

# Evidence-based medicine in Kenya; is it time?

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## Benefits of evidence-based medicine 1

For the individual clinician

- Clinicians can update their knowledge base routinely
- Improves the clinician's understanding of research methods and makes them more critical in using data
- Improves confidence in management decisions
- Improves computer literacy and data searching techniques
- Improves reading habits

## Benefits of evidence-based medicine 2

For the hospital or health institution

- You can evaluate clinical effectiveness of health interventions
- Better communication with patients about the rationale behind management decisions
- Greater patient satisfaction

## Benefits of evidence-based medicine 3

For the nation

- Higher standards and quality of healthcare
- Cost-effective health system
- Better accountability to the taxpayers

## Challenges & barriers to overcome

- It takes time to learn
- Expensive infrastructure eg computers
- Available databases not comprehensive enough (a lot of African research is not published)
- It exposes knowledge gaps which can be uncomfortable to care givers and recipients
- Pharmaceutical industry sponsorship of research and CME has potential to compromise rational decision-making