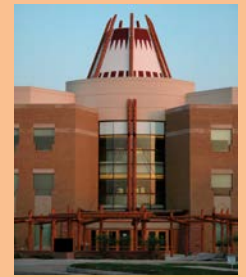


Balancing Evidence-based Practice and Practice-based Evidence: Challenges and Opportunities



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Evidence-based Practice

- ◆ The term "evidence-based practice" is relatively new.
- ◆ Investigators from McMaster's University began using the term during the 1990s.
- ◆ EBP was defined as "a systemic approach to analyze published research as the basis of clinical decision making."
- ◆ More formally defined by Sacket et al. (1996), as "the conscientious and judicious use of current best evidence from clinical care research in the management of individual patients."



Practice-based Evidence

- ◆ ***“Not everything that can be counted counts and not everything that counts can be counted.”*** A Einstein
- ◆ **Pincus T, Sokka T. Evidence-based practice and practice-based evidence. Nature Clin Pract Rheumatol. 2006;2:114–115**
- ◆ **Series of seminal conferences emerged beginning in 2007.**
- ◆ **Introduced concept of “Practice-Based Evidence.”**

Spectrum of Practices

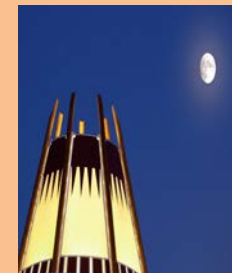


**Practice-based
Evidence**



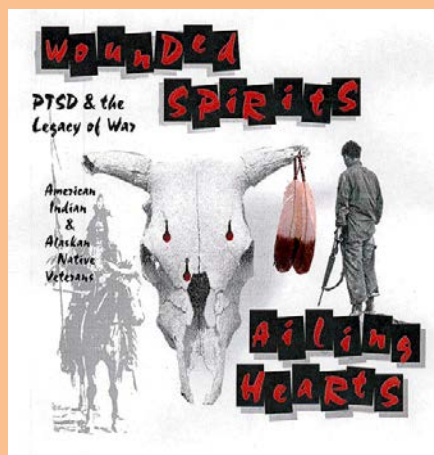
**Evidence-based
Practice**





Practice-based Evidence

ETHNOS Journal of the Society for
Psychological Anthropology



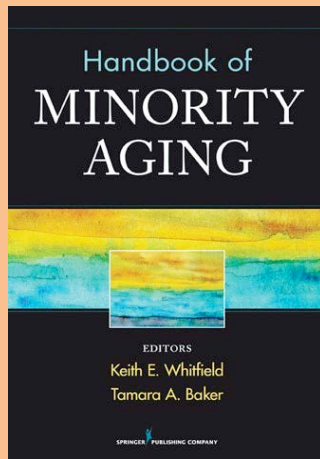
“Ethnographic Methods, Cultural Context, and Mental Illness: Bridging Different Ways of Knowing and Experience.” SM Manson 1997

Demonstrated the contribution of tribal ceremonies to preventing as well as ameliorating the adverse effects of combat-related trauma among tribal combat veterans. Led to April 1998 Memorandum of Agreement between the Veterans Health Administration and Navajo Nation that provides reimbursement.



“Walking On: Celebrating the Journeys of Native American Adolescents with Substance Use Problems on the Winding Road to Healing.” DK Novins, ML Boyd, DT Brotherton, A Fickenscher, L Moore, P Spicer. 2012

Walking On, is an explicit blend of traditional Cherokee healing and spirituality with science-based practices such as cognitive behavioral therapy and contingency management and is designed to address the specific needs and worldviews of Native American adolescents with substance use problems and their families. Each individual and family session includes a brief assessment, a skill-building component, and a ceremony.

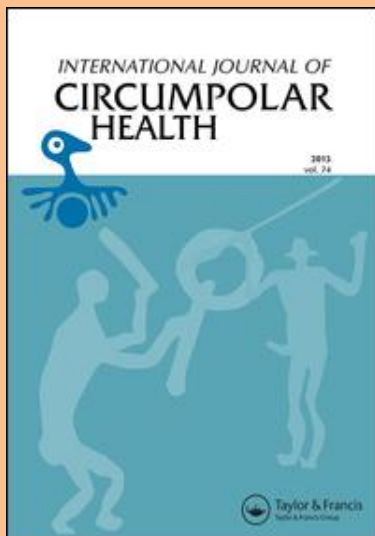


“Chronic Disease among Older American Indians: Preventing Depressive Symptoms and Related Problems of Coping.” SM Manson & D Brenneman. 1995

An adaptation of the 16-week Coping with Depression course (Lewinsohn, Holberman, & Clarke, 1989) was effective in reducing depression in older American Indians living in the Pacific Northwest.



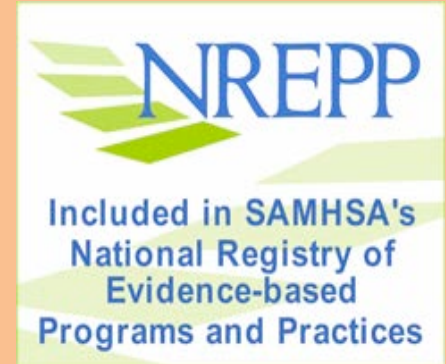
Evidence-based Practice



Guideline concordant detection and management of depression among Alaska Native and American Indian people in primary care. VY Hiratsuka, JJ Smith, J Norman, SM Manson & DA Dillard. 2015

Southcentral Foundation at the Alaska Native Medical Center in Anchorage, AK, screens for depression, alcohol and other substance abuse, initially among adults and now adolescents as well. Behavioral health clinicians triage patients by symptom severity to simple education interventions and motivational interviewing through advanced medication management and outpatient treatment. Thousands of patients, served with well-documented benefit.

Evidence Based Programs / NREPP



- ◆ **The National Registry of Evidence-based Programs and Practices (NREPP) is a searchable online database of mental health and substance abuse interventions.**
- ◆ **All interventions in the registry meet NREPP's minimum requirements for review and have been independently assessed and rated for Quality of Research and Readiness for Dissemination.**