



The importance of evidence-based medicine in healthcare

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Abstract:

EBM (Evidence Based Medicine) it literally means “the medicine which depends on evidences as the source of knowledge”. But, we can also say that it is the way to approach the best medical decision according to recent research papers and scientific reviews with the best cost-effectiveness, most up-to-date, solid, reliable solutions for medical care.

It aims at integrating individual clinical expertise with the best available external clinical evidence from systemic research and patient values to determine the appropriate treatment plan. This means each clinician undertakes to stay in touch with the research literature and to use it as a part of their clinical decision making. Evidence-based practice is a systematic process primarily aimed at improving the care of patients.

Biography:

Ahmed Nabil, 5th year medical student at the age of 22 years from MUST. His Training support division director of MUST medical students association , It's part of In-



ternational federation medical students association-Egypt and the fundraising director for Cairo & Giza at Y-Peer-Egypt and HR at ENACTUS-MUST. He has given training sessions more than 20 hours in medical topics and 15 hours in soft skills as international trainer.

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