Case Studies

# Chapter 2: Evidence-based practice

In the case study, students have been asked to use an evidence-based approach to research the best smoking cessation treatments/services for teenagers who smoke.

Gloria and Darren think that looking for a cohort study or individual case studies would provide the most reliable and ethical research. They think that the perspective of the patient – in this case, teenagers who smoke or have quit smoking, would help inform the most effective smoking cessation treatment/service design.

Rachel agrees that understanding the psychological aspects of teenage smoking is important, but she thinks that quantitative data from randomised controlled trials are also required, to understand the physical health impact and clinical treatment outcomes. Rachel, therefore, suggests a systematic review to gather all available qualitative and quantitative research.

Yoshi is nervous about including research that isn’t relevant or omitting key research and is confused about what criteria to apply. Edward has suggested coming up with evidence of effective treatments/services based on the experience of an existing local smoking cessation service – although this isn’t specifically designed for teenagers, his instinct is that the research is unlikely to differ much between teenagers and older adults.

* Which, if any of the perspectives above do you identify with? What level of the EBP hierarchy does each perspective align with?
* What process would you advise Yoshi follows to address his concerns?
* Using the EBP process, can you frame the research problem into a structured question and apply PICO (Population, Intervention, Counter-intervention, Outcome) to configure it into a searchable question?