continues its focus on the application of evidence in the context of patient/client management. A fundamental tenet of this book is that evidence must be considered with respect to the individual patient or client.

### Updates to the Fourth Edition

As previously mentioned, a new Clinical Scenario feature has been included at the beginning of each chapter which provides context for the use of evidence in practice. Additionally, key updates to select chapters are listed below. My hope is that these updates serve readers in their quest to engage effectively in evidence-based physical therapist practice.

- *Chapter 1 Evidence-Based Physical Therapist Practice.* The physical therapist patient/client management model and related terminology have been updated to reflect the changes included in the American Physical Therapy Association's *Guide to Physical Therapist Practice 3.0*.
- *Chapter 2 What is Evidence?* Hierarchies of evidence have been expanded to include application of a model for pre-appraised evidence as well as a proposed model for use with qualitative research designs.
- *Chapter 3 The Quest for Evidence: Getting Started.* An adaptation of the "Problem, Intervention, Comparison, Outcome" (PICO) method for developing answerable clinical questions has been added. Updated features and functionality of the most commonly used electronic search engines have been included. The American Physical Therapy Association's PTNow web portal has been added in place of the discontinued Hooked on Evidence portal. New to this edition are descriptions of the Turning Research into Practice (TRIP) database and the National Guideline Clearinghouse database.
- *Chapter 17 Appraising Collections of Evidence: Systematic Reviews* and *Chapter 18 Appraising Collections of Evidence: Clinical Practice Guidelines.* This content, originally combined into one chapter, has been split into separate chapters to facilitate better understanding of the material and to allow for expansion of content regarding clinical practice guidelines.
- *Chapter 19 Appraising Qualitative Research Studies.* This is a new chapter that provides guidance regarding the quality assessment of evidence that is developed from the words that subjects and researchers use to describe experiences, perceptions, perspectives, and observations.
- *Chapter 20 Patient or Client Preferences and Values.* This chapter has been renumbered to reflect the changes in Chapters 17, 18, and 19.
- *Chapter 21 Putting It All Together.* This chapter has also been renumbered. A new scenario illustrating the search for, appraisal, and application of a qualitative research study has been added.

## Resources for the Instructor

In addition to the updates described, *Guide to Evidence-Based Physical Therapist Practice, Fourth Edition* includes a comprehensive suite of instructor resources. These resources are provided so instructors can effectively map and incorporate the book into their course.

- Test Bank
- Slides in PowerPoint format
- Instructor Manual (*New to this edition!*)
- Sample Syllabus
- Image Bank

## Resources for the Student

In the hopes of supplying students with all the tools they need to practice and apply the material in the book, each new copy of the *Fourth Edition* comes with access to the Navigate Student Companion Website. Resources on the Companion Website include:

- Practice Quizzes
- Flashcards
- Interactive Glossary
- Web Links
- Crossword Puzzles





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