



# Evidence-Based Practice

**HOD P07-25-72-58** [Amended: HOD P06-19-10-05; HOD P06-06-12-08; Initial: HOD P06-99-17-21] [Position]

The American Physical Therapy Association supports the development and utilization of evidence-based practice, defined as the integration of best available research, clinical expertise, and patient values and circumstances into and across all domains of physical therapist practice, including:

- Patient and client management
- Clinical reasoning
- Entry-level and post-professional education
- Continuing professional development
- Practice management and health policy decision-making

The American Physical Therapy Association upholds the essential roles of clinician judgment and the patient's or client's presentation, context, and goals in guiding care, particularly when there is a lack of relevant or high-quality research evidence.

The American Physical Therapy Association supports efforts that:

- Encourage the integration and critical appraisal of the best available research and patient values into sound clinical reasoning as being integral to physical therapist examination, evaluation, diagnosis, and intervention selection.
- Support the de-implementation of low-value care while promoting the adoption of high-value, evidence-based practices that improve patient outcomes.
- Encourage the selection of evidence-based intervention strategies in a manner not constrained by a diagnostic or intervention approach or philosophy that is not evidence-based.
- Ensure that physical therapist practice remains adaptive, collaborative, and person-centered.

## **Explanation of Reference Numbers [use for House policy]:**

HOD P00-00-00-00 stands for House of Delegates/month/year/page/vote in the House of Delegates minutes; the "P" indicates that it is a position (see below). For example, HOD P06-22-05-04 means that this position can be found in the June 2022 House of Delegates meeting minutes on Page 5 and that it was Vote 4.

P: Position | Y: Policy

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