1. Which of the following best describes evidence-based practice?
A. The integration of the clinician’s expertise, best available research evidence, and the patient’s unique preferences to provide care that maximizes outcomes.
B. The judicious use of outcome measures to assess the extent to which patient goals are met.
C. The use of filtered evidence to inform clinical decision making.
D. The integration of outcomes measures, information from randomized controlled trials, and meta-analyses into clinical practice.

2. The World Health Organization’s International Classification of Functioning (also known as a disablement model) provides a strategy to classify a health condition by its impact on three areas: Body Functions & Structures, Activity, and Participation. Which of the following is an example of a participation restriction?
A. The patient’s knee pain is keeping him from going to work.
B. The patient cannot flex his knee beyond 90 degrees.
C. The patient cannot play recreational soccer but indicates that he is happy with riding his bike for exercise.
D. The patient’s limited knee flexion results in significant compensation when going up and down stairs.

3. Identify the steps to utilizing research evidence in practice as presented in the webinar.
A. Ask focused questions; find the relevant evidence; appraise the evidence; implement the relevant findings into your practice; evaluate the extent to which the implementation benefitted the patient.
B. Identify the correct database to use for your search; create a search strategy using relevant key words; identify relevant randomized controlled trials; integrate the findings from the RCT into your practice; evaluate the extent to which the implementation benefitted the patient.
C. Identify the patient population of interest; identify the correct database to use for your search; find the relevant systematic reviews and meta-analyses; implement the relevant findings into your practice; evaluate the extent to which the implementation benefitted the patient.
D. Find the best available evidence in the following order: systematic reviews, meta-analyses, randomized controlled trials, cohort studies, case studies.

4. Which of the PICO elements is missing from this clinical question: Are interval throwing programs more effective than shoulder stretching in reducing shoulder injury?
A. Patient
B. Intervention
C. Comparison
D. Outcome

5. An advantage of using filtered evidence to inform your practice is:
A. Relevant research has been critically appraised and reduced to a clinically meaningful response to a clear question.
B. Only those articles that are relevant to your clinical question are produced.
C. Systematic reviews are not included.
D. Only randomized controlled trials with clinical bottom lines are included.

6. This type of research uses statistical evidence to combine data from individual-yet-similar studies to integrate and further analyze the collective findings.
A. meta-analysis
B. systematic review
C. randomized controlled trial
D. cohort study

7. Patient-oriented outcome measures provide insight into which parts of the World Health Organization’s Classification of Functioning?
A. Participation, Activity
B. Body Structure and Function
C. Health Condition
D. Support and Relationships

8. Adopting an evidence-based practice framework is important to improve healthcare delivery. Which of the following practices is least likely to help you become an evidence-based practitioner?
A. Acquire a collection of current textbooks for quick reference.
B. Subscribe to a service that automatically sends filtered evidence in your areas of interest.
C. Integrate and use the results of outcome measures in your practice.
D. Seek expert opinion from colleagues in the absence of available research.