Steps in Evidence-based medicine

- Develop foreground question from patient information using the PICO* method.
- Using the question developed and perform a search to locate the best evidence available.
- Critically appraise the evidence located for validity (internal/external).
- Integrate the information found with clinical expertise, patient values and apply in clinical practice.

*PICO = Patient/Population/Problem, Intervention/Exposure, Comparison and Outcome*