

Abstract Form

ABSTRACT

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Title of presentation

Pieces of evidenced based practice

1. Brief description/abstract for the content of the presentation. **150 words maximum**

Introduction / Objectives / Methodology / Results / Conclusion

Introduction: Evidence based practice as defined by Sackett (1996) is considered as the gold standard.

Objective: Integration of EBP in a real life setting and interaction with different stakeholders.

Results: One of the EBP guidelines we developed is dietary advice before colonoscopy. Based on the systematic review that we performed as preparation of the guideline we had two major conclusions, we needed to rename the diet and a significant reduction of days that patients need to follow the patients. However, we encountered two barriers. The first barrier were that dietitians were reluctant to a change of name and a quantification of the diet. The second barrier were from nurses that a very specific perception on the diet that was necessary to follow.

Conclusion: Developing and implementing EBP guidelines in practice require more than the current tripartite (evidence, clinical experience, patient expectations) definition by Sackett.

2. Please give two to three key references which can be used to inform future work:

Sackett D, Rosenberg W, Gray M, Haynes B, Richardson S. (1996) Evidence based medicine: what it is and what it isn't. BMJ 312:71

Vanhouwaert E, Matthys C, Verdonck L, Depreter V. (2015) Low-residue and low-fiber diets in gastrointestinal disease management. Advances in Nutrition. 2015; 13;6(6):820-7.

Vanhouwaert, E., Matthys, C., Joossens, S. (2014). Evidence-based handelen in de dieetpraktijk. Tijdschrift voor Voeding en Diëtetiek, 40(6), 10-14.

3. Please identify up to three specific outcomes that dietitians and participants will take away to inform their future practice.

- Interaction with different stakeholders (more than only patients) is necessary.
- Development and translation of EBP into practice are a lengthy process.