



Evidens-basert odontologi

Asbjørn Jokstad

Institutt for klinisk odontologi

Universitetet i Oslo

NTF Landsmøte, Oslo,
11 September 2003

Som nyutdannet tannlege

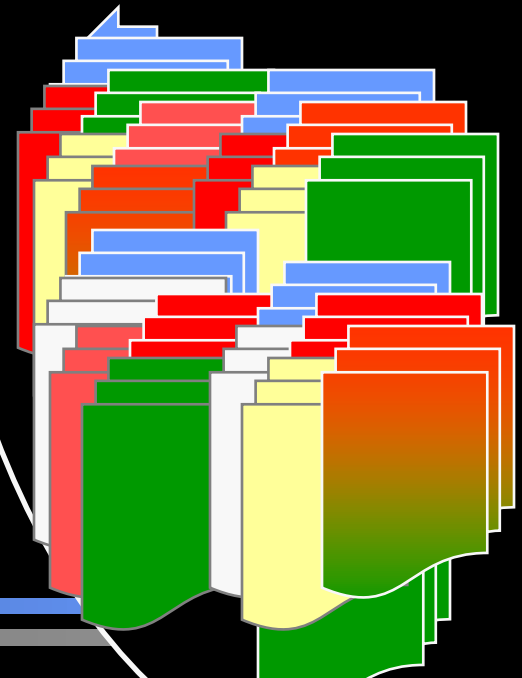


Reklame

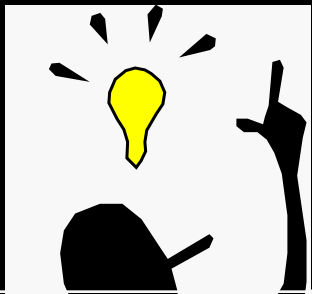
- produsent
- kollegaer

Lærere
"Pensum"

"Viten
skap"



Som nyutdannet tannlege



Reklame

- produsent
- kollegaer

“Viten

- Prosedyrer som læres/beherskes er velprøvde
 - ikke nødvendigvis de mest moderne
- Ingen erfaring med mange vanlige prosedyrer
 - hvorfra tilegne seg mer kunnskap?
- Fra dag 1 skjer det en videreutvikling i faget
 - hvordan holde seg oppdatert ?
- Teoretisk på topp, fra nå av er det mindre tid
 - hvordan/hva skal prioriteres?

Informasjonseksplasjon

Enorm vekst av vitenskapelige publikasjoner
i biomedisin - inkludert i odontologi

1. Antallet helsepersonnel og forskere stiger

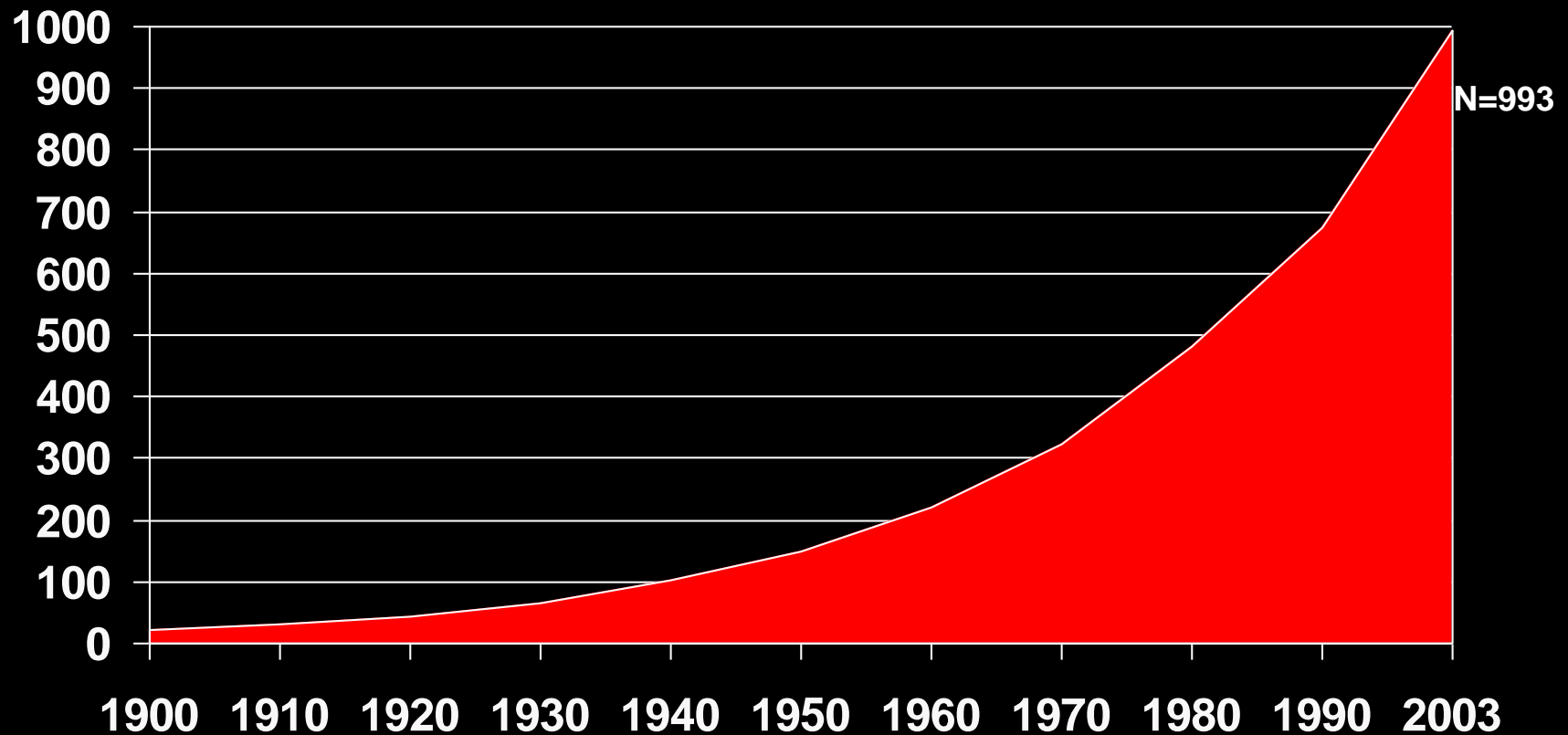
og

Antall publikasjoner er nøkkel til penger og ære

2. Antall publikasjoner fordoblet hvert 10. år

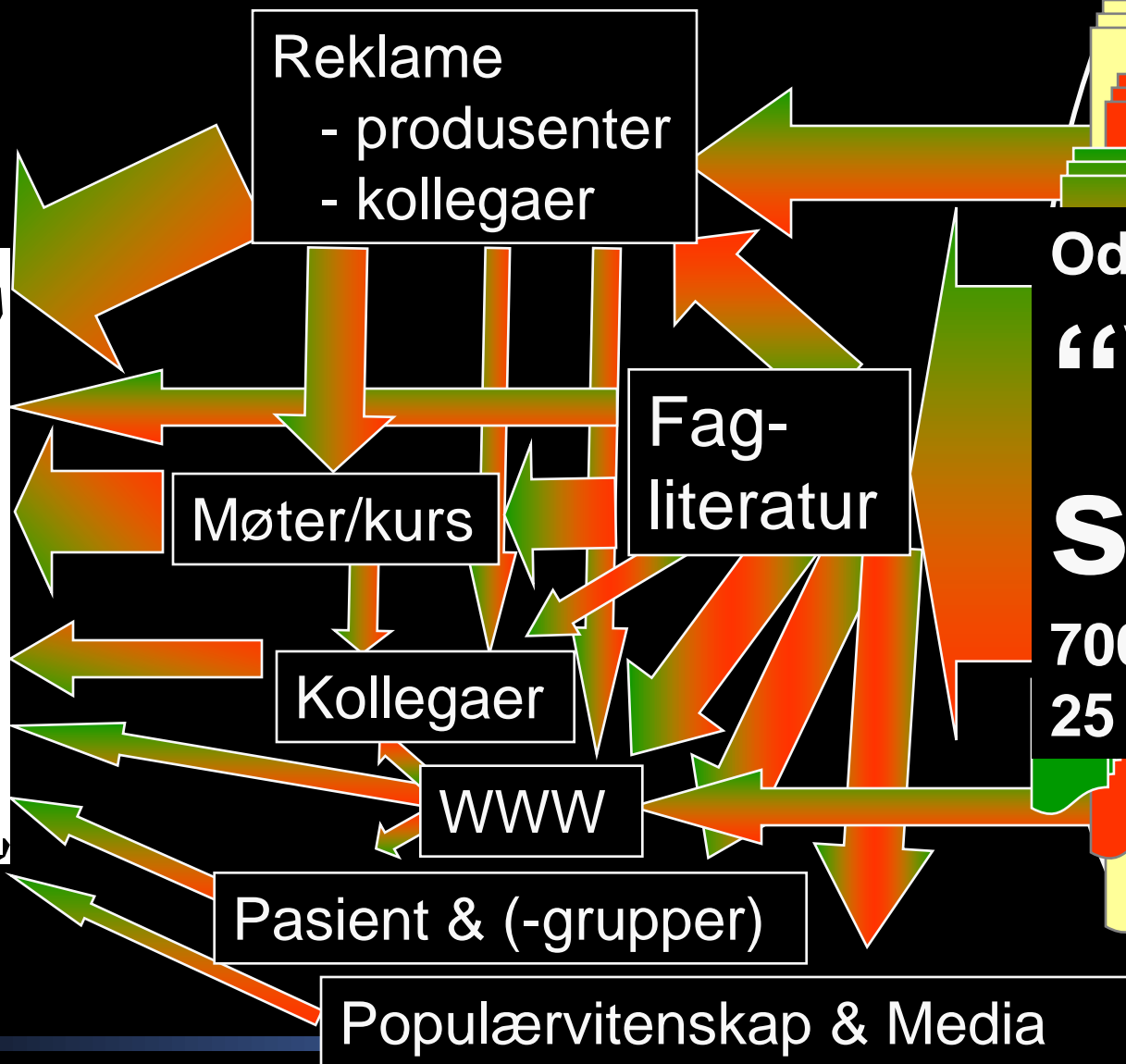
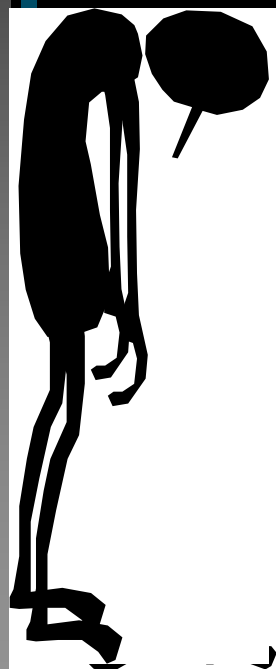
3. Antall tidsskrift øker kontinuerlig

Tannlegetidsskrift i sirkulasjon



Kilde: Ulrich's International Periodicals Directory

Informasjonsflom



Odontologisk
“Viten
skap”

700 tidsskrift:
25 000 art./år

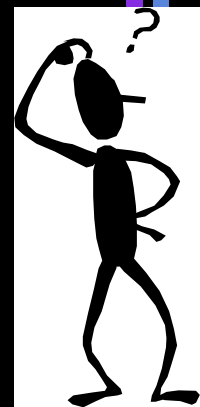
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mengden av informasjon vi
mottar

men også

kvaliteten på denne
informasjonen.

Hva gjør du hvis ...

en 66 år gammel kvinne oppsøker deg fordi hennes forrige tannlege ikke har klart å hjelpe henne med stadige plager med oral lichen planus. Hun vil gjerne diskutere med deg en ny behandling med naturmedisin omtalt i siste nummer av bladet "Kvinner og Helse"



Hvilken strategi velges når jeg er usikker?

Identifisere relevant informasjon:

1. Kan jeg ringe en kollega?
2. Kan jeg finne en bok/artikkel?
3. Kan jeg oppsøke et bibliotek?
4. Har jeg tilgang til en datamaskin?
5. Kan jeg finne svar på Internett?

altavista logo and search interface. Includes search bar with "oral lichen planus", FIND button, and filters for Find (Photos, Graphics, Buttons/Banners), Color, Sources, and Sizes.

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Click here to continue to <http://www.tambcd.edu/lichen/olpfacts/olpfacts.html> **Oral Lichen Planus Facts**

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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** ...

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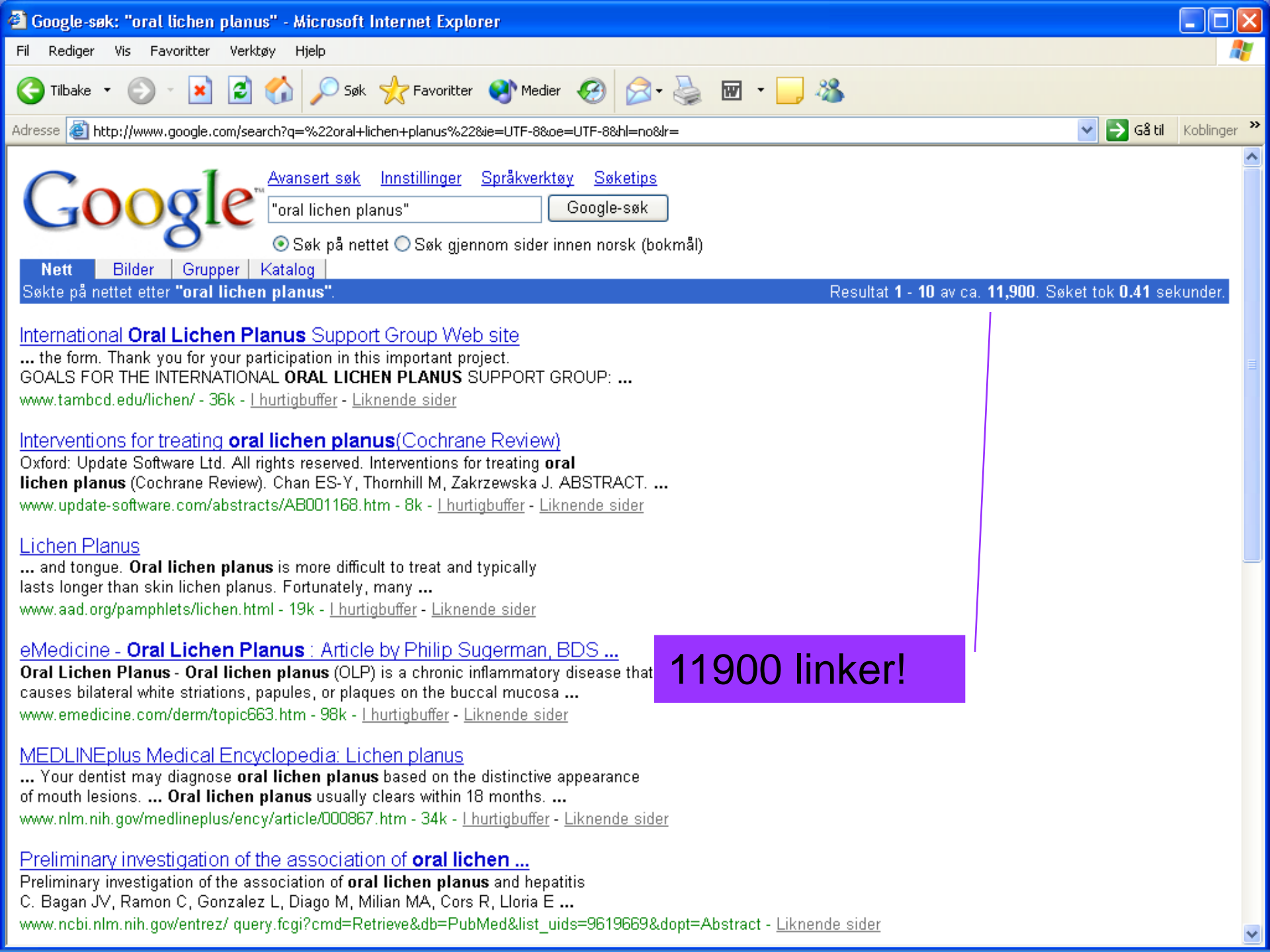
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Avansert søk Innstillinger Språkverktøy Søk tips
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[Interventions for treating oral lichen planus \(Cochrane Review\)](#)

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 - | [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 ...
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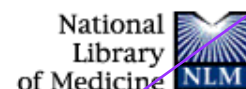
[MEDLINEplus Medical Encyclopedia: Lichen planus](#)

... 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 - | [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 artikler



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- 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]

Informasjonsflommen

Et paradoks

Til tross for denne
informasjonsflommen

er bare en liten fraksjon direkte
appliserbart i klinisk hverdag
og
vi er dårlig utrustet til å fordøye og
syntetisere denne nye informasjonen

Populærvitenskap & Media

NTF Landsmøte, Oslo, 11 September 2003

logisk

ten

p”

skrift:

t./år

Konsekvens av situasjonen

1. Vi trenger informasjon daglig, men våre behov blir sjelden oppfylt



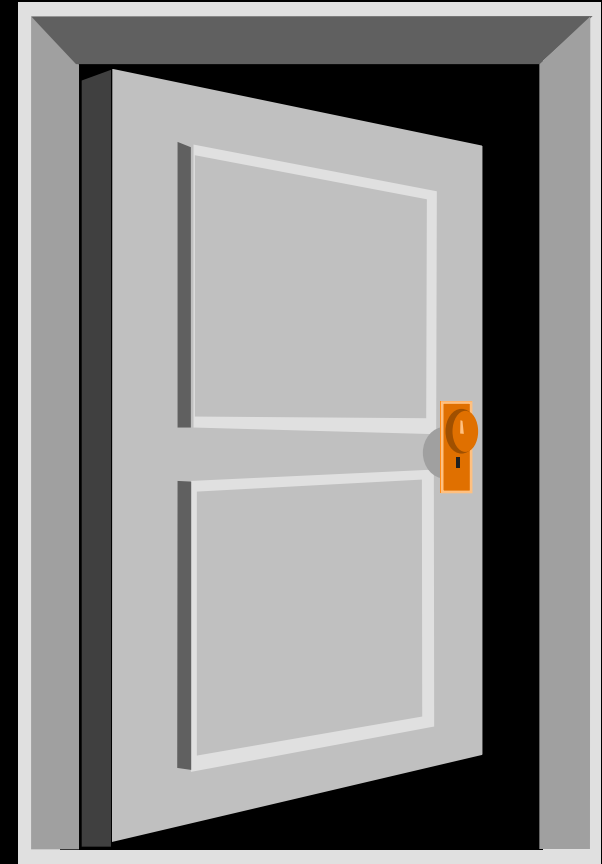
2. Som et resultat blir våre kliniske kunnskaper og behandling med tiden dårligere og dårligere



3. Tradisjonelle etterutdanningskurs endrer sjelden våre kliniske behandling eller adferd



Kanskje kan
dette nye
“EBM” hjelpe
meg?



Evidens basert medisin - mål

- Hvordan løse daglige kliniske problemstillinger?

- praktisk spørsmål

- Hvordan være rimelig sikker på at det jeg anbefaler og utfører er det beste pasienten kan motta?

- etisk spørsmål

Evidens basert medisin - metode

1. Hvordan effektivt finne ny og meningsfull informasjon
2. Hvordan anvende denne nye informasjon

Evidens basert medisin - strategi

Hvordan vi skal forholde
oss til kontinuerlige
forandringer . . .

...uten at vi noengang får
vite det riktige svaret

Hvordan utøve evidens-basert praksis?

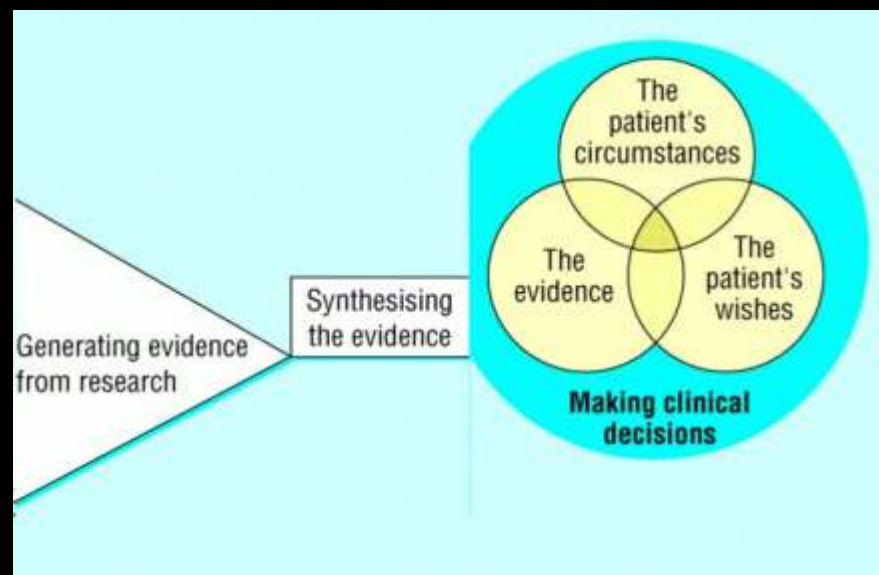
1. Lære selv hvordan evidens-basert odontologi utføres

– Bøker

– Seminarer

– Internett

- Online link-lister
- Online kurs
- Online ressurser





Cochrane Oral Health Group

Welcome to our web-site

The Cochrane Collaboration


The Cochrane Collaboration is an international organization 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 disorders.

What's New ?

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



Centre for Evidence-Based Dentistry

Developing Evidence-based Dentistry

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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 1993. Following a workshop on Evidence-based Dentistry held at Trent College, Oxford in December 1994.

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Grupo de Odontología Basada en la Evidencia

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Bienvenido a la primera pagina en Español acerca de **Odontología Basada en la Evidencia**. Esta pagina está en permanente construcción y le invitamos a colaborar en ella y **visita al Grupo de Odontología Basada en la Evidencia**.

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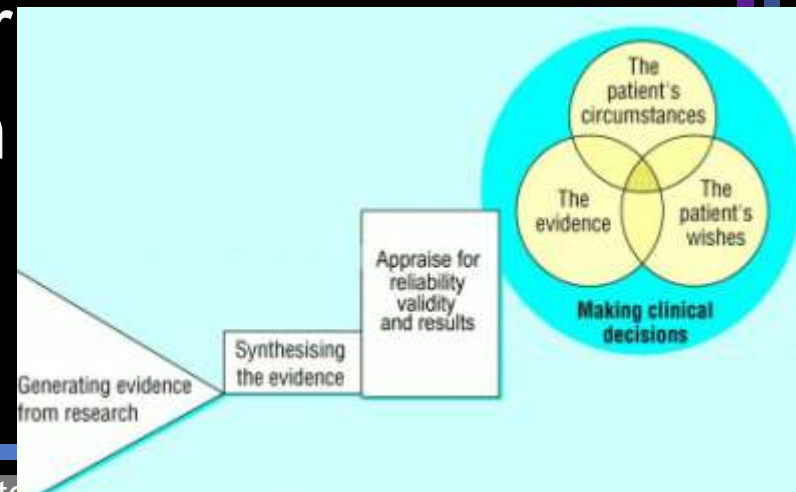
WHAT'S NEW-ANNOUNCEMENTS
-The First Annual Membership Meeting of the ISEBD will take place on November 6 and 7, 2003 in Chicago, IL.



Hvordan utøve evidens-basert praksis?

1. Lære selv evidens-basert odontologi
2. Søke og anvende evidens-baserte sammendrag utarbeidet av andre.

1. Fagtidsskrift som kritisk evaluerer primærstudier
2. Systematiske oversikter
 - Cochrane Collaboration
 - Nat. Health Serv. R&D
 - Litteratur





Evidence-Based Dentistry

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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.

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

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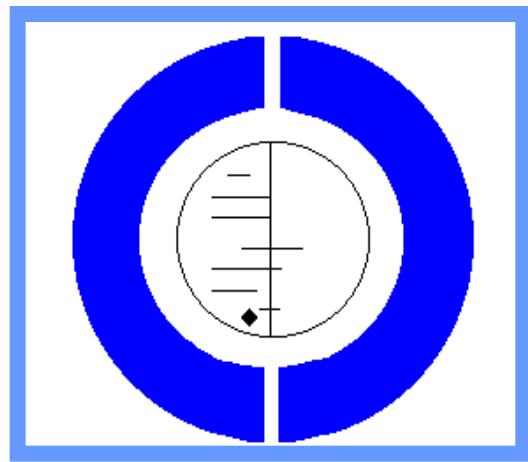


the cochrane library

the best single source of reliable evidence about the effects of health care

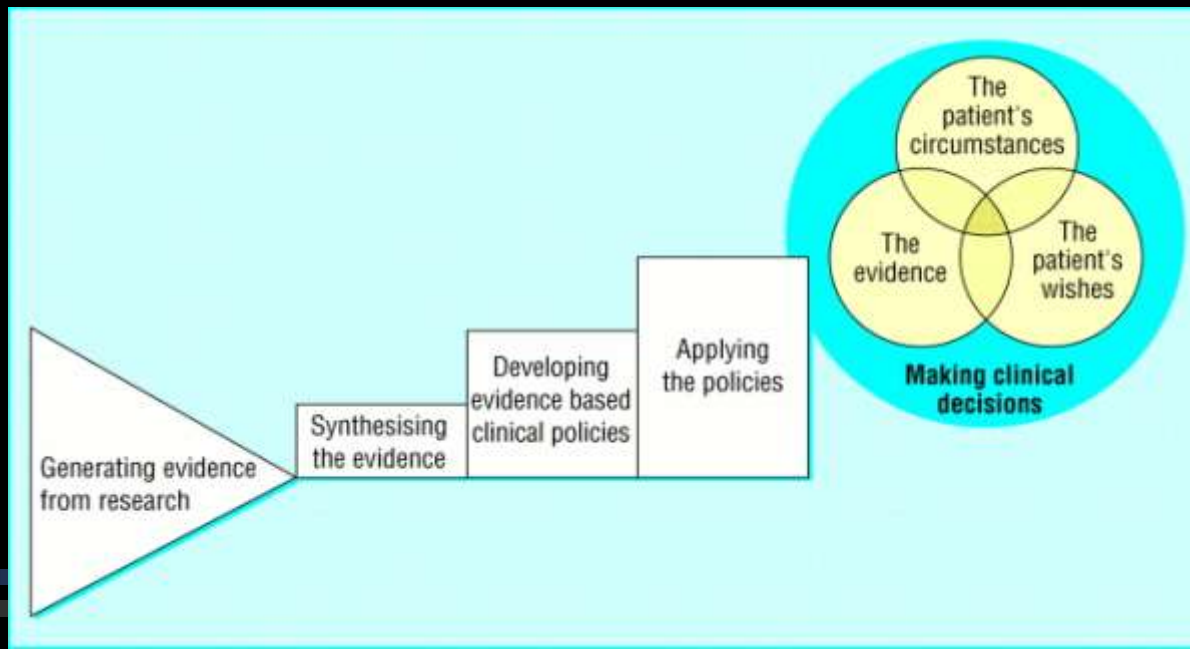
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Hvordan utøve evidens-basert praksis?

3. Akseptere og anvende kliniske retningslinjer som er baserte på evidens-baserte prinsipper



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Samordnare för tandvårdsområdet: Susanna Axelson, tandläkare, e-mail: axelson@sbu.se

Evidensbaserad **TANDVÅRD**



Evidensbaserad tandvård

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The FDI World Dental Federation is the authoritative worldwide organisation of dentistry representing more than 700.000 dentists in over 150 countries around the globe.

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Takk

for

oppmerksomheten!