1. **What is Evidenced-Based?**

At its most basic level, evidenced-based generally means that “it” (whatever it is – programs, processes, services, training models, etc.) has been research proven to have a specific positive outcome when implemented within defined parameters.

* 1. Evidenced-Based Practice: An approach, framework, collection of ideas or concepts, adopted principles and strategies supported by research. In terms of a provider, EB practices may be skills, techniques and strategies supported by research that can be used when interacting directly with a patient or customer. This is where you start to close the research/practice gap through practical application and continuous process improvement.
     1. Promising Practice – change one of the components of an evidenced-based program and some would argue that you can no longer call your program evidenced-based – even if the only variable is, for example, primarily serving a different ethnic group or a different type of area (rural vs urban). However, your program can and does become a program based on an evidenced-based model that is now driven by promising practices that can demonstrate replicability and sustainability across various populations and areas.
  2. Evidenced-Based Medicine: A form of medicine that aims to optimize decision-making by emphasizing the use of evidence from well-designed and conducted research (source: Center for Evidenced-Based Medicine).
     1. An example is the Project RED (Re-Engineered Discharge) program developed by Boston University that looks at improving the hospital discharge process to help prevent re-admissions.
  3. Evidence-Based Programs: Programs comprised of a set of coordinated services/activities that demonstrate effectiveness based on research. Evidenced-based programs often incorporate a number of different evidenced-based practices in the delivery of the services.

1. **Why should we care/consider making a case for our projects?**
   * 1. Waiver renewal/extension: CMS and HHSC are very interested in evidenced-based programs. While we know the waiver is intended to be about transformation through innovation, the interest and benefit of evidenced-based program models is that there tends to be an increased likelihood that the program can be successfully replicated and sustainable because it has been proven to work. In developing the transformational impact summary, the Clinical Champions workgroup considered innovation and other factors and recognized providers may have promising practices and other valuable program information to highlight that may not be found in formal literature. The information shared and the cases made toward evidence-based features of projects will help inform best practices across the state, as well as illustrate ideas and lessons for replication and sustainability, and inform waiver renewal activities.
     2. Best practices/standardized data: Some programs are not formal evidenced-based models because they are not carried out via a proscribed, consistent protocol that has been researched in a peer-reviewed manner; however, they are successful and easily replicated (e.g., community paramedicine). Exploring the promising practices of your program and identifying the foundation a project is developed on through collaboration with similar projects can be a great way to start building a case and collecting data in a standardized way. You could work toward making your model a recognized evidenced-based program, as well as sharing best practices and lessons learned.
     3. Future projects: Whether under the waiver or for other sources, if wanting to start a new program, reviewing and exploring the potential evidenced-based models out there can help give you a developed framework to start from and give you an outline of how to succeed in implementation and sustainability. Additionally, for existing programs, it can be helpful to consider and identify the foundational components of your projects.
2. **How can you make the case?** 
   * 1. Online resources: Start online with the free resources available to seek out research done within your program and service areas, as well as to identify formally recognized evidenced-based models that may exist.

* + 1. Collaboration with others: Whether working with other stakeholders to actually provide shared or complementary services, or just actively sharing lessons learned, challenges and best practices, collaboration can help you improve existing programs and/or identify areas where data can be standardized and shared to better address community needs and even to work towards establishing a recognized and standard project model. Additionally, this may be a way for providers in a region to identify potential initiatives that could be carried out at the regional level that are feasible and beneficial.
    2. Address the basic questions/key information:
       1. What portions of the program structure are essential to replicating the positive impacts? If instituting or implementing these core components, someone would expect to see the same positive outcomes you’ve been able to demonstrate (not necessarily the exact same results or impact numbers, but positive results in a similar manner with a reasonable degree of certainty)
       2. Consider and outline information related to what, if any, results are believed to be tied to or affected by your project’s target population, service area, etc.

**Resources to Get Started:**

* Google Scholar: <http://scholar.google.com/>
* Center for Evidenced-Based Medicine: <http://www.cebm.net/>
* National Guidelines Clearinghouse: <http://www.guideline.gov/>
* American College of Physicians Clinical Practice Guidelines: <http://www.acponline.org/clinical_information/guidelines/guidelines/>
* Agency for Healthcare Research and Quality:

<http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/>  and <http://www.ahrq.gov/research/findings/evidence-based-reports/>

* Institute for Healthcare Improvement: <http://www.ihi.org/topics/bundles/Pages/default.aspx>
* Centers for Disease Control and Prevention: [http://www.cdc.gov](http://www.cdc.gov/chronicdisease/resources/guidelines.htm)
* Check with various associations such as the American Heart Association:

<http://www.heart.org/HEARTORG/HealthcareResearch/GetWithTheGuidelinesHFStroke/Get-With-The-Guidelines---HFStroke_UCM_001099_SubHomePage.jsp>