



Applying Evidence-Based Laboratory Medicine: A Step-By-Step Guide

Christopher P. Price, Joanne Lozar Glenn, Robert H. Christenson

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This workbook offers a step-by-step guide to applying the principles of evidence-based laboratory medicine (EBLM) in routine practice.

The term "evidence-based" is increasingly becoming part of the language in the practice of clinical medicine, and in laboratory medicine. In laboratory medicine, it is also becoming clear that the "evidence" differs somewhat from that on which the specialty was founded. The foundation of laboratory medicine is an understanding of the molecular mechanisms that describe the pathology of disease, but in applying this knowledge to patient care the emphasis moves from understanding disease mechanisms to improving health outcomes.

By applying EBLM to daily practice, laboratory professionals can

- Ensure appropriate use of tests at the requesting, decision-making, and application phases.
- Make the business case for implementing new diagnostic tools and strategies that meet clinical needs.
- Become full members of the clinical team and take an important role in implementing change.

The key is understanding the question being asked-and then applying the A5 EBLM Cycle: Ask, Acquire, Appraise, Apply, Assess.

This workbook walks readers through this process by providing a wide range of case studies that illustrate applications of EBLM in routine laboratory practice. Readers are then encouraged to record their own examples, consider how they might be addressed using the principles of EBLM, formulate research questions, and then follow those questions to their evidence-based solutions.

Throughout the text, sidebars and exercises offer additional helpful information and highlight key concepts. Whether used alone or with colleagues, this workbook provides the knowledge and practice that will give readers confidence that they are indeed learning how to apply the best available scientific evidence to diagnostic challenges, and in the process, playing a central role in patient care.

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