What’s App?
Using EBM Mobile Applications in Healthcare

Evidence Based Medicine
EBM is the practice of utilizing data from clinically relevant systematic research to influence patient care.

Established
1992

Why EBM Apps?
Assist in patient assessment and diagnosis
The Healthcare landscape is changing. Electronically storing records patient files and pharmaceutical information is now online.
Practitioners have greater access to tablets & mobile devices
Provides a convenient way to remain up to date with new studies and the overwhelming volume of information available

How Patients Benefit
Greater autonomy over care options
These apps create a means for dialogue between patient and provider.
Patients can:
- better understand their diagnosis
- ask questions
- explore different treatment options
A systematic review found that in patients with Type 2 Diabetes Mellitus, the use of such EBM tools “was likely to improve process of care”.

Practitioners – Proceed With Caution
A multiple case study found out of 156 cases with 84 using EBM apps...
...30% of EBM users experienced tension including:
- user tension
- social tension
- organizational tension

No Tension (77%)
Experienced Tension (23%)

The key to providing the best patient-centered care
utilize these resources in moderation, as an aid to practitioner knowledge, not as a replacement for the provider’s acquired knowledge and experience.

Based on an original article by Katie O’Donovan in BU Well Volume 1. http://digitalcommons.butler.edu/buwell/

3. http://www.bmj.com/content/347/bmj.f3365.