



EMMA GEE

INSPIRING CHANGE

"Putting yourself in your patient's shoes - Fitting Evidence Based Practice".

EBP from the perspective a consumer

As an Occupational Therapist and Stroke Survivor, Emma has experienced firsthand the challenges of being a therapist and patient within the health system. Whilst new research and innovation give a consumer reassurance and hope, the varying information and interventions, often becomes too overwhelming and irrelevant when put into practice.

Effective Evidence-Based Practice (EBP) is dependent on the integration of Clinical Expertise, Research Evidence and Patient Preference. However, throughout her own recovery, there were times when clinicians did not make Evidence-Based clinical decisions, focussing largely on the combination of clinical expertise and research evidence, overlooking the equally important "Patient Preference".

To highlight this, Emma will reflect on her recovery experience, and provide an unique perspective on how some evidence based- interventions did not consider her context (her values, preferences, goals, environment etc) and therefore were not practical or beneficial to her daily function. In so doing, she will emphasise the importance of ensuring that a "Patient's Preference" is considered in providing successful EBP and ensuring one's participation in intervention and optimal recovery.