### 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