Evidence based medicine

Evidenced Based Medicine Abstract The evidence, does not make a decision for you, but it can help support the patient care process. Constructing a well-built clinical question can lead directly to a well-built search strategy. Every time we see a patient, we need new information about some element of the diagnosis, prognosis or management. Because our time to try to find this information is often limited, we need to be very efficient in our searching. To achieve this efficiency, we need to become skilled at ormulating clinical questions, so our research is accurate, efficient and appropriate. Evidence-based medicine is the conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients. The practice of evidence-based medicine means integrating individual clinical expertise with the best available external clinical evidence from systematic research. (David L. Sackett, 1996). Evidenced based practice enables nurses to address healthcare questions with an evaluative and qualitative approach.

It allows the nurse to assess current and pass research clinical guidelines in order to identify relevant literature while differentiating between high quality and low quality information. Evidenced based practice integrates the best evidence and clinical expertise. What is a dietary supplement? Congress defined the term " dietary supplement" in the Dietary Supplement Health and Education Act (DSHEA) of 1994. A dietary supplement is a product taken by mouth that contains a " dietary ingredient" intended to supplement the diet.

The " dietary ingredients" in these products may include: vitamins, minerals, herbs or other botanicals, amino acids, and substances such as enzymes, organ tissues, glandulars, and metabolites. Dietary supplements can also be

extracts or concentrates, and may be found in many forms such as tablets, capsules, softgels, gelcaps, liquids, or powders. They can also be in other forms, such as a bar, but if they are, information on their label must not represent the product as a conventional food or a sole item of a meal or diet.

Whatever their form may be, DSHEA places dietary supplements in a special category under the general umbrella of " foods," not drugs, and requires that every supplement be labeled a dietary supplement, (Administration, 2001). What is FDA's role in regulating dietary supplements versus the manufacturer's responsibility for marketing them? In October 1994, the Dietary Supplement Health and Education Act(DSHEA) was signed into law by President Clinton. Before this time, dietary supplements were subject to the same regulatory requirements as were other foods.

This new law, which amended the Federal Food, Drug, and Cosmetic Act, created a new regulatory framework for the safety and labeling of dietary supplements. The FDA does not approve dietary supplements. Under DSHEA, a firm is responsible for determining that the dietary supplements it manufactures or distributes are safe and that any representations or claims made about them are substantiated by adequate evidence to show that they are not false or misleading. This means that dietary supplements do not need approval from FDA before they are marketed.

Except in the case of a new dietary ingredient, where pre-market review for safety data and other information is required by law, a firm does not have to provide FDA with the evidence it relies on to substantiate safety or effectiveness before or after it markets its products. Also, manufacturers do

not need to register themselves nor their dietary supplement products with FDA before producing or selling them. Currently, there are no FDA regulations that are specific to dietary supplements that establish a minimum standard of practice for manufacturing ietary supplements. However, FDA intends to issue regulations on good manufacturing practices that will focus on practices that ensure the identity, purity, quality, strength and composition of dietary supplements. At present, the manufacturer is responsible for establishing its own manufacturing practice guidelines to ensure that the dietary supplements it produces are safe and contain the ingredients listed on the label. (Administration, 2001) Is it legal to market a dietary supplement product as a treatment or cure for a specific disease or condition?

No, a product sold as a dietary supplement and promoted on It’s label or in labeling* as a treatment, prevention or cure for a specific disease or condition would be considered an unapproved-and thus illegal-drug. To maintain the product's status as a dietary supplement, the label and labeling must be consistent with the provisions in the Dietary Supplement Health and Education Act (DSHEA) of 1994. *Labeling refers to the label as well as accompanying material that is used by a manufacturer to promote and market a specific product. (Administration, 2001).

Silveron strives to produce the best quality possible. Our farming practices are natural. Our elk drink from a pure artesian well and graze on the deep-rooted alfalfa plant. The velvet antler is harvested before calcification at approximately 65 days. Our product contains no additives or fillers and only whole beam velvet antler is used. Special care is given to ensure quality

control to provide you the results that empirical evidence proves and modern research verifies,(Steem, 2008). Are they addressed? 1. Introduction yes 2. Who runs this site? Les Steem 3. Who pays for the site?

Business -Silveron 4. What is the purpose of the site? sales 5. Where does the information come from? Canada, New Zealand , China, Japan 6. What is the basis of the information? Articles and books 7. How is the information selected? Studies , clinical research 8. How current is the information? 1977, 1979, 1988, 1991, 1998. 9. How does the site choose links to other sites? Other sites related to research, and clinical trails 10. What information about you does the site collect, and why? Only collected purchase information How does the site manage interactions with visitors?