

Evidence based management practice

[Business](#), [Management](#)



Evidence based management practice Evidence based management practice (EBM) is one of the optimal approaches or practices which is used effectively in different fields from medicine, psychology to social work. The basic concept behind this practice is, doctors or psychologists or practitioners would chose the best evidence possible or the most appropriate information obtainable, to make an optimal or thorough clinical decision as part of the decision making process, for the individuals - the individuals whom they are treating or helping to manage. " Evidence based clinical practice is an approach to decision making in which the clinician uses the best evidence available, in consultation with the patient, to decide upon the option which suits that patient best" (Muir Gray 1997).

EBM would bring in many advantages both in the short as well as in the long run. So, when it is imbedded in an organization, EBM has more chances of becoming an organization's " usual practice". EBM can fully help the individuals with mental afflictions to manage themselves. EBM is thus considered a better clinical intervention that can be incorporated by many medical and mental institutions into their functioning. " Many state mental health systems are currently in the process of changing or adapting their current standards and systems of care to incorporate those clinical practices which are evidence-based, or have been found to have " emerging evidence" to support the intervention as a best practice" (Bullock, Rourke and Smith, 2005). Stress is one of the important mental afflictions which are affecting a majority of the world population. By using the evidence based management practice; one can get the best options to treat stress. Also as EBP is being used in many mental medical centers; it will be of great use because the

results from those medical centers can be used to study cases. The post-recovery period in mental illness is the key because it was during this period, full recovery or deterioration is both possible. If the mentally afflicted is treated based on apt EBM practices, then if the correct medicines are taken and finally if there is fullest support from the friends and relatives the patients can easily recover.

Even while providing the important applications and positive aspects of EBM, there are certain concerns surrounding the successful implementation of EBM. That is, they have doubts whether it could be implemented at all the levels. One of the main criticisms that are directed against EBM's incorporation into the medical centers is its insistence on measuring the mental patient's symptoms and other medical related issues instead of the recovery period. That is, EBM ignores the main patients' outcomes of recovery and empowerment, thus failing to judge how well the individual have overcome the mental problems. Some critics suggest that even when consumer outcomes have been measured, EBM research still supports the status quo by measuring symptoms, hospitalizations, and medication adherence, rather than consumer outcomes such as recovery and empowerment" (Bullock, Rourke and Smith, 2005). So, from the above analysis of EBM, it is clear that it is a vital organizational process, which is gaining prominence nowadays with clear advantages, even while having some disadvantages.

References

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& recovery in mental health practices and agencies. Family Therapy Magazine, 4 (3), 32-36.

Muir Gray JA. (1997) Evidence-based healthcare: how to make health policy and management decisions. London: Churchill Livingstone.