# Steps in the EBM Process

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<tr>
<td><strong>1. The Patient</strong></td>
<td>Start with the patient – a clinical problem/question arises out of the care of the patient (use Clinical Question Worksheet/PICO model)</td>
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<td><strong>2. The Question</strong></td>
<td>Construct a relevant, answerable question derived from the case (use Clinical Question Worksheet/PICO model)</td>
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<td><strong>3. The Resource</strong></td>
<td>Select the appropriate resource(s) and conduct a search</td>
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<td><strong>4. The Evaluation</strong></td>
<td>Appraise the evidence for its validity (closeness to the truth) and applicability (usefulness in clinical practice)(use Critical Review Form For Therapy Study worksheet)</td>
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<td><strong>5. The Patient</strong></td>
<td>Return to the patient – integrate that evidence with clinical expertise, patient preferences, and apply it to practice</td>
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<td><strong>6. The Self-Evaluation</strong></td>
<td>Evaluate your performance with this patient</td>
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