

0182

A journey of exploration – evidence based practice and national guideline development with the National Institute of Care and Clinical Excellence (NICE) in the UK

Dee Christie¹, Sarah Cambridge²

¹*National Institute of Care and Clinical Excellence, London, UK,* ²*Devon County Council, Exeter, UK*

Introduction: Across the world growing demands on health/community services and escalating costs of delivery have led to an increased focus on services, such as community rehabilitation, that enable people to remain living at home. Evidence-based practice is a driving force in many national healthcare agendas, and fundamental to producing national guidance.

Objective: The authors explore their experience of working with NICE to produce evidence-based guidance for community rehabilitation and the challenges of incorporating this into practice.

Approach: This presentation will be delivered with 2 key themes.

Firstly, in developing NICE guidance for community rehabilitation, robust cost-effective evidence was identified and recommendations for practice developed. The method/process of systematic review, consultation, examination of experts and drafting of guidance will be shared.

Secondly, using reablement as one example of community rehabilitation practice in the UK, the authors describe the significant opportunity provided to promote independence, health and wellbeing while achieving cost savings. Case examples will be used to illustrate the discussion.

Practice Implications: Occupational therapists recognise the need for an evidence-based approach but may need support and encouragement to implement this. The authors highlight the challenges for practitioners, offering strategies for successfully incorporating evidence into practice.

Conclusion: Robust evidence-based guidance is essential to the delivery of up-to-date, innovative practice. In concluding the session, the authors will draw together the two themes, reflect on their personal experience of bringing evidence into practice through the development of a national guideline, and share the challenges faced and what they have learned.