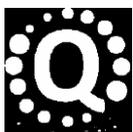


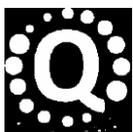


## Evidence based practice

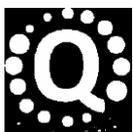
Duration	Topic	Activity	Social Setting	Used media
10 min	Introduction	Slide 1 introduces yourself and the session. Give all participants a chance to introduce themselves and say what they hope to get out of the session.		PPT slides "PPT - Evidence based practice"  You might want to note key aims that the participants suggest on a flip chart and highlight them as you address them during the workshop.
5 min	Overview	Slide 2 sets out the structure of the workshop. Explain how long it is going to take and whether you intend to provide a break.  Highlight the fact that this is an interactive workshop and encourage participants to ask questions as you go along.		PPT slides "PPT - Evidence based practice"
5 min	Why does evidence matter?	Slides 3-4 explain that this section of the workshop will look at what is meant by evidence and think about why it matters.  Slide 4 creates an opportunity for participants to reflect on their practice and to consider where they use evidence in their existing practice.	It may be useful to start with paired discussions – before getting into a whole group discussion	PPT slides "PPT - Evidence based practice"
5 min	Pitfalls around evidence	Slides 5-6 outline some common dangers in thinking about evidence  Slide 5 emphasises that to use evidence you need to be objective and to recognise		PPT slides "PPT - Evidence based practice"



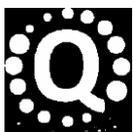
		<p>the possibility that what you have been doing might be wrong and that you need to change.</p> <p>Slide 6 is used to challenge the idea that we don't have enough time for evidence. It argues that if we act without evidence all of our energies can be wasted as we end up running around like a headless chicken. When we have evidence we know what we are doing and why and so our activities are more effective.</p>		
5 min	Engaging with evidence	<p>Slide 7 sets out some key way in which practitioners can engage with evidence. It is important to stress here that they don't have to become a researcher to make better use of evidence and even to become an evidence champion.</p>		PPT slides "PPT - Evidence based practice"
5 min	Understanding research	<p>Slide 8-10 introduce some of the key principles of research.</p> <p>Slide 9 uses a quote to make the point that research is iterative and that it unfolds over time. While the media often focus on 'breakthroughs' real researchers view research as a process of gradual learning.</p> <p>Slide 10 emphasises this point using the parable of the blind men and the elephant (see <a href="https://en.wikipedia.org/wiki/Blind_men_and_an_elephant">https://en.wikipedia.org/wiki/Blind_men_and_an_elephant</a>). It makes the point that one research study rarely allows us to see everything and to understand the world and highlights the fact that knowledge is built up through many studies.</p>		PPT slides "PPT - Evidence based practice"
5 min	Utilizing existing resources	<p>Slide 11 emphasises the importance of drawing on what is known already and offers some useful sources of research</p>		PPT slides "PPT - Evidence based practice"



		information.		
5 min	On the scientific method	<p>Slide 12 sets out the scientific method.</p> <p>In this version of the scientific method it shows how researchers move from observing something to turning it into a question and then into a provable (or disprovable) hypothesis.</p> <p>This allows you to predict what is going to happen and then test it.</p> <p>This then allows you to create a theory about how things work.</p> <p>For example, we might notice that clients aren't acting on the advice that we give them in career guidance. We might ask why this is and formulate a hypothesis that it is because they forget what we agreed. We might then predict that if we write our advice down they will remember it better and act on it. We could then test this by trying it.</p> <p>If this test is successful with a number of clients we might develop a theory that advice needs to be written down.</p>		PPT slides "PPT - Evidence based practice"
15 min	Creating research questions	<p>Slides 13-15 focus in on the process of creating research questions.</p> <p>Slide 13 sets this out</p> <p>Slide 14 provides an example</p> <p>Slide 15 provides an opportunity for them to try and create some research questions of their own.</p> <p>Give them a few minutes to develop their own research question. Then pick one and write it up on the flipchart.</p> <p>Encourage the rest of the group to come up with ways to improve it.</p>		<p>PPT slides "PPT - Evidence based practice"</p> <p>Flipchart to make notes</p>



		<p>Key questions include:</p> <ul style="list-style-type: none"> <li>• Can it be made more specific?</li> <li>• Will it lead to a clear answer?</li> <li>• Can it be done?</li> </ul>		
10 min	Introduction on Evaluation	<p>Slides 16-18 introduce the next section of the workshop which focuses on evaluation.</p> <p>You should make the point that research and evaluation are linked but separate activities.</p> <p>Not all evaluation seeks to discover new knowledge. Sometimes it just seeks to find out what you've done and whether it has worked in the way you wanted.</p> <p>Slide 17 puts the idea of evaluation within a framework of continuous improvement.</p> <p>Slide 18 turns this into an evaluation cycle. Specifying particular actions under each section.</p>		PPT slides "PPT - Evidence based practice"
20 min	Theory of change	<p>Slides 19-21 introduce the idea of a "theory of change" as being a key component of quality enhancement.</p> <p>It then provides an example of this on slide 21. Notice how each of the stages in the theory of change also include ways to monitor them.</p> <p>Finally on slide 22 it asks participants to create their own theory of change for their practice.</p>	When they are creating their own theory of change encourage them to work in small groups to develop an evaluation approach for a real aspect of their practice.	PPT slides "PPT - Evidence based practice"
5 min	The process of evaluation	Slide 22 emphasises the importance of completing your evaluation, writing it up and acting on it.		PPT slides "PPT - Evidence based practice"
5 min	Evidence on career guidance	Slides 23-25 highlights the fact that there is a considerable evidence base that underpins career guidance and summarises some of its key impacts for	.	PPT slides "PPT - Evidence based practice"



		individuals.		
5 min	Summary and key lessons on evidence	<p>Slides 26-27: Summarises some of the key findings of the evidence base.</p> <p>Slide 26 focuses on how career guidance systems should be designed. This draws on Hooley (2014).</p> <p>Slide 27 summarises some of the key lessons for creating evidence based interventions.</p>		PPT slides “PPT - Evidence based practice”
5 min	Wrap up	<p>Slides 28-30: Provide an opportunity to wrap up the workshop with a final summary and reflection (if you have time).</p>		PPT slides “PPT - Evidence based practice”