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Implementing evidence-based practice in a middle income country - findings from a randomised controlled trial

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Evidence-based practice (EBP) has been embraced as being crucial to the development of the occupational therapy profession. To this end a number of studies have been conducted to advance the implementation of EBP in occupational therapy, yet few (if any) have been done in middle or low income countries where the challenges of EBP may be different. This paper reports on a randomised controlled trial with occupational therapists in a middle income country. The study aimed to identify whether one of two educational interventions was more effective in changing EBP knowledge, skills and behaviour at 12 weeks. Fifty-eight participants were recruited and randomly allocated to an intervention group using matched pair sampling. The primary outcome was EBP knowledge at 12 weeks. Secondary outcomes included attitudes, readiness for implementing EBP and application of EBP at 12 weeks. A self-report questionnaire and an audit checklist were used to collect data at baseline and 12 weeks after the educational intervention. The findings of this study will be presented and the implications for implementing EBP in middle income countries discussed. In conclusion, recommendations for furthering the development of EBP in occupational therapy will be made.