



# Awareness and use of evidence-based medicine information among Romanian physicians

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## INTRODUCTION

- Evidence-Based Medicine (EBM) is an approach designed to optimize the medical decision-making process by emphasizing the use of evidences sustained by systematic and valid medical research.
- The aim of this study was to assess the EBM awareness, information and daily practice among Romanian physicians.

## METHODS

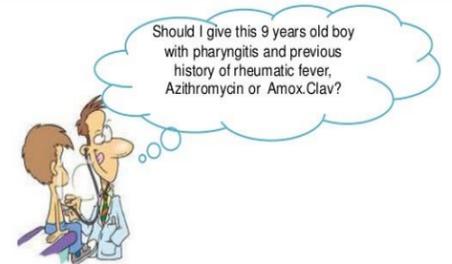
- The instrument used in this study was design to explore awareness, knowledge, attitude in medical documentation, utility and the use of medical professional apps that support EBM
- The survey was available from January 1<sup>st</sup> to April 30<sup>th</sup> 2017.
- The snowball sampling method using Facebook as the platform was used to collect data.

## RESULTS

- Four hundred and thirty-three physicians from both medical and surgical specialties, majority from Transylvania, participated to this study.
- As expected, a significant higher percentage of responders were female (n=334, 77.13%, p<0.0001).
- 349 participants (80.60%) correctly identified the definition of EBM.
- Affirmatively, the majority of respondents declared that they are always looking to the level of evidences when reading scientific literature.
- <4% of respondents properly identified the uppermost evidences in the hierarchy.
- The EBM resources used to support daily practice was shared by 32% of respondents.
- Thirteen (most of them guidelines) out of 64 listed resources actually offer access to evidence-based medical literature.

### The Practice of EBM

1. Starts with a clinical problem or question that arises out of the care of the patient



Should I give this 9 years old boy with pharyngitis and previous history of rheumatic fever, Azithromycin or Amox.Clav?

### Professional association:

- Aafp.org (<http://www.aafp.org/membership/join.html>)
- Medscape (<https://www.medscape.com/>) - WebMD Health Professional Network
- PubMed (<https://www.ncbi.nlm.nih.gov/pubmed/>) - US National Library of Medicine

### Publisher's resources:

- DynaMed Plus (<http://www.dynamed.com/home/>) - EBSCO
- Essential Evidence Plus (<https://www.essentialevidenceplus.com/>) - Wiley

### Guidelines:

- ACOG – Physician Guidelines & Reports
- Eau guidelines – European Association of Urology
- ESC Clinical Practice Guidelines – European Society of Cardiology
- ESMO Clinical Practice Guidelines – European Society for Medical Oncology
- NCCN Guidelines® & Clinical Resources – National Comprehensive Cancer Network
- John Hopkins Guide

### Decisional support:

- ACCA Toolkit (<https://www.escardio.org/Education/Practice-Tools/ACCA-Toolkit>) - acute cardiovascular care
- Epocrates: Point of Care Medical Applications (<http://www.epocrates.com/>)

## CONCLUSIONS

- Our results showed that Romanian physicians have limited information of the key aspects of EBM but a positive attitude towards the concept.
- Most have correctly identified the EBM definition, but failed to demonstrate the criteria that led to the concept.
- Romanian physicians use online medical resources without understanding which are/not EBM.

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