

Digging Deeper

Finding Targeted Evidence for Your Clinical Area

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he role of evidence-based practice has been a central component of the Centennial Vision for occupational therapy throughout its development. The American Occupational Therapy Association's (AOTA's) Evidence-Based Practice Project is working to fulfill this Vision by disseminating and improving access to evidence for AOTA members. The September 8, 2008, Evidence Perk: Evidence-Based Resource Directory—Updated and Improved, 1 presented the steps taken to update and organize existing and newly listed Web sites that have specific implications for occupational therapy into the six areas of practice identified through the Centennial Vision (i.e., children and youth; health and wellness; mental health; productive aging; rehabilitation, disability, and participation; and work and industry). In this Evidence Perk, we take you through some of the sites available in one of the areas of rehabilitation, disability, and participation. This perk will guide you through the steps to access literature and other resources that will inform your evidence-based practice. To access the EBP Resource Directory on AOTA's Web site, click on Practitioners or Educators-Researchers, and then on Evidence-Based Practice and Research. You will need to log in as an AOTA member to access this information. We will be exploring other sections of the Resource Directory in future Evidence Perks, but the steps described here are relevant for all areas of practice.

The Rehabilitation, Disability, and Participation section of the Resource Directory contains two types of Web sites. The first type includes general and address evidence-based practice information from many fields and Learn about sites available in one of the areas of rehabilitation, disability, and participation, and how to access literature and other resources that will inform your evidence-based practice.

related disciplines. Examples are the National Guideline Clearinghouse (NGC), the New Zealand Guidelines Group (NZGG), and the Cochrane Collaboration. Rehabilitation topics in the NGC that are relevant to occupational therapy practitioners include amputation, chronic pain, stroke, and osteoarthritis. Topics available through the NZGG include traumatic brain injury and post-hip fracture management. Systematic reviews and meta-analyses in the Cochrane Collaboration include Occupational therapy for patients with problems in activities of daily living after stroke, and Multidisciplinary rehabilitation programmes following joint replacement at the hip and knee in chronic arthopathy.

The second type of Web site listed in the Rehabilitation, Disability, and Participation section of the Resource Directory provides evidence-based information on specific topics. These topics include the Chronic Fatigue Syndrome Provider Education Project, Arthritis Intervention Programs, Evidence into Practice: Multiple Sclerosis Program RPC-RMH, and the National Clinical Practice Guideline in Oncology on Cancer-Related Fatigue, available through the National Comprehensive Cancer Network. In addition, there are

several links pertinent to stroke rehabilitation. These include Evidence-Based Review of Stroke Rehabilitation, StrokEngine, StrokEngine-Assess, Stroke Canada Optimization of Rehabilitation through Evidence Project, and the Occupational Therapy Concise Guideline for Stroke.

Regardless of your specific area of expertise in rehabilitation, the Resource Directory Web sites listed above provide useful and valuable information to inform, guide, and foster, providing occupational therapy services from an evidence-based perspective. Reading the information from these sites and determining how to incorporate the findings into your clinical expertise is a challenge that must be embraced by all responsible practitioners. Many other Web sites are included in the Rehabilitation, Disability, and Participation section of the Resource Directory—devoting time to explore them will help you determine which is most suitable to your unique needs as an occupational therapy practitioner.

Reference

 Maglio, M., Arbesman, M., & Lieberman, D. (2008) Evidence-based practice resource directory: Updated and improved. OT Practice, 13(16), 23–24.

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