

EVIDENCE-BASED PRACTICE

The Psychological Health Center of Excellence promotes clinical care that focuses on the patient and is informed by the best current systematic research evidence available.



Why use evidence-based practice?

- Includes interventions shown to be highly effective in the treatment of multiple psychological health disorders
- Associated with improved treatment outcomes, higher quality care, and more accountability
- Involves treatment decisions made collaboratively between providers and patients considering probable disadvantages, benefits, and available resources



How is evidence-based practice used in the military?

- Providers and patients find decision-making assistance in Department of Veterans Affairs (VA) and Department of Defense (DoD) clinical practice guidelines (CPGs)
- Guidelines offer information to assist with the evaluation, treatment, and management of psychological health disorders
- Additional support is provided by CPG-derived clinical support tools for providers, patients, and families including guideline summaries, screening and treatment pocket cards, brochures, and worksheets



Why are clinical support tools important for health care providers?

Tools developed for providers help them to deliver evidence-based treatment that is consistent with VA/DoD clinical practice guidelines. Provider tools offer:

- Quick reference information regarding prevention and symptom recognition
- Assessment and diagnostic screeners
- Information on evidence-based practice interventions





How do clinical support tools help patients and families?

Tools developed for patients and families provide information and support to better understand the causes, symptoms, assessment, and treatment of psychological health conditions. Patient tools offer:

- Education about conditions and the most effective evidence-based practices
- Coping and recovery strategies and support resources
- Unique methods for patients to communicate with their families about their experiences



How to access clinical support tools?

- Download the tools from the PHCoE website pdhealth.mil
- Visit the clinical practice guidelines section of the VA website healthquality.va.gov
- Army, Air Force, and Navy facilities can order hard copies of the tools on the Army Medical Command Quality Management Office website qmo.amedd.army.mil

Examples of Clinical Support Tools

Posttraumatic Stress Disorder (PTSD)

- A Family's Guide to PTSD
- Provider Pocket Guide: Management of PTSD and Acute Stress Disorder

Opioid Therapy

- Patient Information Guide: Long-term Opioid Therapy for Chronic Pain
- Provider Pocket Guide: Opioid Therapy for Chronic Pain

Depression

- Depression: Facts for Families
- Understanding Depression: A Resource for Providers and Patients

Substance Use

- Substance Use Disorder Affects Families
- Medications for the Treatment of Alcohol Use Disorder

Pregnancy

- Is Your Body Ready for Pregnancy? Pregnancy and Substance Use: It's Not Worth the Risk

Suicide Risk

- Five new tools coming in 2020

Insomnia and Obstructive Sleep Apnea

- In development

