### EVALUATE YOUR PERFORMANCE OF EBP STEPS 1-4 WITH THESE SELF-REFLECTION QUESTIONS

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**Self-evaluation checklist in asking answerable questions (STEP 1 - ASK)**

1. Am I asking any clinical questions at all?  
2. Am I asking well-formulated questions?  
3. Do I have a way of identifying my knowledge gaps?  
4. Do I have a working method of saving my questions for later answering?  

**Self-evaluation checklist in finding the best available evidence (STEP 2 – ACQUIRE)**

1. Am I searching at all?  
2. Do I know the best sources of current evidence for my clinical discipline?  
3. Do I have easy access to these sources?  
4. Am I becoming more efficient in my searching?  
5. Am I using truncations, Booleans, MeSH headings, limiters, thesaurus, and intelligent free text when searching?  
6. How well do my searches compare with those of research librarians and colleagues?  

**Self-evaluation checklist in critically appraising external evidence (STEP 3 APPRAISE)**

1. Am I critically appraising external evidence at all?  
2. Are the critical appraisal checklists/worksheets becoming easier for me to apply?  
3. Am I becoming more proficient in applying critical appraisal measures (such as confidence levels, ratios etc.)?  
4. Am I creating any appraisal summaries?  

**Self-evaluation in integrating the critical appraisal with clinical expertise and applying the result in clinical practice (STEP 4 – APPLY)**

1. Am I integrating my critical appraisals into my practice at all?  
2. Can I adjust the critical appraisal measures to fit my individual patients?  
3. Am I proactively monitoring for newly emerging evidence in my clinical discipline?  

**Self-evaluation of changing practice behaviour (OPTIONAL EXTRA AUDIT STEP)**

1. Have I carried out any check, such as audits of my diagnostic, therapeutic, or other EBP performance including evidence use and impact on clinical outcomes?  
2. Where the evidence suggests a change in practice, do I have a strategy for implementing change, including identifying barriers and facilitators?  
3. I am considering the sustainability of this change?  

Adapted from: