

A pair of worn, dark-colored sneakers with laces, positioned on a grassy surface. The shoes are the central focus of the image, with the text overlaid on them.

STEP FORWARD TO EVIDENCE BASED PRACTICE

Debbie Silkwood-Sherer PT, DHSc, HPCS
Chair, Professor Physical Therapy Department
Central Michigan University

WHAT IS EVIDENCE BASED PRACTICE?

- “Conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients.”
- An integration of:
 - Individual clinical expertise
 - Best available external evidence from systematic research
 - Patient’s values and expectations.

EVIDENCE BASED PRACTICE

Hierarchy of Scientific Evidence

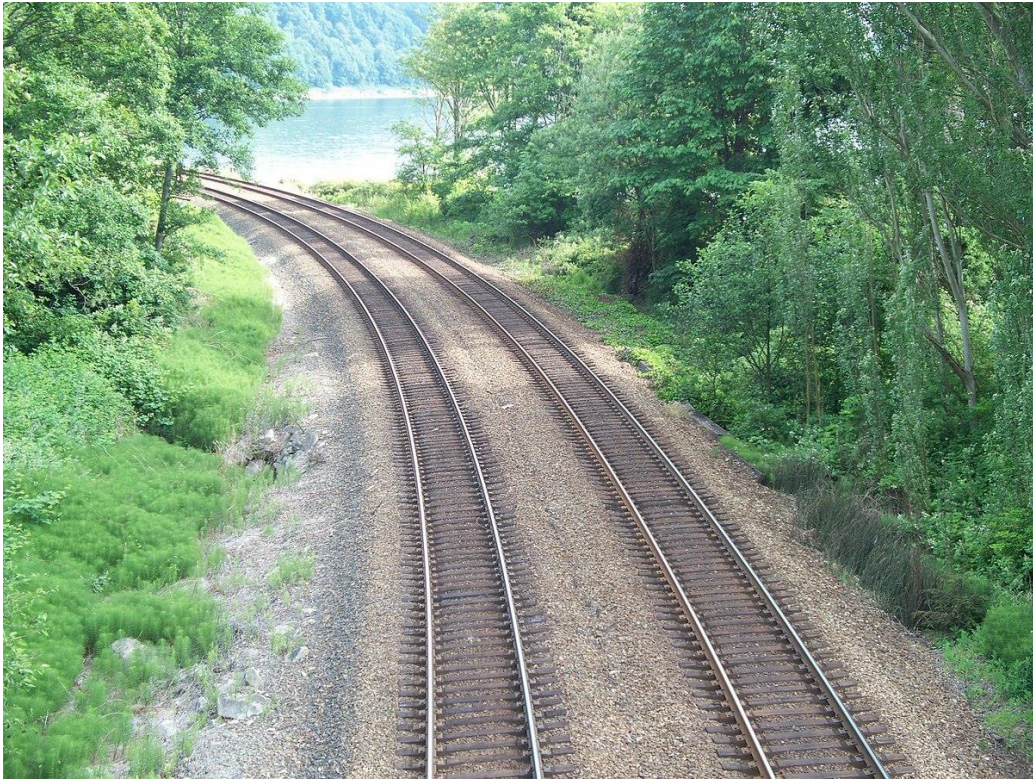


MY JOURNEY – a look back in time

- Physical therapy in the 1970's in the United States
 - The University Experience
 - Post University
- Hippotherapy in the 1970's in the United States
 - Oh maybe it should be the 1980's
 - 1990's
- My introduction to horses in therapy



COMPARISON OF THE ROAD TO EVIDENCE BASED PRACTICE



- Search engines – CINAHL and PubMed
- Terms
 - Physical Therapy or Physiotherapy
 - Occupational Therapy
 - Speech Therapy or Speech Language Pathology
 - Hippotherapy or Therapeutic Riding
 - Hippotherapy

1974-1978

Research Type	Physical Therapy	Occupational Therapy	Speech Language Pathology	Hippotherapy and Therapeutic Riding	Hippotherapy
Clinical Trial	417	35	27	0	0
RCT	145	12	7	0	0
Systematic Review	0	0	0	0	0
Meta-Analysis	0	0	0	0	0

1979-1989

Research Type	Physical Therapy	Occupational Therapy	Speech Language Pathology	Hippotherapy and Therapeutic Riding	Hippotherapy
Clinical Trial	2,075	116	80	0	0
RCT	1,209	72	49	0	0
Systematic Review	0	0	0	0	0
Meta-Analysis	0	0	0	0	0

1990-2000

Research Type	Physical Therapy	Occupational Therapy	Speech Language Pathology	Hippotherapy and Therapeutic Riding	Hippotherapy
Clinical Trial	5,519	438	269	1	1
RCT	3,555	272	114	0	0
Systematic Review	103	9	2	0	0
Meta-Analysis	101	13	6	0	0

2000-2010

Research Type	Physical Therapy	Occupational Therapy	Speech Language Pathology	Hippotherapy and Therapeutic Riding	Hippotherapy
Clinical Trial	14,878	1,088	740	14	7
RCT	10,434	727	365	5	5
Systematic Review	1,574	185	81	2	2
Meta-Analysis	678	82	36	0	0

2010-2021

Research Type	Physical Therapy	Occupational Therapy	Speech Language Pathology	Hippotherapy and Therapeutic Riding*	Hippotherapy
Clinical Trial	29,326	3,014	1,343	53	28
RCT	24,538	2,486	931	42	7
Systematic Review	8,679	1,461	553	30	5
Meta-Analysis	4,414	535	168	7	2

NEXT STEPS

- Learn from our mistakes
- Let's talk terminology
- Describe intervention
- Training programs



NEXT STEPS - RESEARCH

- Comparison Studies
 - Cohort
 - RCT
- Collaboration
- Participation and Quality of Life
- Development of data bases



QUESTIONS



THANK YOU FOR YOUR ATTENTION



Pictures used in presentation were with permission or were creative commons online pictures