

Evidence-based Dentistry

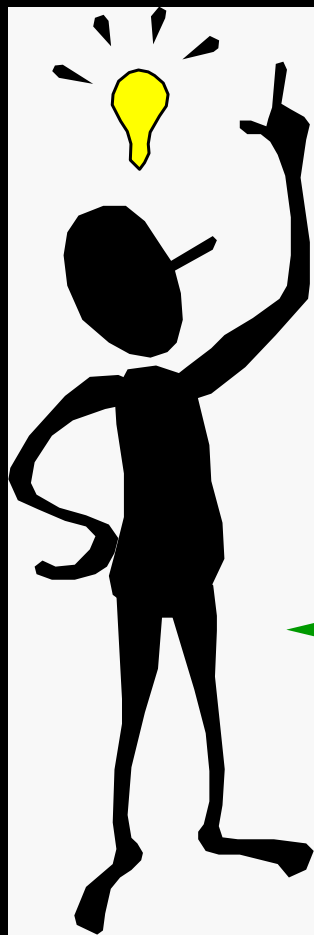
Why Bother?

Asbjorn Jokstad

Institute of Clinical Dentistry, University of Oslo, Norway

FDI World Dental Federation, Ferney-Voltaire, France

The graduate



Advertising

- producers
- colleagues

Teachers
“Curriculum”

Publications
in
dentistry



The graduate

- Has been taught and can perform many basic procedures - not necessarily the most modern
- No hands-on experience with many procedures common in modern dental clinics
 - from where and how can further training be obtained?
- Theoretic knowledge at zenith, from now on less time for reading / question of priorities
- Already from day 1 the science in dentistry advances further - how to stay updated?

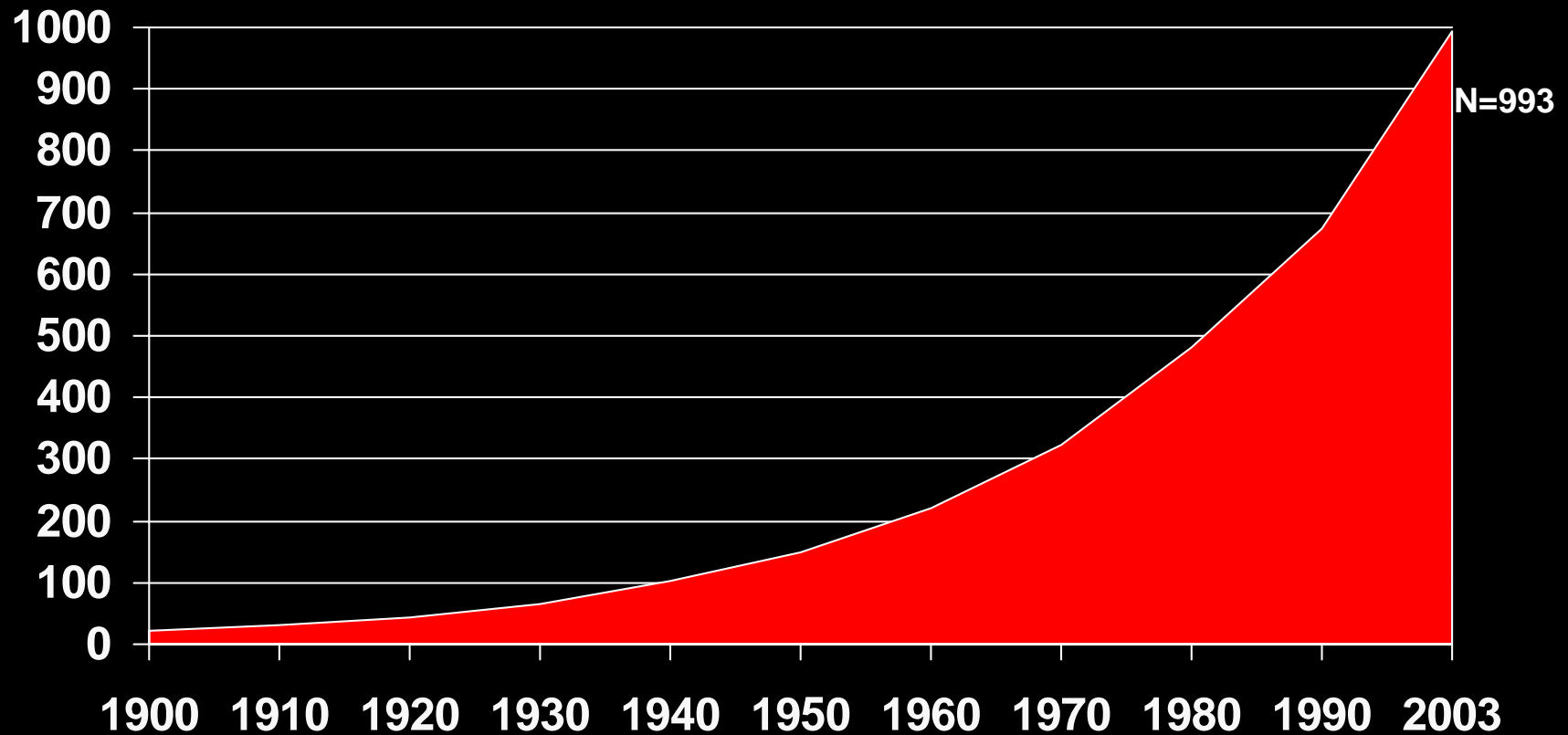


A rapidly changing society

The production of new knowledge in biomedicine is at maximum in historical context

- Tremendous growth in publications
- Related to numbers of physicians and scientists
- Infomercial publications

Dental journals in circulation

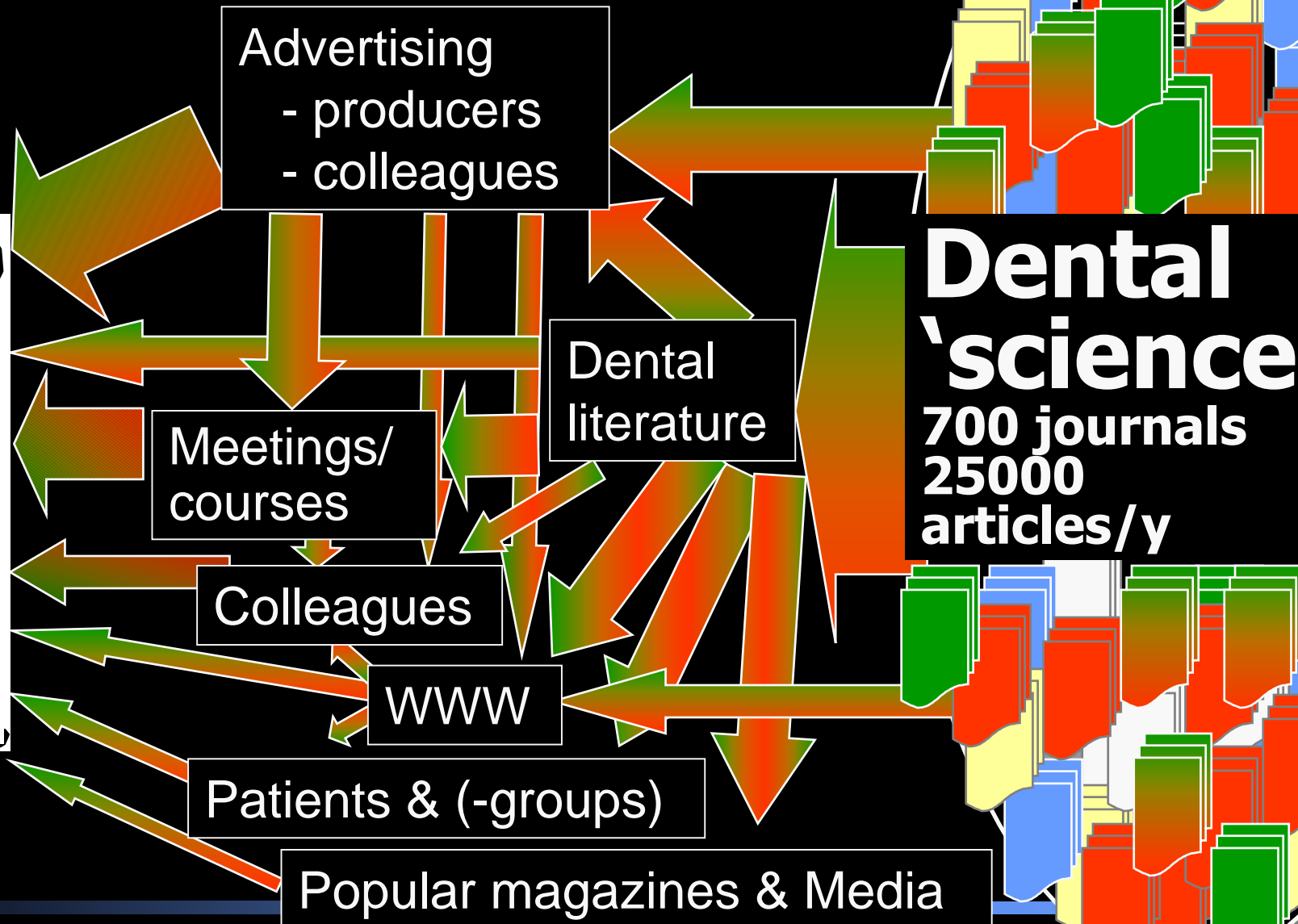
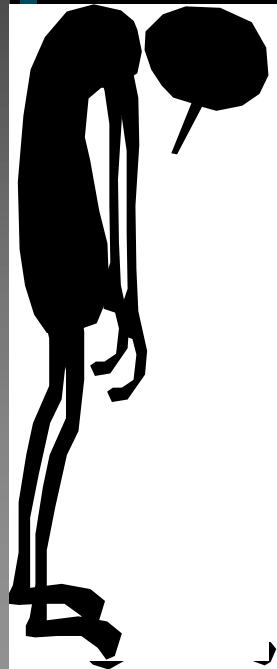


700 active
200 ceased
100 merged

Source: Ulrich's International Periodicals Directory

1. There is an
Information Explosion in
all fields of Biomedicine

Dentists' daily situation: An information overload



2. We need to consider not
only the
amount
of information, but also the
quality
of this information

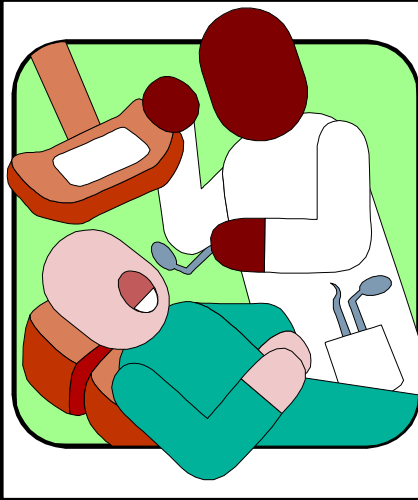
**There is an Information Explosion
in all fields of Biomedicine**

**Where and by who is
new knowledge in oral
sciences generated?**

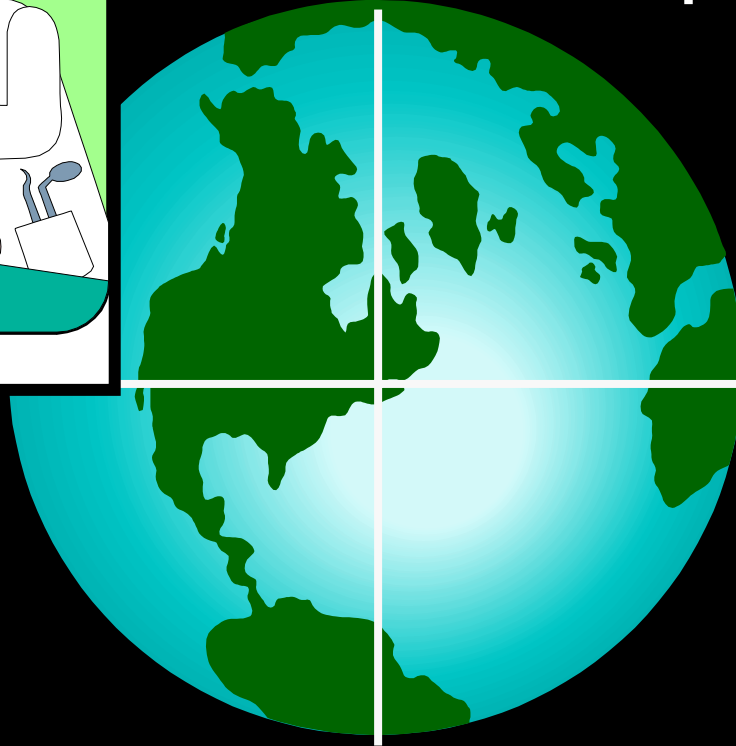
The researchers



- Creates "scientific evidence"
- Formulation of ideas, hypotheses, study design, data collection
- Peer review, internal/external validity, debates within paradigms
- Report findings in probabilities, not absolutes



The clinical practitioners



- Single handed GPs/ specialists in teams; secondary/tertiary care
- Great diversity of experience, interest and capacity
- Draw on a panoply of experience
- Pragmatism: what works - what creates problems

Developers of local guidelines and protocols



- Local consensus, sometimes on national guidelines
- Clinical specialists seeking ways to influence peers

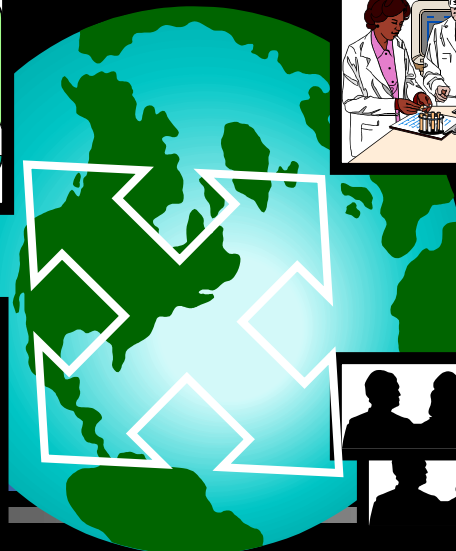
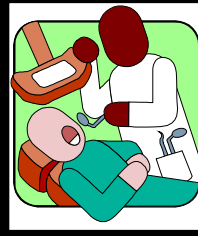
The appraisers of evidence for clinical practice



- Epidemiologists, health economists, statisticians, social scientists, and clinicians
- Collect, abstract and appraise practice related knowledge
- Debates about value and balance between consensus and evidence, rigour of data and application of statistics

A rapidly changing society

- The production of new knowledge is at maximum in historical context
- Incessant replacements of established ideas and concepts



A rapidly changing society

1. The production of new knowledge is at maximum in historical context
2. The quality of information varies
3. Incessant replacements of established ideas and concepts
4. Information technology has improved the potential for information transfer to everybody



Realistic white shades for special cosmetic needs



SYNERGY® Super White shades are ideal for restoring whitened teeth and deciduous teeth

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- Super White O (opaque)
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...uced veneers

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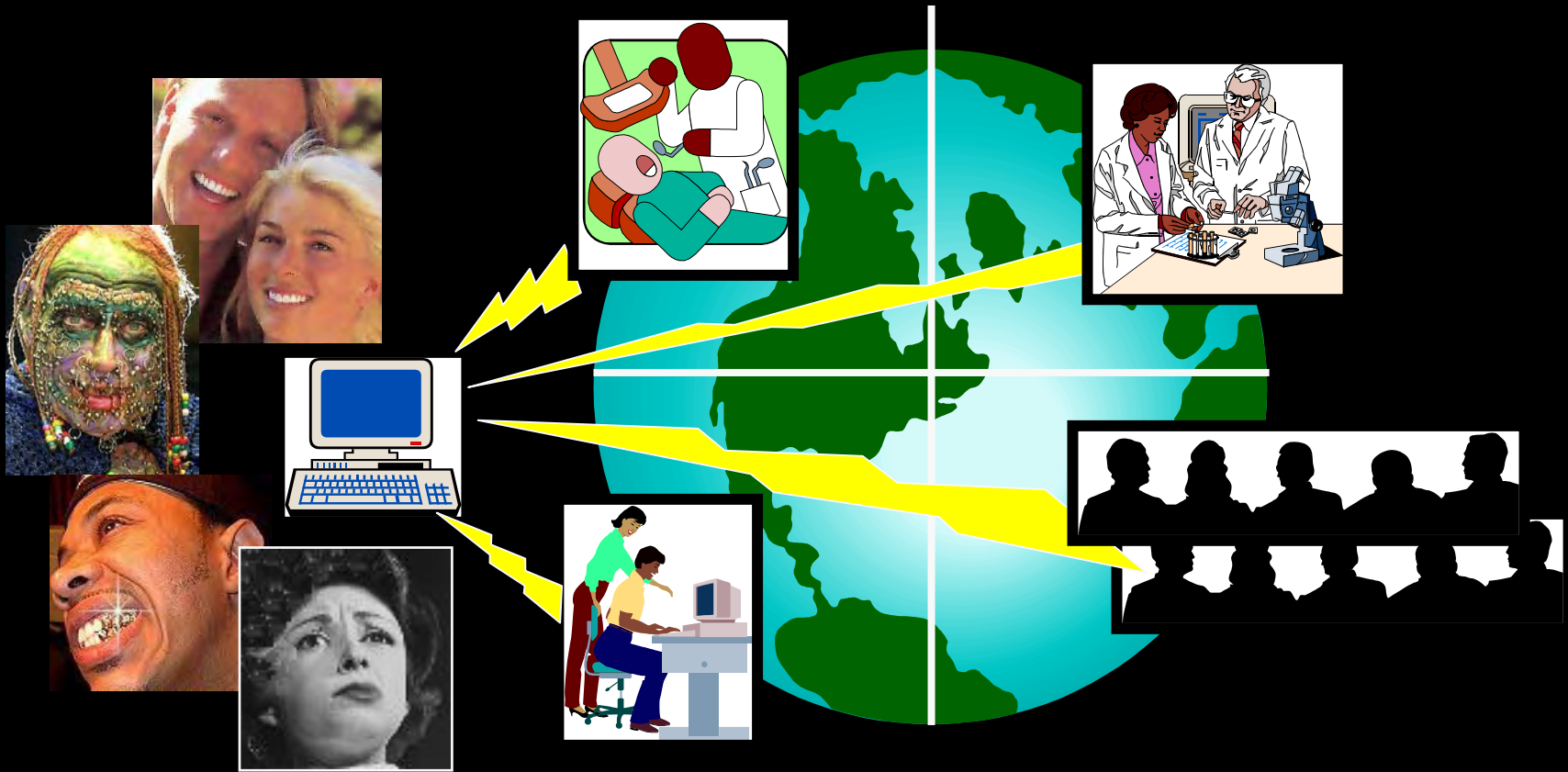


After SYNERGY® Super White veneer

New patients?



Patient access to Information



- ✓ Wish to remain sound, look healthy, different?.... young!!!
- ✓ Competitive health providers and information sources
- ✓ **Patient information and communication**

5. General practitioners need information on professional issues to meet the expectations of educated patients in this information age

What would your answer be if ...

a 32 y patient calls four hours after a wisdom tooth has been removed and complains about bleeding, pain and severe swelling.



She demands immediately some analgetics, some antifebriles and perhaps also antibiotics?...

..or if ...

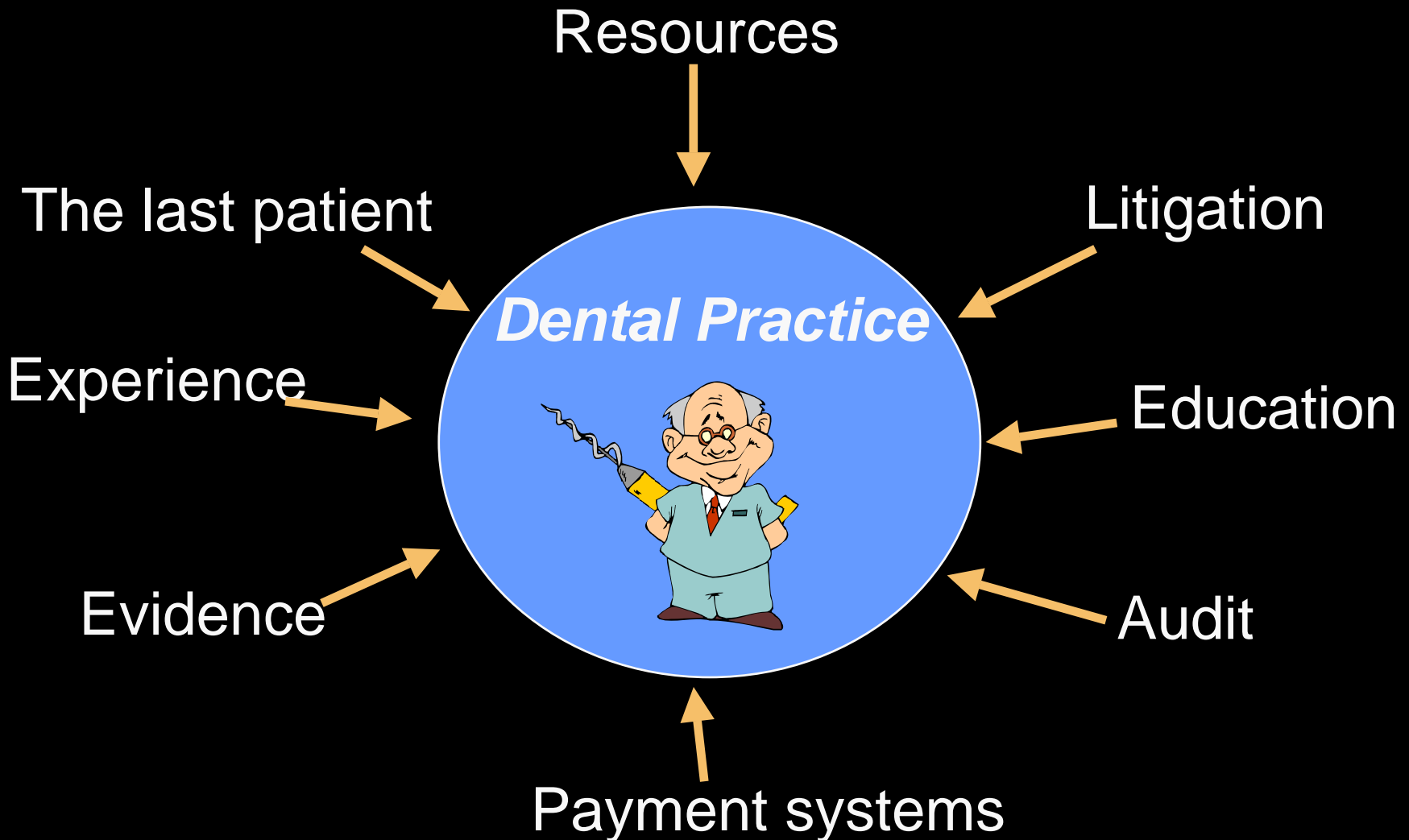
a 66 year old woman comes to your clinic because she feels she hasn't received any help from her former dentist about oral lichen planus. She wants to confer with you about a new Vietnamese Herbal Tea treatment described in the latest 'Health & Fitness'



Approaches when we're uncertain

- A patho-physiological appr.: this makes sense...
- An expert / "how I was trained" approach: I learned this worked / didn't work...
- An anecdotal appr.: this didn't work last time..
- A consultant approach: maybe I can ask a few colleagues I work with....
- A textbook approach: often outdated and no strong support.
- Confess that you don't know - or - do something and pray...
- or invent some combination of approaches

Influences on treatment decisions



Where can I find relevant clinical information when I need it fast?

- Can I consult a colleague?
- Are my journals and textbooks organised and updated?
- Is a relevant library nearby?
- Can I find the answers on the Internet?



The largest image search on the Web.

"oral lichen planus"

FIND

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Did you mean: ["oral lichen plans"](#)

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"oral lichen planus"

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3675 links

AltaVista found 3,675 results [About](#)**[International Oral Lichen Planus Support Group Web site](#)**... from all past online discussions are available for viewing. Goto: Transcripts Welcome to the **Oral Lichen Planus Support Web site** at Baylor College of Dentistry, a component of The Texas A&M ...www.tambsd.edu/lichen • [Refreshed in past 48 hours](#) • [Related Pages](#)[More pages from www.tambsd.edu](#)**[Oral Lichen Planus Index Redirect Page](#)**Click here to continue to <http://www.tambsd.edu/lichen/olpfacts/olpfacts.html> **Oral Lichen Planus Facts**www.tambsd.edu/lichen/html/fact_sheet.html • [Related Pages](#)[More pages from www.tambsd.edu](#)**[eMedicine - Oral Lichen Planus : Article by Philip Sugerman, BDS, MDS, PhD, FRACDS, FDSRCS, FFOPRCPA](#)****Oral Lichen Planus - Oral lichen planus (OLP)** is a chronic inflammatory disease that causes bilateral white striations, papules ... Caption: Picture 1. **Oral lichen planus**. Plaquelike **oral lichen** ...www.emedicine.com/DERM/topic663.htm • [Related Pages](#)[More pages from www.emedicine.com](#)**[eMedicine - Oral Lichen Planus : Article Excerpt by: Philip Sugerman, BDS, MDS, PhD, FRACDS, FDSRCS, FFOPRCPA](#)****Oral Lichen Planus - Oral lichen planus (OLP)** is a chronic inflammatory disease that causes bilateral white striations, papules, or plaques on the buccal mucosa, tongue, and gingivae. Erythema ...www.emedicine.com/derm/byname/oral-lichen-planus.htm • [Refreshed in past 48 hours](#)**Refine your search with AltaVista Prisma** [?]

Click a term to focus your search. Click >> to replace your search.

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Avansert søk Innstillinger Språkverktøy Søketips

"oral lichen planus"

Google-søk

Søk på nettet Søk gjennom sider innen norsk (bokmål)

Nett Bilder Grupper Katalog

Søkte på nettet etter "oral lichen planus". Resultat 1 - 10 av ca. 11,900. Søket tok 0.41 sekunder.

[International Oral Lichen Planus Support Group Web site](#)

... the form. Thank you for your participation in this important project.
GOALS FOR THE INTERNATIONAL ORAL LICHEN PLANUS SUPPORT GROUP: ...
www.tambcd.edu/lichen/ - 36k - [I hurtigbuffer](#) - [Liknende sider](#)

[Interventions for treating oral lichen planus\(Cochrane Review\)](#)

Oxford: Update Software Ltd. All rights reserved. Interventions for treating **oral lichen planus** (Cochrane Review). Chan ES-Y, Thornhill M, Zakrzewska J. ABSTRACT. ...
www.update-software.com/abstracts/AB001168.htm - 8k - [I hurtigbuffer](#) - [Liknende sider](#)

[Lichen Planus](#)

... and tongue. **Oral lichen planus** is more difficult to treat and typically lasts longer than skin lichen planus. Fortunately, many ...
www.aad.org/pamphlets/lichen.html - 19k - [I hurtigbuffer](#) - [Liknende sider](#)

[eMedicine - Oral Lichen Planus : Article by Philip Sugerman, BDS ...](#)

Oral Lichen Planus - Oral lichen planus (OLP) is a chronic inflammatory disease that causes bilateral white striations, papules, or plaques on the buccal mucosa ...
www.emedicine.com/derm/topic663.htm - 98k - [I hurtigbuffer](#) - [Liknende sider](#)

11900 links!

[MEDLINEplus Medical Encyclopedia: Lichen planus](#)

... Your dentist may diagnose **oral lichen planus** based on the distinctive appearance of mouth lesions. ... **Oral lichen planus** usually clears within 18 months. ...
www.nlm.nih.gov/medlineplus/ency/article/000867.htm - 34k - [I hurtigbuffer](#) - [Liknende sider](#)

[Preliminary investigation of the association of oral lichen ...](#)

Preliminary investigation of the association of **oral lichen planus** and hepatitis
C. Bagan JV, Ramon C, Gonzalez L, Diago M, Milian MA, Cors R, Lloria E ...
www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=9619669&dopt=Abstract - [Liknende sider](#)

972 articles

NCBI PubMed National Library of Medicine NLM

PubMed Nucleotide Protein Genome Structure PMC Taxonomy OMIM Books

Search PubMed for "oral lichen planus" Go Clear

Limits Preview/Index History Clipboard Details

Display Summary Show: 20 Sort Send to Text

Items 1-20 of 972 Page 1 of 49 Next

- 1: [Stoopler ET, Sollecito TP, DeRossi SS.](#) Related Articles, Links
Oral lichen planus. Update for the general practitioner.
N Y State Dent J. 2003 Jun-Jul;69(6):26-8.
PMID: 13677863 [PubMed - in process]
- 2: [Kragelund C, Thomsen CE, Bardow A, Pedersen AM, Nauntofte B, Reibel J, Torpet LA.](#) Related Articles, Links
Oral lichen planus and intake of drugs metabolized by polymorphic cytochrome P450 enzymes.
Oral Dis. 2003 Jul;9(4):177-87.
PMID: 12974517 [PubMed - in process]
- 3: [Van Der Meij EH, Van Der Waal I.](#) Related Articles, Links
Lack of clinicopathologic correlation in the diagnosis of oral lichen planus based on the presently available diagnostic criteria and suggestions for modifications.
J Oral Pathol Med. 2003 Oct;32(9):507-12.
PMID: 12969224 [PubMed - in process]
- 4: [Reichart PA.](#) Related Articles, Links
[Oral precancerous conditions--an overview]
Mund Kiefer Gesichtschir. 2003 Jul;7(4):201-7. Epub 2003 Jun 28. German.
PMID: 12961069 [PubMed - in process]
- 5: [Bornstein MM, Suter VG, Stauffer E, Buser D.](#) Related Articles, Links
[The CO2 laser in stomatology. Part 2]

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=PubMed&cmd=Display&dopt=pubmed_pubmed&from_uid=12969224 Internet

Dentists'

6. A paradigm

In spite of an information

..... only a small fraction is truly
appropriate for direct application

..... and we are ill equipped to digest
and synthesize this information

busy practice
+
reimbursement
pressure

Popular magazines & Media

ital
ence
ournals:
articles/y



1. Information explosion
2. Quality of information
3. No theories are constant
4. Educated patients with access to information
5. Daily information needs
6. Paradox

The situation for many dentists today



1. We need new information every day, but most of our needs are never met

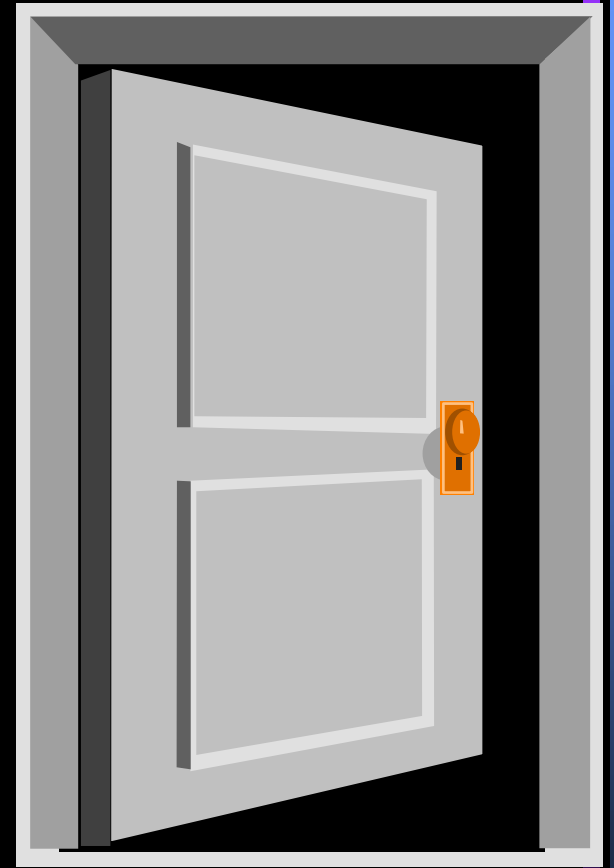


2. consequently, our clinical knowledge and performance in the clinic deteriorates



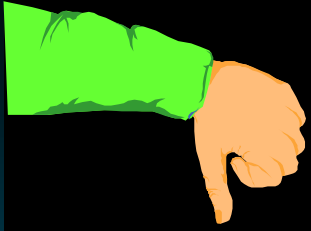
3. and traditional instructional continuing education courses do not improve our performance.

Maybe this
new thing
EBM can be
of any help?



Evidence Based Dentistry is the

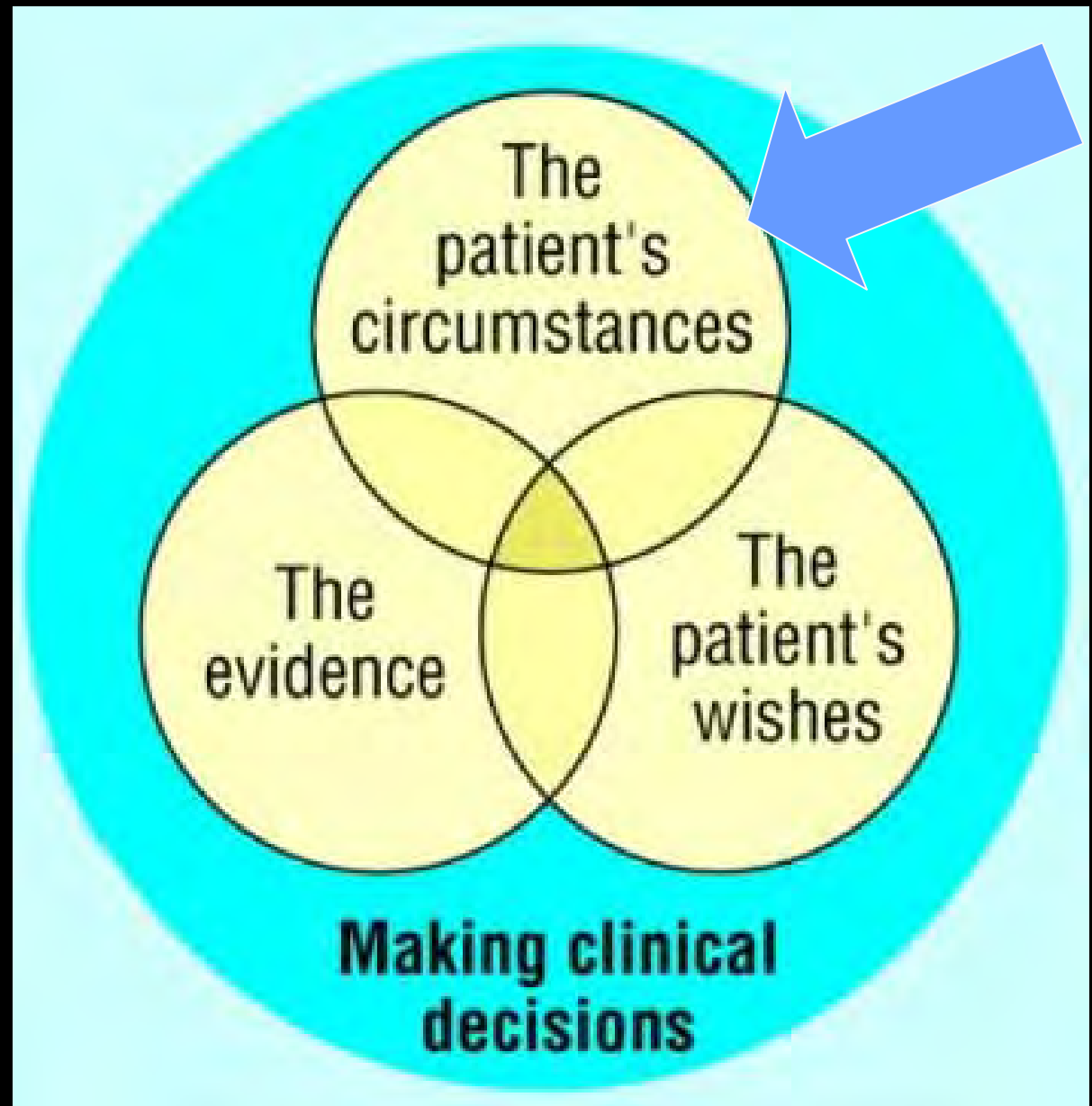
1. Practice of a process of life-long....
 2. problem-based learning in which devoted care for our patients creates a...
 3. need for evidence about the...
 4. cutting edge knowledge ... concerning diagnosis, prognosis, therapy, and other clinical and health care issues.
- (Adopted from Sackett et al., 1995)

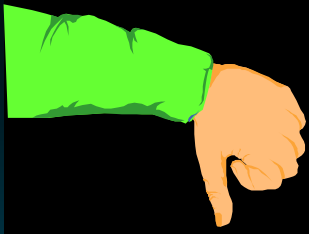


Evidence Based Dentistry?!

An increasingly fashionable tendency of a group of young, confident, and highly numerate medical academics to defame the performance of experienced clinicians by using a combination of epidemiological jargon and statistical manipulation.

Evidence-based Practice:

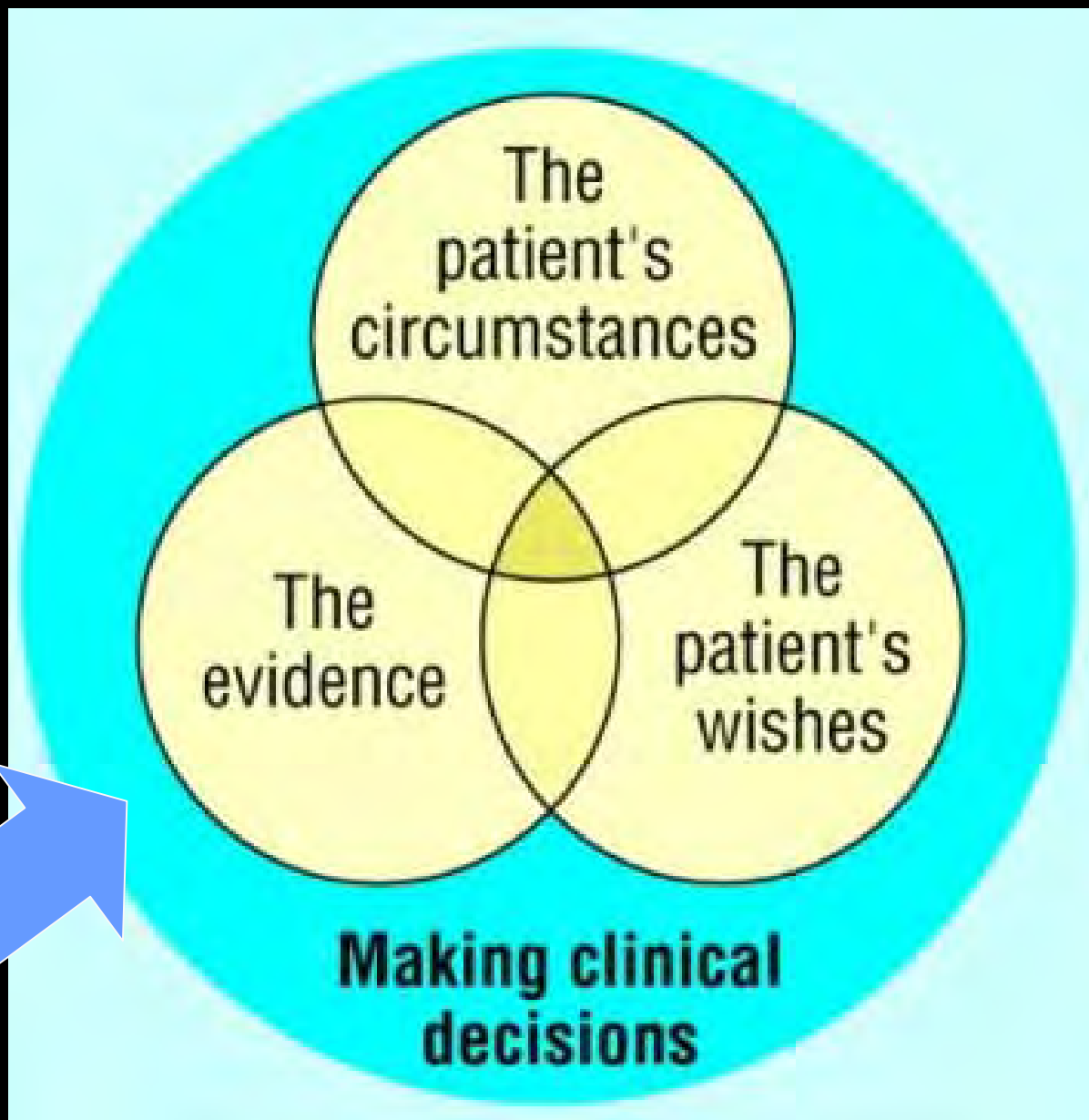
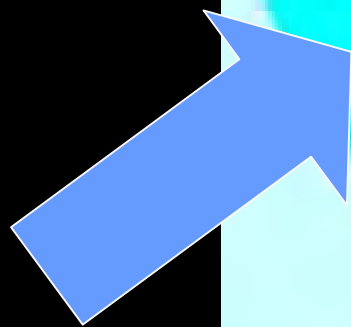




Evidence Based Dentistry?!

Arguments, usually presented with near evangelistic zeal, that no health related action should ever be taken by a doctor, a nurse, a purchaser of health services, or a politician unless and until the results of several large and expensive Randomized Controlled Trials have appeared in print and approved by a committee of experts

Evidence
-based
Practice:

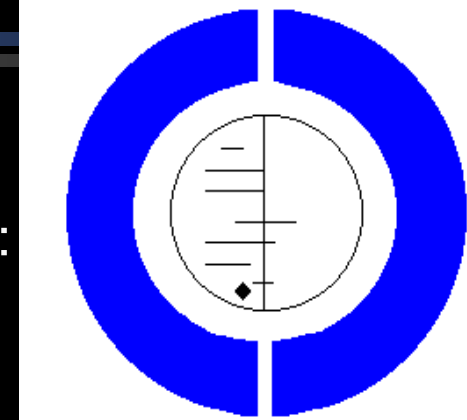


Two incentives for practicing Evidence-based Dentistry

- A strategy for solving clinical problems on a daily basis.
 - a practical aspect
- A strategy for being reasonably certain that my advises and treatment are the best available to my patients.
 - an ethical aspect

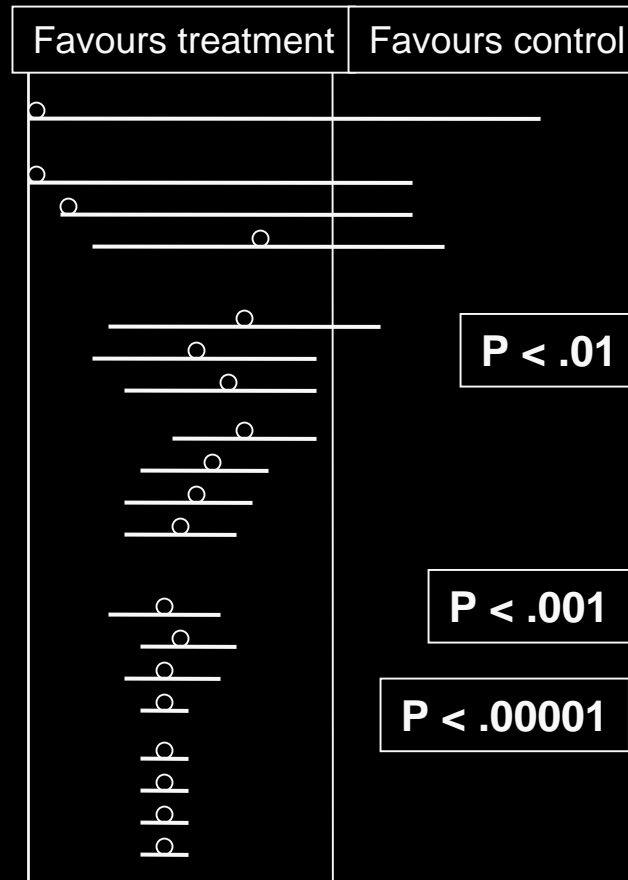
Ethical reasons?

COCHRANE LOGO: Corticosteroids and premature birth:



Lau et al. Streptokinase and myocardial infarction.
N Eng J Med, 1992.

Year	Cumulative	
	RCTs	PTs
	1	23
1960		
	2	65
1965	3	149
	4	316
1970		
	7	1793
	10	2544
	11	2651
1975	15	3311
	17	3929
	22	5452
	23	5767
1980		
	27	6125
	30	6346
1985	33	6571
	43	21059
	54	22051
	65	47185
	67	47531
1990	70	48154



0.5 1.0 2.0

Textbook / review recommendations

R	S	E	NM
			21
			5
		1	10
		1	2
		2	8
			7
			8
	1		12
	1	8	4
	1	7	3
5	2	2	1
15	8		1
6	1		

Evidence Based Dentistry?!

The aim of evidence-based medicine is to eliminate the use of ineffective, expensive, or even dangerous medical decision-making

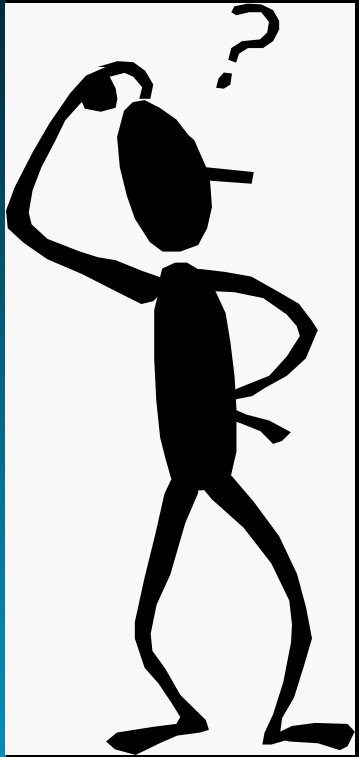
(Rosenberg & Donald, BMJ, 1995)

Evidence Based Dentistry

A strategy for how to cope with changes
- not about knowing all the answers.

Not so much what you have read in the
past.... but about...

how you should go about to identify and
meet your ongoing learning needs...
and applying the new knowledge
appropriately and consistently in new
clinical settings.



How can
evidence-based
dentistry be
integrated in our
daily practice?

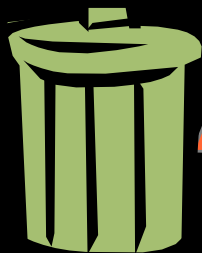
Practice of Evidence-based Dentistry

Identify Problem – generate question

Search for Evidence

Make Sense of Evidence

Act on Evidence



EBD practice

1. Generate focused clinical questions
 - On therapy, diagnostic tests, prognosis, harm, etc. (= PBL)
2. Efficiently find the evidence (=PBL)
3. Determine validity, results, applicability of evidence
4. Apply the results of appraisal in clinical practice / teaching
5. Evaluate own performance

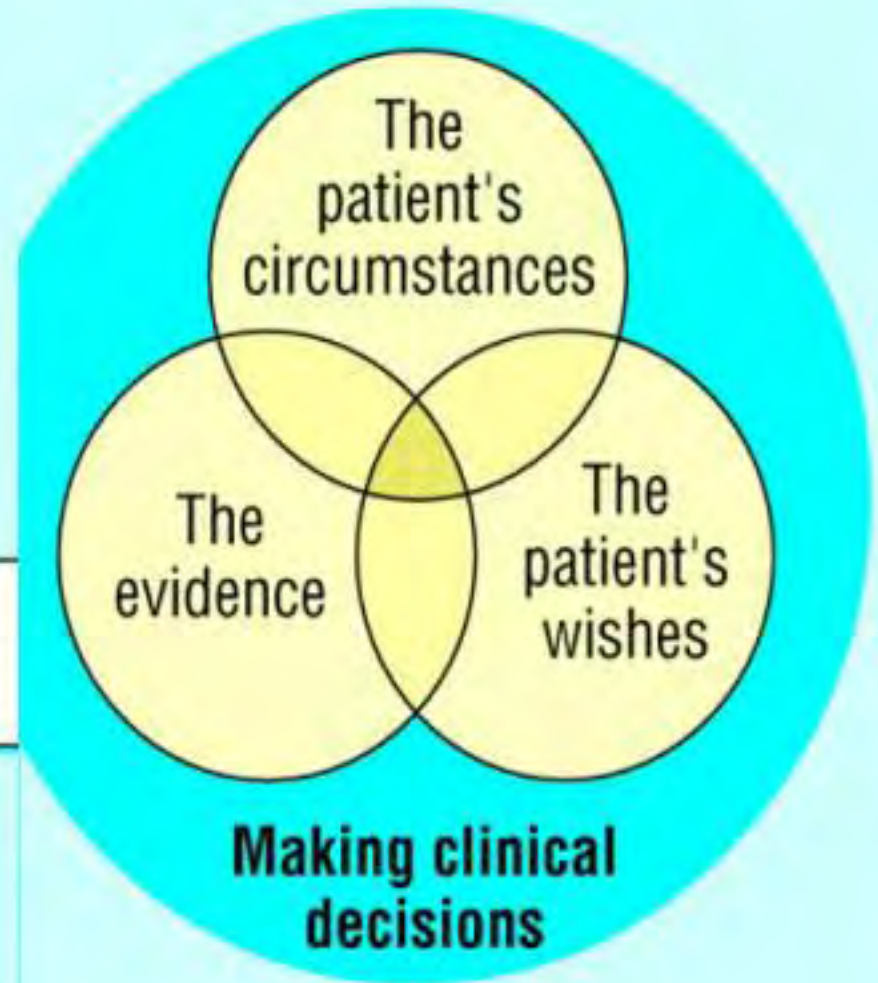
How can we apply EBD in our daily practice?

1. By learning how to practice evidence-based dentistry ourselves

- Books
- Seminars
- Internet
 - Courses
 - Articles
 - Link banks

Generating evidence
from research

Synthesising
the evidence



Modified from Haynes et al.
BMJ 1998;317:273-6

Cochrane Oral Health Group

Welcome to our web-site

The Cochrane Collaboration

The Cochrane Collaboration is an international organisation that aims to help people make well-informed decisions about healthcare by preparing, maintaining and promoting the accessibility of systematic reviews of the effects of healthcare interventions. The main work of the Collaboration is done by approximately fifty Collaborative Review Groups, within which Cochrane Reviews are prepared and maintained. The Cochrane Oral Health Review Group aims to produce systematic reviews which primarily include all randomised control trials (RCTs) of oral health. Oral health is broadly conceived to include the prevention, treatment and rehabilitation of oral, dental and craniofacial diseases and disorders.

Scope of the Group

The Cochrane Oral Health Group aims to produce systematic reviews which primarily include all randomised controlled trials (RCTs) of oral health. Oral health is broadly conceived to include the prevention, treatment and rehabilitation of oral, dental and craniofacial diseases and disorders.

What's New ?

- [Course on Evidence Based Practice in the Dental Specialties](#)

Centre for Evidence-Based Dentistry

Developing Evidence-based Dentistry

Home What's New Events

The Centre for Evidence-based Dentistry is an independent body whose aim is to promote evidence-based dentistry world-wide. The Centre was formed in early 1995. Following a workshop on Evidence-based Dentistry held at Templeton College, Oxford in December 1994.

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Centre for Evidence-based Dentistry
 India
 Odontologia Basada en la Evidencia

Jan 2003 Boston Evidence-based

Centre for Evidence-Based Dentistry & Informatics, India - Netscape

Address http://www.cods.net/cebdi/index.htm

Grupo de Odontología Basada en la Evidencia

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Facultad de Odontología Universidad de Valparaíso

Bienvenido a la primera página en Español acerca de *Odontología Basada en la Evidencia*. Esta página está en permanente construcción y te invitamos a colaborar en ella y **unirte** al Grupo de Odontología Basada en la Evidencia.

CENTRE FOR Evidence-Based Dentistry And Informatics

WELCOME TO CEBD-I WEB SITE!

Centre for Evidence-Based Dentistry & Informatics at College of Dental Sciences Pavilion Road Davangere-577004 Karnataka, India

Tel.: 91-8192-30432, Fax: 91-8192-51070 e-mail: codsop@sancharnet.in

Workshop exclusively for Orthodontists! "Value of Evidence in Orthodontic Decisions" REGISTER ON-LINE Last date to register: 15th July 2001

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International Society of Evidence-Based Dentistry

Welcome

home about us services extras resources contact us

Welcome to the official website for the International Society of Evidence-Based Dentistry!

WHAT'S NEW-ANNOUNCEMENTS
 -The First Annual Membership Meeting of the ISEBD will take place on November 6 and 7, 2003 in Chicago, IL.



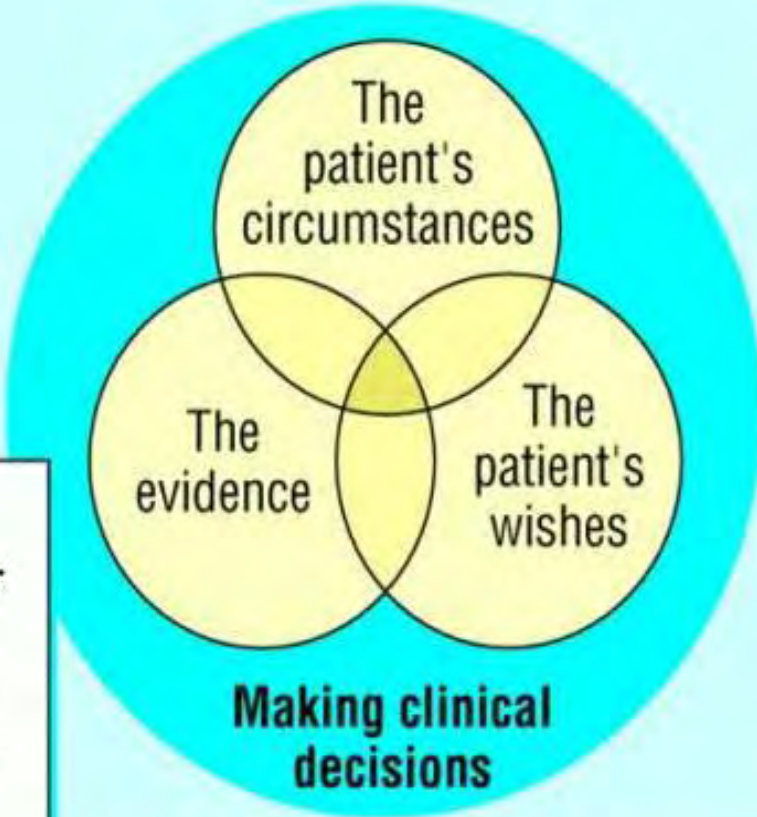
How can we apply EBD in our daily practice?

2. By seeking and applying evidence-based dentistry summaries generated by others
 - Journals that critically appraise primary studies
 - Systematic reviews

Generating evidence from research

Synthesising the evidence

Appraise for reliability validity and results



Modified from Haynes et al. BMJ 1998;317:273-6



Evidence-Based Dentistry

nature publishing group

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2002 Volume 3
Publishes 4 issues a year

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A central resource for the most cutting-edge and relevant issues concerning the evidence-based approach in dentistry today. A *British Dental Journal* and Nature Publishing Group publication.

Audience

Evidence-Based Dentistry general dental practitioners keep abreast of the best on the latest developments aspects of clinical dentistry an invaluable tool for the practitioners needing to awareness of new approach branch of dentistry.

**Please click here for the following paper - these tables printed version of EBD*

Vol 3:1
Benchmarking the dental controlled literature on
Niederman R., Chen L., Mu

Journal of Evidence-Based Dental Practice TOC, July 2001 - Netscape

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THE JOURNAL OF
EVIDENCE-BASED DENTAL PRACTICE

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FULL TEXT PDF

A new perspective...Two steps back: Integration of the evidence-based method in a general practice residency program 3
Elliot Abt, DDS, MS
FULL TEXT PDF

Evidence-based information is not a conspiracy to limit insurance benefits 5
Maxwell Anderson, DDS

Document: Done



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1	exp dentistry/ Details	220557	Display
2	limit 1 to review articles Details	9324	Display
3	limit 1 to meta-analysis Details	110	Display
4	limit 1 to ebm reviews [Limit not valid in: Pre-MEDLINE, records were eliminated] Details	92	Display
5	1 and systematic review.mp. [mp=ti, ab, rw, sh] Details	50	Display
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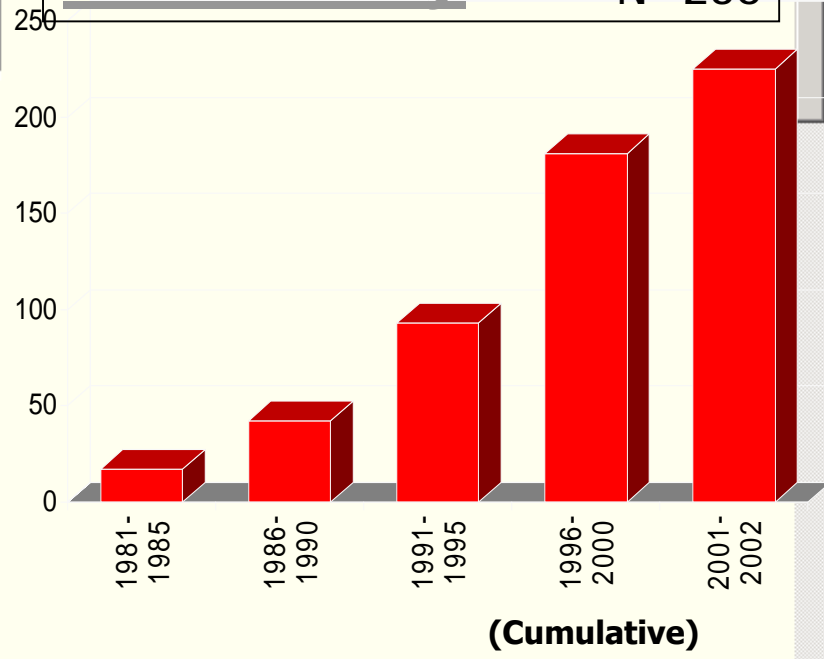
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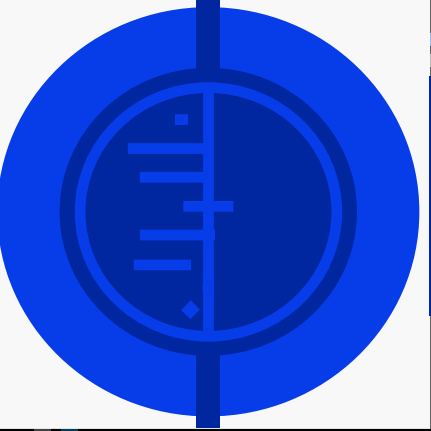
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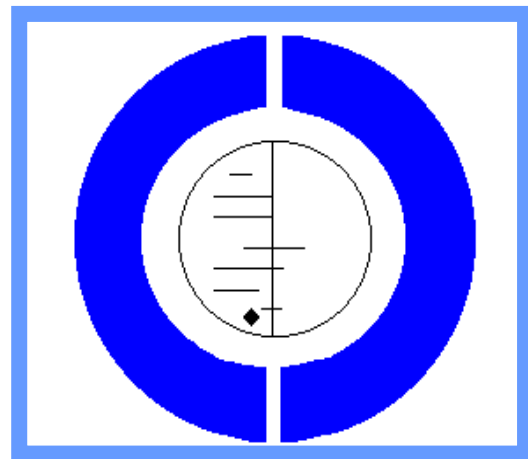


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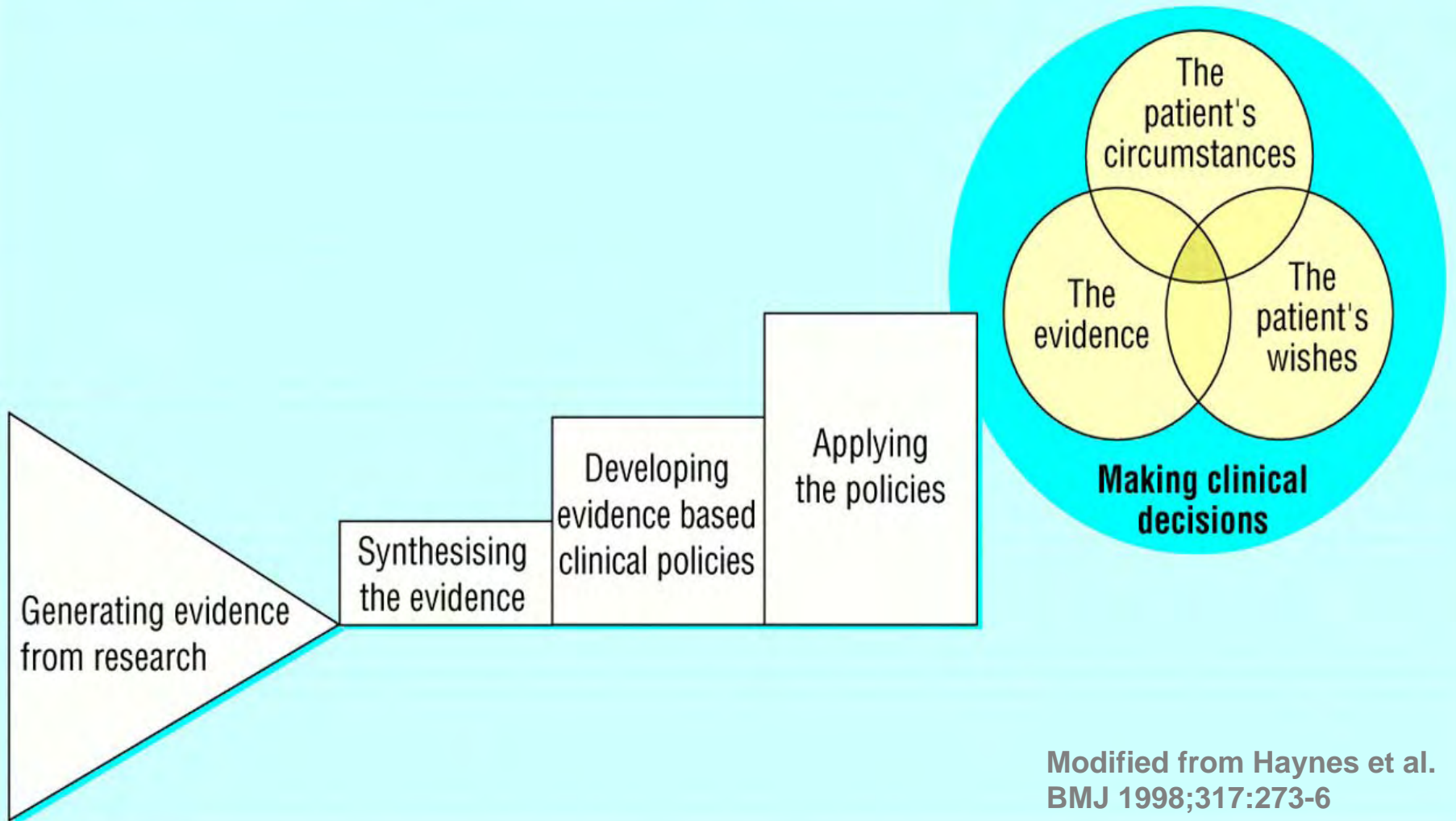
How can we apply EBD in our daily practice?

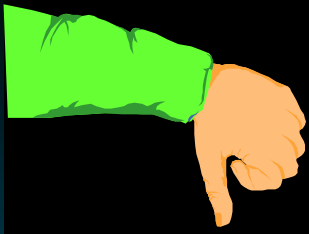
2. By seeking and applying evidence-based dentistry summaries generated by others

- Secondary Journals
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How can we apply EBD in our daily practice?

3. By accepting and applying practice protocols, policies and guidelines based on evidence-based principles





Evidence Based Dentistry?!

Replaces original findings with subjectively selected, arbitrarily summarised, laundered and biased conclusions of indeterminate validity or completeness.

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