### 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