

Newsletter for Evidence-Based Behavioral Practice—Fall 2007



Throughout 2007, I have been privileged to Chair the Council for Training in Evidence-Based Behavioral Practice (EBBP). Contract support from the National Institute of Health's Office of Behavioral and Social Sciences Research has made it possible to bring together the talented interdisciplinary team of experts named here. The group has been hard at work creating tools to support learning, teaching, and implementation of EBBP. Here we describe some of the year's highlights in EBBP across the health disciplines. We express appreciation to members of the affiliated Societies who conveyed this material. Please keep up the great work and send us your news.

Regards,

Bonnie Spring, Ph.D., ABPP
Professor of Preventive Medicine, Northwestern University
Chair, Council for Training in Evidence-Based Behavioral Practice

What is EBBP? What are its Prerequisites?

The Institute of Medicine has identified evidence-based practice as a core competence for health professionals in the 21st century.¹ But what is necessary for behavioral health professionals to achieve competence in evidence-based behavioral practice (EBBP)? In answer to this question, a white paper entitled *Definition and Competencies for Evidence-Based Behavioral Practice* has been prepared by the multidisciplinary Council on Training for Evidence-Based Behavioral Practice (EBBP).

The draft paper was shared with colleagues and posted to the EBBP.org website beginning in June 2007. The Council thanks the numerous organizations and individuals who provided comments on the draft. Revisions are currently underway, based upon feedback. A final version of the white paper will be made available on the EBBP.org website in Fall 2007.

¹ Institute of Medicine (U.S.), Greiner A, Knebel E. *Health professions education: a bridge to quality*. Quality chasm series. Washington, DC: National Academies Press; 2003. Available online at: <http://books.nap.edu/openbook.php?isbn=0309087236>.

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Society for Teachers of Family Medicine
(Kim Marvel)

Systematic Reviews in the Spotlight at Behavioral Medicine Conference

The Society of Behavioral Medicine (SBM) featured two events exploring systematic reviews in behavioral health at their 2007 Annual Meeting, held in Washington, DC, in March. Research evidence is increasingly a basis for health care practice and policy-making. Relatively few systematic reviews exist for behavioral treatments. Great need exists to improve the quality and increase the extent of the evidence base for behavioral treatments.

A well-attended, free workshop on "How to Find, Use, and Write a Systematic Review" was taught by Bonnie Spring, director for the EBBP.org project, Joost Dekker, a reviewer for the Cochrane Collaboration, and Evelyn Whitlock, an experienced reviewer for the U.S. Preventive Services Task Force. Speakers demonstrated steps and methods taken to conduct a systematic review (question definition, search and selection of studies, quality rating, data analysis, addressing intervention and outcome heterogeneity).

An SBM symposium on "Current Issues in Systematic Reviews" presented the perspectives of a distinguished panel of experts about current challenges and controversies in systematic reviews. Drs. Whitlock, Spring, Alice Ammerman, University of North Carolina Chapel Hill, Mark Helfand, Director of the Oregon Evidence-Based Practice Center, and David Atkins, Agency for Healthcare Research and Quality.

To learn about upcoming events of interest see the SBM website at <http://www.sbm.org>, as well as the website of the SBM Special Interest Group for Evidence-Based Behavioral Medicine at <http://www.sbm.org/ebbm/>.

Institute of Medicine Focuses on Evidence-Based Practice at Annual Meeting

The theme of the Institute of Medicine's 2007 meeting was "*Evidence-Based Medicine and the Changing Nature of Healthcare*." Presenters explored changes in health care, the need for better evidence, challenges faced by practitioners and patients, and the need for new health care policy. Audio and presentations from speakers are available at <http://www.iom.edu/CMS/2951/16671/16689/43074/46863.aspx>.

Additional EBP resources are available from the IOM Roundtable on Evidence-Based Medicine. Information about the Roundtable and a list of upcoming , public workshops is available online at <http://www.iom.edu/CMS/28312/RT-EBM.aspx>.

Clinical Psychology Program Directors Feature EBBP in 2-day Workshop

A two-day workshop of evidence-based practice in psychology was held at the midwinter meeting of the Council of University Directors of Clinical Psychology (CUDCP), on January 19 and 20, 2007 in Savannah, Georgia. Attendees at the meeting represented clinical psychology training programs in the United States and some from Canada.

The program began with a keynote address by Dr. Spring, followed by a panel presentation involving four speakers (Drs. Dianne Chambless, Sheila Woody, Thad Leffingwell, and David DiLillo). Day 1 afternoon sessions commenced with a keynote address given by Dr. Walker, entitled *Informatics for Psychological Practice*. This was followed by four facilitated breakout discussion sessions. On Day 2, there were four sessions on integrating training in evidence-based practice into existing coursework in Research Methods, Behavior Therapy, Psychopathology, and Clinical Practicum. Clinical directors were asked to suggest what training modules they would find useful.



Dianne Chambless, Ph.D., discusses the role of Empirically Supported Treatments in EBBP, at the midwinter CUDCP meeting.

Brief video clips of speakers answering questions about evidence-based practice appear on the EBBP.org website, along with the speakers' presentation slides (<http://ebbp.org/video.html>). Papers based on the CUDCP presentations appear in a special issue of *Journal of Clinical Psychology*, published in June 2007. Articles are available to subscribers at: <http://www3.interscience.wiley.com/cgi-bin/jhome/31171>.

Evidence-Based Practice is a Core Value of Nursing *Essentials*

Members of the American Association of Colleges of Nursing (AACN) value the development of clinical scholarship in nursing practice. In an inclusive and iterative process, AACN task forces have developed a series of documents that outline curricular expectations for different levels of nursing education. The *Essentials of Doctoral Education for Advanced Nursing Practice* was released in 2006, and in August of 2007, revisions to the *Essentials of Baccalaureate Nursing Education* were made available on the AACN website. Both documents make explicit the expectation for analysis and application of scientific, evidence-based findings to nursing practice. The *Essentials* provide guidance for nursing education programs to develop curricula that prepare nurses to be life-long learners, educated consumers of research literature, participants in quality improvement initiatives.

To view the nursing *Essentials* or locate conference presentations about teaching EBP skills, see the AACN online at <http://www.aacn.nche.edu/>.

Teaching Evidence-Based Practice is Focus of Social Work Conference

Social work faculty from across the United States gathered in Austin Texas on October 16-18, 2006, to discuss challenges and opportunities for teaching evidence-based practice. Presenters included Ellen Gambrell, Enola Proctor, Haluk Soydan, Joan Zlotik, and other EBBP teachers and researchers.

Papers based on conference presentations appear in a 2007 special issue of the journal *Research on Social Work Practice* (volume 17, issue 5). Articles are available via subscription at <http://rsw.sagepub.com/content/vol17/issue5/>.

The fall issue of the *Journal of Social Work Education* is a special issue also devoted Promoting and Sustaining Evidence-Based Practice in Social Work Education. View the table of contents (full-text of articles is available to subscribers) at <http://www.cswe.org/CSWE/publications/journal/>.

EBBP.org Highlights Resources to Locate Evidence for Practice

The EBBP.org website links to a selection of the many resources that can help practitioners locate research evidence to support their practice. For example, find systematic reviews (Cochrane and Campbell Collaborations), practice guidelines (CDC Community Guide, NICE Guidelines), and lists of evidence-based treatments (e.g. APA Empirically-Supported Treatments, SAMHSA National Registry, RTIPs—Research Tested Intervention Programs, and companion website for the Oxford University Press *Treatments that Work* series).

Look for these and more under the *Resources* tab at <http://www.ebbp.org>.

Public Health Stories Illustrate How EBBP is Making a Difference in U.S.

The National Association of Chronic Disease Directors (NACDD) knows that state programs are reducing the burden of chronic disease in the United States. *State Success Stories* are used to communicate successful efforts in evidence-based chronic disease prevention to policymakers and key stakeholders. Stories have been disseminated on Capitol Hill and state legislatures to inform decision-makers on how resources have been well-invested to make a noticeable impact (high ROI) and provide examples to other states.

View stories and submit your own program successes on the NACDD website at:

<http://www.chronicdisease.org/i4a/pages/index.cfm?pageid=3299>.

NIMH-Hosted Symposium Examines Evidence-Based Practice in Social Work

In April 2007, the National Institute of Mental Health hosted a symposium entitled *Partnerships to Integrate Evidence-Based Mental Health Practices into Social Work Education and Research*. The symposium, which took place in Bethesda, Maryland, was planned in partnership with the Institute for the Advancement of Social Work Research (IASWR). Session and roundtable participants explored approaches to further integrate empirically-based mental health practices into social work education, with special attention given to collaborative opportunities and “next-steps” for stakeholders.

In preparation for the symposium, IASWR scanned the social work community for model initiatives to integrate empirically-based interventions into practice and curricula. A comprehensive report will soon be posted on the IASWR website at <http://www.iaswresearch.org> and broadly disseminated.

Social Workers Explore Implementation and Translational Research

Researchers and practitioners worldwide are exploring issues related to EBBP. In October 2007, The Swedish Institute of Evidence-Based Social Work Practice and the Swedish National Board of Health and Welfare sponsored the Stockholm Conference on Implementation and Translational Research. International presenters shared their experience in empirical research and evidence-based practice in social work. Guest speakers included: Onil Bhattacharyya, University of Toronto (*What is implementation research? Rationale, concepts, and practices*); Jon Kerner, National Institutes of Health (*Research dissemination, dissemination research, and translational research*); Sandra Nutley, University of Edinburgh (*What works to promote evidence-based practice — cross sector experiences*), and Edward Mullen, Columbia University (*Preparing social work practitioners to use evidence-based research in practice*).

Share Events on the EBBP.org website

The EBBP Council invites colleagues to share news and events related to evidence-based behavioral practice on the EBBP.org website. A calendar of upcoming events is being prepared, and submissions for the EBBP.org blog are always welcome.

Collaboration Examines Cost of Chronic Disease

States need to understand the fiscal impact of chronic disease. Cost information provides an evidence base for advocacy, policy development, and budget planning and resource allocation. A collaboration has been formed to further cooperation among states and increase understanding of these costs. Partners include the Centers for Disease Control and Prevention, the National Association of Chronic Disease Directors, the National Pharmaceutical Council and the Agency for Healthcare Research and Quality. Using an econometric approach, the project hopes to build a toolkit that will help states to estimate the costs of certain chronic diseases.

More information about the project is available online at <http://www.chronicdiseasecollaboration.org/>.

Librarians Develop Empirically-Validated Programs in Support of Health Professionals

Librarians are active members of the organizational context that supports evidence-based practice. Librarians teach information skills, conduct expert literature searches for systematic reviews, read and critically appraise scientific articles to support health care decision-making, and much more. In supporting EBP in health care, librarians also recognize the importance of developing and disseminating the most effective professional practices, those that have been validated by empirical research.

The Research Imperative: The Research Policy Statement of the Medical Library Association (MLA) affirms the importance of sustaining a research culture and fostering evidence-based practice within library and information science. The full policy is available online at http://www.mlanet.org/research/policy/policy-01_toc.html.

For more information about the ways in which librarians support evidence-based practice and current research and policy ini-

Annual Nursing Institute Highlights Themes within Evidence-Based Practice

For the past six years nurses have been meeting in San Antonio at the *Summer Institute on Evidence-Based Practice*, hosted by the Academic Center for Evidence-Based Practice (ACE) and School of Nursing at the University of Texas Health Sciences Center. The theme for the 2008 Institute, to be held June 16-18th, is *Innovation for Quality*. More information about the Institute, including the call for abstracts, is available online at <http://www.acestar.uthscsa.edu/institute/su08.html>.

What's New in Evidence-Based Behavioral Practice ?

When EBBP Council Chair Bonnie Spring sent out the request, affiliates responded by sharing nearly 200 presentations, publications, and project descriptions from 2006-2007 in the area of evidence-based behavioral practice.

This collection features work across behavioral health disciplines: medicine, nursing, public health, psychology, social work, and library science.

A complete list of submissions is available on the EBBP website at <http://www.ebbp.org>.

Keeping Up With the Literature

Practitioners and researchers can keep up with new research using *Behavioral Medicine Alerts*. Sign up to receive the email alerts, or view the archive and annual compilations on the Cochrane Behavioral Medicine Field website at <http://www.cochranebehavmed.org/other.php>.

The EBBP.org project creates training resources to help bridge the gap between behavioral health research and practice. Professionals from the major health disciplines are collaborating to learn, teach, and implement evidence-based behavioral practice (EBBP).

We aim to:

- Acquire shared vocabulary and conceptual grounding for behavioral science and practice across the health disciplines.
- Create tools to improve the research and practice training base for behavioral and psychosocial treatments.
- Build the evidence base for behavioral interventions.
- Upgrade Evidence-Based Behavioral Practice.

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