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Awareness of Evidence Based Medicine in Medical Undergraduate Students: A Teaching Hospital Based Study

KEYWORDS: Clinical practice, Evidence based medicine, evidence based practice, therapy, patient care

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ABSTRACT Evidence Based Medicine (EBM) useful for the treatment of the individual patients. This study was conducted in the 300 medical undergraduate students in the medical college. Out of 300 only 250 students were included in the study. Questions related to the EBM was given to the individual students and asked them to fill. The students not aware of EBM were excluded from the study. Total 250 student's answers were analyzed. Only 16.67 % of students were not aware of EBM. Maximum students were answered they will incorporate the EBM in their practice to improve the patient care. Most of the students will get the information from articles and will select the cross sectional studies. Most of the students are aware of EBM but there is a requirement of increase the knowledge towards EBM in the students for better patient care.

Introduction

Evidence Based Medicine (EBM) and Evidence Based Practice (EBP) both are different. EBM means conscientious and judicious use of best and current evidence to make the decisions for the best care of patient. But EBP is a process of care that patients take his preference and actions in the clinical settings. It includes patient, health care professional and pharmacist [1, 2, 3]. EBM is a well known concept in the world. All the medical colleges will teach the basics in EBM in class activities for undergraduate students, seminars, and journal clubs for the postgraduate students and CMEs for practicing doctors [4, 5]. To conduct the awareness programs there is requirement of knowing the students awareness about EBM. Therefore, this study conducted to know the awareness about EBM in the undergraduate students.

Materials and Methods

This study was conducted in the Department of Pharmacology, Sree Mookambika Institute of Medical Sciences, Kulasekharam, Kanyakumari (Dist), Tamil Nadu. Total 300 M.B.B.S students were included in the study based on exclusion and inclusion criteria. A quasanrie was prepared on EBM and given to the all the students. The quesabnte contains total 10 questions. After filling the questions that data was analyzed and expressed in number and percentage.

Results

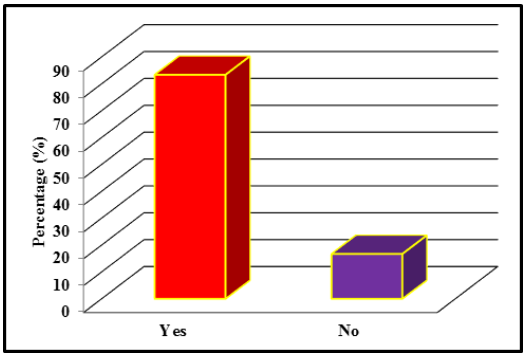
Total 300 students 50 students were not know what EBM these students were excluded from the study is. Only 250 students were aware of EBM and their answers were analyzed. 86 % percentage of students were answered EBM improves the clinical practice and will incorporate EBM in their practice in future. 67% students answered they will incorporate EBM for all the cases. Time is the major factor to incorporate the EBM in the practice. 90% students answered they will look articles for EBM mainly cross sectional, randomized controlled studies. Most of the students used EBM for therapy.

Discussion

This study was conducted to know the knowledge and awareness about the EBM in the undergraduate students. Most of the students are aware in the basic questions related to the EBM. Regarding the study designs and sources of EBM more number of students was not aware. This may be because of not much clinical exposure of student's towards practice. In the undergraduate level only theoretical knowledge students will have. Bookstarver et al, reported that EBM coursed improves the students awareness towards EBM [6, 7]. All the colleges should teach the EBM importance and usefulness in the clinical practice. It improves the student's attitude towards the EBM [8, 9]. Experienced clinical professionals and universities should teach the EBM in the pre and pra clinical study periods for the medical undergraduate students [10].

Conclusion

This study concluded that, there is a requirement of more awareness programs to be conducted in the teaching and non teaching hospitals. It improves the knowledge towards EBM in the health care professionals.



Graph-1: Comparison of students aware about evidence based medicine

Table-1: Percentage of students answers for the questions

Q. No	Question
2.	How does EBM affect (if at all) your clinical practice? a) Improve (0 %) b) Not improve (0 %) c) No effect (0 %) d) Not practiced (100 %)
3.	Are you able to incorporate EBM in your daily professional life? a) Yes (86 %) b) No (14 %)c) May be (0 %) d) May not be always (0 %)
4.	Do you utilize EBM resources in your practice? If so, do you do so at the point of care? a) Yes (15%) b) No (3 %)d) Not for all the cases (15 %) d) For all the cases (67 %)
5.	Which factors, in your opinion, inhibit or promote the applicability of EBM? a) Time (90%) b) Patient pathology (10%)d) Recourses (0%) d) No awareness (0%)

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6.	What impact (if any) has the EBM course had on your practice? a) May improve the treatment (85%) b) May increase the study burden (10%) b) May improve knowledge (5%)d) No use (0%)
7.	What kind of evidence will you look for? a) Articles (90 %) b) case reports (5%)d) Review articles (5%) d) All (0%)
8.	What type of study evidence will you look for? a) Descriptive studies (30%) b) Explanatory studies (10%) c) Case control studies (10%) d) Cross sectional studies (50%)
9.	What type of clinical trial will you look for EBM? a) Controlled trial (20%) b) Randomized controlled trial (70%) c) Randomized placebo-controlled trial (5%) d) double blind randomized controlled trial (5%)
10.	What is the best evidence for EBM? a) Therapy (85%)b) Etiology (10%)c) Diagnosis (5%)d) Harm (0%)

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