

# Evidence Based Dental Practice

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Dentistry is one of the important health care professions and dental practice should be based on an ethical obligation to protect patient health. Dental health care has transformed into a multifaceted and committed to science over the last decades. Advancement in new techniques and materials have added great amount of scientific knowledge in the field of dentistry. Advances in information communication technology have enabled practitioners and patients to obtain information at the fingertips. It has created the challenges for dental practitioner to understand, evaluate and integrate the new information into their daily clinical practice. Thus, FDI has endorsed Evidence Based Dentistry (EBD) because it helps dental surgeons to interpret and apply the best available evidence-based approach in clinical practice and oral healthcare.

Evidence based practice (EBP) is a process of making clinical decisions based upon evidence combined with clinical experience and patients expectations. EBP is applying or translating research findings in daily patient care, clinical practice and decision making. Evidence based dental practice integrates the use of the best available evidence, clinicians' expertise and patients' needs and preferences to inform decision making in clinical practice.

The integration of three components; best research evidence with clinical expertise and patient values will help to improve patients' outcome. The integration can be effectively achieved by '5A'; Ask, Acquire, Appraise, Apply and Assess. Niederman and Badovinac have identified five steps in the evidence based dental practice; 1) Converting required clinical information into an answerable question 2) Using electronic databases to find available evidence 3) Critically appraising the evidence for validity and importance 4) Integrating the appraisal with the patient's perceived needs and applying these results in clinical practice 5) Evaluating own performance. Evidence based practice provides an approach to collect and analyze scientific evidence systematically to answer a specific clinical question in oral health.

Evidence based dental practice provides an opportunity to synthesize and understand the research findings in a simple and authoritative manner. It helps to make clinical decision based on best available evidence, recent and advanced research. Dental practitioners, dental educators and dental students need to be aware on evidence based dental practice since variability and uncertainty are integral part of any clinical practice. Thus, evidence based practice is regarded as the gold standard in health care delivery worldwide as it uses resources more effectively and improves clinical practice.



## SOURCES

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