

Steps in Evidence-based medicine
● Develop foreground question from patient information using the PICO* method.
● Using the question developed and perform a search to locate the best evidence available.
● Critically appraise the evidence located for validity (internal/external).
● Integrate the information found with clinical expertise, patient values and apply in clinical practice.

Figure 1 Step development in evidence based medicine. (*PICO = **P**atient/**P**opulation/**P**roblem, **I**ntervention/**E**xposure, **C**omparison and **O**utcome)