Evidence-Based Practice (EBP) Implementation Template for Social Workers

1. Identify the Need

- Client Information:
  - Name:
  - Age:
  - Gender:
  - Presenting Issue(s):
- Context:
  - Setting (e.g., school, hospital, community center):
  - Relevant Background Information:

2. Formulate the Question

- Define the Problem:
  - What specific issue or problem are you addressing?
- Develop a PICO Question:
  - Patient/Problem: Describe the client or problem.
  - Intervention: What intervention are you considering?
  - Comparison: Is there an alternative to compare with the intervention?
  - Outcome: What are you hoping to achieve?

3. Search for Evidence

- Sources to Search:
  - Academic Databases (e.g., PubMed, PsycINFO)
  - Professional Journals
  - Government and NGO Reports
- Keywords and Search Terms:
  - List of keywords related to the problem and intervention.

4. Critically Appraise the Evidence

- Relevance:
  - How applicable is the evidence to the specific client situation?
- Validity:
  - Are the study methods sound and rigorous?
- Results:
  - What are the key findings, and are they statistically and clinically significant?
- Strength of Evidence:

○ Rank the evidence based on its quality and reliability.

5. Apply the Evidence
- Integration:
  - How will you integrate the evidence with clinical expertise and client preferences?
- Intervention Plan:
  - Detailed plan of action including specific interventions, timelines, and responsible parties.
- Client Collaboration:
  - How will you involve the client in decision-making and ensure their preferences are considered?

6. Evaluate the Outcome
- Outcome Measures:
  - Specific criteria or tools to measure the success of the intervention.
- Data Collection:
  - Methods and timeline for collecting outcome data.
- Review and Adjust:
  - Regularly review the outcomes and make necessary adjustments to the intervention plan.

7. Document and Share
- Record Keeping:
  - Detailed documentation of the entire EBP process, from assessment to evaluation.
- Sharing Findings:
  - How will you share the outcomes with stakeholders, colleagues, and the wider social work community?

8. Continuous Improvement
- Feedback Loop:
  - Mechanism for receiving feedback from clients and colleagues.
- Professional Development:
  - Ongoing education and training to stay updated on EBP and related skills.

Example of Application

1. Identify the Need
- Client Information:
  - Name: John Doe
  - Age: 14
  - Gender: Male
  - Presenting Issue(s): Anxiety and school refusal
- Context:
  - Setting: School
  - Relevant Background Information: History of bullying, recent family conflict

2. Formulate the Question
- Define the Problem:
  - John is experiencing anxiety and refusing to attend school.
- Develop a PICO Question:
  - Patient/Problem: Adolescent with anxiety and school refusal
  - Intervention: Cognitive Behavioral Therapy (CBT)
  - Comparison: No intervention or alternative therapies
  - Outcome: Reduction in anxiety and improved school attendance

3. Search for Evidence
- Sources to Search:
  - PubMed, PsycINFO, and relevant journals
- Keywords and Search Terms:
  - "Adolescent anxiety," "school refusal," "Cognitive Behavioral Therapy"

4. Critically Appraise the Evidence
- Relevance:
  - Studies on CBT effectiveness in adolescents with anxiety
- Validity:
  - Randomized controlled trials, meta-analyses
- Results:
  - Significant reduction in anxiety and improved school attendance with CBT
- Strength of Evidence:
  - High-quality evidence from multiple studies

5. Apply the Evidence
- Integration:

- ○ Combine CBT techniques with John's preference for involving family in therapy sessions.
- Intervention Plan:
  - ○ Weekly CBT sessions for 12 weeks, involving family therapy every 4 weeks.
- Client Collaboration:
  - ○ Discuss plan with John and his parents, obtain their input and agreement.

6. Evaluate the Outcome

- Outcome Measures:
  - ○ Anxiety levels (using standardized scales), school attendance records
- Data Collection:
  - ○ Weekly anxiety scale assessments, monthly school attendance review
- Review and Adjust:
  - ○ Bi-weekly review of progress, adjust therapy techniques as needed

7. Document and Share

- Record Keeping:
  - ○ Maintain detailed session notes, assessment scores, and progress reports
- Sharing Findings:
  - ○ Present findings in team meetings, submit a case study for publication

8. Continuous Improvement

- Feedback Loop:
  - ○ Regular feedback sessions with John and his parents
- Professional Development:
  - ○ Attend workshops on latest CBT techniques and EBP updates