

# The Brookbush Institute Publishes a NEW Glossary Term: 'Evidence-based Practice'

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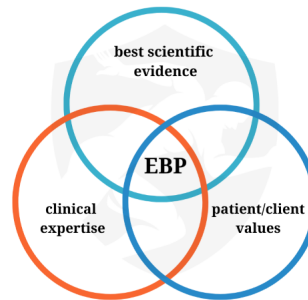
NEW YORK, NY, UNITED STATES, August 14, 2025 /EINPresswire.com/ -- -

Excerpt from Glossary Term: [Evidence-based Practice](#)

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## Evidence-Based Practice



Evidence-based Practice -  
<https://brookbushinstitute.com/glossary/evidence-based-practice>

## DEFINITION:

Evidence-based practice (EBP) is a systematic approach to decision-making that integrates the best available research evidence, clinical expertise, and patient values and preferences to optimize outcomes in health care, rehabilitation, and related fields. EBP aims to apply scientific knowledge in a practical, individualized manner, improving the quality of care and resource allocation.



The Brookbush Institute has contributed to the advancement of EBP by establishing the first comprehensively evidence-based education platform in the rehabilitation & human performance industry."

*Dr. Brent Brookbush, CEO of Brookbush Institute*

## KEY COMPONENTS

- Best Available Evidence – High-quality, relevant research findings, often drawn from peer-reviewed studies, systematic reviews, or clinical guidelines.
- Clinical Expertise – The skills and experience of practitioners, including their ability to interpret research evidence and apply it to specific patient contexts.
- Patient Values and Preferences – Consideration of individual goals, cultural backgrounds, expectations, and personal choices.

## SEMANTIC AND CONTEMPORARY USE:

The terms "evidence-based medicine" and "evidence-based practice" are often used interchangeably, although the latter is more widely used by professionals who are not physicians. Sometimes "evidence-informed practice" is used, with the latter placing greater emphasis on blending evidence with contextual knowledge and professional reasoning.

#### FREQUENTLY ASKED QUESTIONS (FAQs)

What are the 4 parts of Evidence-Based Practice?

- The four commonly recognized components of EBP are: (1) best available evidence, (2) clinical expertise, (3) patient/client values and preferences, and (4) the clinical environment or context in which care is delivered.

What are the 5 steps in Evidence-Based Practice?

- The classic five-step process includes: (1) ask an answerable clinical question, (2) acquire the best evidence, (3) appraise the evidence for validity and relevance, (4) apply the evidence to practice, and (5) assess or evaluate the outcomes of that application.

How is EBP different from following clinical guidelines?...

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