

YOUR WAY TO (VERY) IMPORTANT KNOWLEDGE

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- Scientific knowledge
 - Very difficult to acquire, process and use
- Why do you bother?
 - Talk to other professionals?
 - To talk to patients?
 - To improve your care delivery?
- I can't teach you this
- This is now a specialty
 - Grad school. Librarians
- Guilt Shame
 - We did this to you!
- So what can you do?
 - How to avoid traps for young players
- What not to do
 - Search the literature
 - Try to summarize a topic
 - Critical appraisal
- Four steps to master the literature
 - #1 Get a group
 - #2 Call a pro
 - Research Review Services (<https://www.rrseducation.com>)
 - #3 Follow a few key online sources
 - Chiropractic & Manual Therapies (<https://chiromt.biomedcentral.com>)
 - Forward Thinking Chiropractic Alliance – Facebook (<http://goo.gl/xrkOkx>)
 - #4 Secret stuff
 - WFC Suggested Reading for Chiropractic (<http://www.wfcsuggestedreadinglist.com>)
 - Chiropractic Australia Journal Club (<http://chiropracticaustralia.org.au/formembers/journal-club-2/>)
 - SDU

JØRGEN JEVNE

How do I stay current?

- Beware of your preferences
 - Echo chambers
 - Cognitive ease
 - We cannot make truly informed decisions with our patients about which treatment work best, if we can't see all the evidence

- Researchers select data to analyse and results to report ->
 - Journals select studies to publish ->
 - Researchers select studies to cite ->
 - Bloggers select studies to promote
- Question everything
 - We need to challenge our own professional beliefs
 - If you get a different test result than your colleagues (more experienced), it is not because of your incompetence. It is a product of the test you are using.
 - Physicians who have been in practice longer, may be at risk for providing lower-quality care.
 - In a world of uncertainty, who do you trust? ... No one...
- Tolerate uncertainty
 - Although chiropractors are rationally aware when uncertainty exists, the culture of medicine evinces a deep rooted unwillingness to acknowledge and embrace it.
 - Tolerating uncertainty – The next medical revolution. NEJM nov. 8th 2016
 - Educators can start by asking questions that focus on **“how” and “why, nor “what** – stimulating discussion that embraces the gray-scale aspects of human health and illness, aspects that cannot be neatly categorized, and encouraging students’ curiosity to explore and to sit comfortably with uncertainty, acknowledging that **certainty is not always the end goal.**
- Knowledge translation
 - Mean time for new knowledge to be implemented into clinical practice – 17 years.
 - Barriers to implementation
 - Time
 - Money
 - Comprehension, Culture, Workload, Relevance
- The enablers
 - Podcasts
 - Physioedge
 - Chiropractic science
 - PT Podcast Network
 - The physio matters podcast
 - BJSM podcasts
 - NAF (Not Another Fucking Physio Podcast)
 - Mechanical Care Forum
 - PT Inquest
 - Ted Talks
 - Subscriptions
 - Clinical Edge
 - RRS Education
 - UOTODATE.COM
 - Chiropracticreport.com
 - Wfcsuggestedreadinglist.com
 - Blogs
 - BMJ blogs
 - The Sports Physio

- Running Physio
- Greg Lehman
- Social Media
 - Evidence Informed Chiropractic Medicine
 - Nevrovitenskap
- The swiss army knife
 - Tools
 - #1 preference bias
 - #2 stay critical
 - #3 tolerate uncertainty
 - #4 knowledge translation
 - Why need tools? Increase impact of your message. Build your brand

