



Eviscore Foundation Course

Module 3 – APPRAISE

Worksheet 3C: Prognosis Study Appraisal

Estimated Time: 20–30 minutes

Difficulty: ★★☆☆ Foundation

Name: _____

Date: _____

Article Title: _____

Learning Objectives

After completing this worksheet, you should be able to:

- Recognize a prognosis study.
 - Assess whether the study is trustworthy.
 - Summarize the study findings.
 - Decide whether the results apply to your patient.
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Before You Begin

Use a prognosis study selected by your instructor or identified during your literature search. Read the Abstract before completing this worksheet.

PART 1 – Identify the Study

What condition or disease was studied?

What outcome was being predicted?

- ☐ Recovery
- ☐ Survival
- ☐ Disability
- ☐ Complications

- ☐ Recurrence
- ☐ Other

What type of study is this?

- ☐ Cohort Study
 - ☐ Registry Study
 - ☐ Prospective Observational Study
 - ☐ Retrospective Observational Study
 - ☐ Unsure
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PART 2 – Can I Trust This Study?

Answer the following questions.

Were participants enrolled at a similar stage of disease?

- ☐ Yes
- ☐ No
- ☐ Not Reported

Was follow-up long enough to observe the outcome?

- ☐ Yes
- ☐ No
- ☐ Not Reported

Was follow-up reasonably complete?

- ☐ Yes
- ☐ No
- ☐ Not Reported

Were outcomes measured consistently for all participants?

- ☐ Yes
- ☐ No
- ☐ Not Reported

Overall

Do you think this study is reasonably trustworthy?

- ☐ Yes
- ☐ Partly
- ☐ No

Why?

PART 3 – What Did the Study Find?

What outcome was measured?

What was the main finding?

According to the authors, what factors influenced the prognosis?

PART 4 – Can I Apply This Evidence?

Think about your own patient.

Is your patient similar to those included in the study?

- ☐ Yes
- ☐ No
- ☐ Unsure

Would these findings help you counsel your patient or family?

- ☐ Yes
- ☐ No
- ☐ Unsure

Would the study influence your clinical management or rehabilitation planning?

- ☐ Yes
- ☐ No
- ☐ Unsure

Would you use this information in practice?

- ☐ Yes
- ☐ Maybe
- ☐ No

Explain your decision.

PART 5 – My Evidence Summary

Clinical Condition

Predicted Outcome

Main Finding

Can I Trust This Study?

- ☐ Yes
- ☐ Partly
- ☐ No

Will I Use This Evidence?

- ☐ Yes
- ☐ Maybe
- ☐ No

Reflection

Which part of the prognosis study was most useful?

- ☐ Understanding the likely outcome
 - ☐ Identifying prognostic factors
 - ☐ Planning patient care
 - ☐ Counselling patients and families
 - ☐ Other
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Self-Assessment

- ☐ I can recognize a prognosis study.
 - ☐ I understand why complete follow-up is important.
 - ☐ I can summarize the main findings.
 - ☐ I can decide whether the results apply to my patient.
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Evidence Pearl

Prognosis studies help clinicians and patients understand what is likely to happen over time. Good prognosis evidence supports realistic expectations, informed counselling, and appropriate planning of care.

Faculty Notes (Instructor Version)

Suggested Discussion Points

Guide learners through three questions:

1. Can I trust this study?
 - Were patients enrolled at a similar point in their illness?
 - Was follow-up adequate and complete?
 - Were outcomes measured consistently?
2. What did the study find?
 - What outcome was predicted?
 - Which prognostic factors were associated with better or worse outcomes?
 - Are the findings clinically meaningful?
3. Can I apply it?
 - Does my patient resemble those in the study?
 - Will these findings improve counselling or management?

- Are there important differences between the study setting and my practice?

Common Beginner Mistakes

- Confusing prognosis with diagnosis.
- Assuming association means certainty.
- Ignoring incomplete follow-up.
- Applying results to patients who differ substantially from the study population.

Patient Counselling Box

How Will This Study Help Me?

Question	Your Response
What outcome can I discuss with my patient?	_____
What factors may improve or worsen prognosis?	_____
How will this influence follow-up or rehabilitation planning?	_____