**Title**

How to use evidence based medicine in clinical practice like a rockstar!

**Author and affiliations**

Dr. Daniel Aronov - Evidence Based Medicine Podcast

**Background**

There is information within the medical literature that just cannot be obtained from text-books, guidelines or even wikipedia. Despite all the innovations in knowledge translation, evidence based medicine still remains the best source of information for shared informed decision making discussions. Therefore, skills in searching the medical literature, in evaluating the evidence, and in extracting the data to quantify the risks and benefits of interventions to patients, are becoming as important as using the stethoscope. The unfortunate reality is that Evidence Based Medicine often conjures up traumatic memories of boring lectures from medical school that made it seem difficult and irrelevant. Therefore, this lecture promises to be fun, engaging, and provide participants with the confidence and enthusiasm to use this important tool in clinical practice and improve patient care.

**Aims**

* To learn how search the literature for information to answer clinical questions within seconds
* To understand the difference between relative risk and absolute risk and learn how to communicate risk and benefits to patients
* To understand and interpret meta-analyses
* To become proficient at critical appraisal of evidence
* To learn how to extrapolate the data from trials in a way that can be used for shared informed decision making with patients
* To become familiar with the resources available to help communicate the risks and benefits of various primary prevention interventions: Stroke prevention in atrial fibrillation, cardiovascular disease prevention with antihypertensives and statins, prevention of fractures in osteoporosis, prevention of complications with glycaemic control in diabetes