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КОДИЯ ВЕРНА
Учёный секретарь
Учёного совета КРСУ
Абрамов Б.В.
[Handwritten signature]

EVIDENCE-BASED MEDICINE

*Information material to State Exam on Evidence-Based
Medicine for students of Foreign Citizens Faculty*

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Information material to State Exam on Evidence-Based Medicine for students of Foreign Citizens Faculty

Editorial: Zurdinov A.Z., Corresponding Member of National Academy of
Sciences of Kyrgyz Republic, professor

Djakubekova A.U., Ph.D., associated professor of basic and
clinical pharmacology department

Zurdinova A.A., Ph.D., associated professor, head
of pharmacology department of Kyrgyz-Russian Slavic University

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EVIDENCE-BASED MEDICINE (EBM). DEFINITION, CONCEPTS, TERMS AND USE.

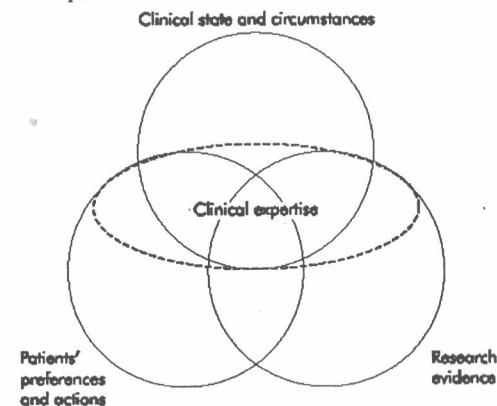
The term of "evidence-based medicine" («evidence-based medical practice» or «scientifically evident medicine») was offered in 1990 by Canadian scientists from Mc Master University in Toronto.

Professor Archibald Leman Cochrane (1909-1988), a British medical researcher who contributed greatly to the development of epidemiology as a science, is the founder of EBM. The Cochrane Collaboration is named in honour of Archie Cochrane. In 1979 he wrote, "It is surely a great criticism of our profession that we have not organized a critical summary, by specialty or subspecialty, adapted periodically, of all relevant randomised controlled trials." His encouragement, and the endorsement of his views by others, led to the opening of the first Cochrane centre (in Oxford, UK) in 1992 and the founding of The Cochrane Collaboration in 1993.

Definition: 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 and patient values with the best available external clinical evidence from systematic research" (Sackett D, 1996).

3 main components of EBM

- Clinical states and circumstances,
- Research evidence,
- Patient's preferences and actions



The objectives of EBM are:

- to improve the efficacy of healthcare providing in aspects of diagnostics, treatment and prevention of diseases

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