

## SLP Evidence-Based Practice: *How am I going to find time for that?*

As speech-language pathologists (SLPs), we know we're supposed to use [evidence-based practice](#) (EBP) to guide clinical decision-making and ensure the best possible outcomes for our patients, but who's got time?

Many of us are jumping from patient to patient with limited time allotted for planning in our setting. How do we find the time to research evidence-based information when we struggle to find enough time to grab lunch or make a quick bio-break? Where can we access articles? Once we have them, how do we use them?

We can use social media to find some direction, but don't we need to use EBP to defend our professional decision making? How do we know if the suggestions we find on social media have merit? ***Sound familiar?***

Imagine you get a referral on a new patient who has a diagnosis with which you don't have a lot of experience. When you go to enter goals on the IPOC, you don't feel very confident in your goals and interventions. You have subtle thoughts that you may not be doing the "right" thing. Remember, even the **very best** clinicians don't automatically know what to do with every single patient they treat. Research, or opinions masquerading as research, is everywhere – news, social media, podcasts, magazines, journals, radio, and webinars. Having access to so much information makes it hard to find recent, high-quality information that's applicable to our patient.

That's where research comes in and ASHA's Evidence Maps can quickly direct you in your decision making.

### THE EBP PROCESS

Follow [these steps](#) to initiate and implement EBP into your clinical practice.

### EBP CATALOG

[Blog posts, articles, and documents](#) that explain the "why" and "how" of EBP.

### EBP TOOLKIT

A [collection of PDFs](#) to guide you as you implement the EBP process for your own clinical questions.

### GLOSSARY

[Definitions of key terms](#) to build your understanding of EBP concepts.

### EVIDENCE MAPS

A [searchable online tool](#) designed to assist clinicians with making evidence-based decisions.

### TUTORIALS

[Interactive and video resources](#) to help clinicians expand their understanding of EBP.



## ASHA's Evidence Maps: *The fast way to find relevant evidence*

ASHA has a dedicated staff in the National Center for Evidence-Based Practice (N-CEP) who have done much of the legwork for you by creating the ASHA Evidence Maps. The N-CEP staff has done the first few rounds of sifting for you so you can pay attention to the few pieces of synthesized literature that relate to your clinical question.

The Evidence Maps serve as a guide to lead you to what you're looking for quickly and easily, either through filtering or keyword search. When the literature is already appraised, summarized, and categorized for you, you save your most precious resource: time.

You can search alphabetically or you can just enter your diagnosis in the search box.

Search the Evidence Maps

### TUTORIALS



This page also has a nice video tutorial of the Evidence Map Process.

#### Reference

New Evidence-Based Practice Resources Available to Guide Clinicians. *The Asha Leader*, 25(6), 63, <https://www.asha.org/Evidence-Maps/>