

Navigating the Future: steering between innovation and fashion.

Both the growth of health care knowledge and changes in health policy aim to improve patient care, but are also disruptive forces. An excess of either can cause "change fatigue" and cynicism. However not all changes are improvements. Many changes are passing fashions that waste our time and efforts, distracting us from the real work of clinical care and competing for attention with good innovations that lead to real improvements in care. Hence an essential OT survival skill is learning to pick fashion from good innovation. This requires individual skills - in searching and appraising the evidence behind innovations, effort - to identify important innovations, and evidence resources - to answer questions and provide alerts.

No single individual can navigate the changes. The volume of new information overload is vast, e.g., each day MEDLINE adds over 2,000 studies - including 3 new guidelines, 5 systematic reviews and 50 trials; and the relevant studies are scattered across many journals. The two problems we need to manage are spotting which are the valid and essential changes in practice and which are fashions, and then learning how to make that change and make it stick. This session will outline the problem, and provide some practical tips in managing our information overload.