



Eviscore Foundation Course

Module 5 – ASSESS

Worksheet 5D: Evidence-Based Practice Self-Audit

Estimated Time: 15–20 minutes

Difficulty: ★★☆☆ Foundation

Name: _____

Date: _____

Learning Objectives

After completing this worksheet, you should be able to:

- Evaluate how consistently you use the five steps of Evidence-Based Practice.
 - Identify strengths in your EBP process.
 - Recognize opportunities for improvement.
 - Plan future development.
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Before You Begin

Think about a recent patient (real or simulated) that you managed using the EviScore 5A framework.

This worksheet is not a test. It is a self-review of your Evidence-Based Practice skills.

PART 1 – My EBP Checklist

Tick the box that best describes your performance.

Evidence-Based Practice Step	Yes	Partly	No
I identified a focused clinical question.	☐	☐	☐
I searched for the best available evidence.	☐	☐	☐
I critically appraised the evidence.	☐	☐	☐
I considered patient values and preferences.	☐	☐	☐
I evaluated the patient outcome.	☐	☐	☐

PART 2 – My Strongest Skill

Which step do you perform most confidently?

- ☐ ASK
- ☐ ACQUIRE
- ☐ APPRAISE
- ☐ APPLY
- ☐ ASSESS

Why?

PART 3 – My Greatest Challenge

Which step is currently the most difficult?

- ☐ ASK
- ☐ ACQUIRE
- ☐ APPRAISE
- ☐ APPLY
- ☐ ASSESS

Why?

PART 4 – Confidence Rating

Rate your confidence.

Skill	1	2	3	4	5
Asking clinical questions	☐	☐	☐	☐	☐
Literature searching	☐	☐	☐	☐	☐
Critical appraisal	☐	☐	☐	☐	☐
Applying evidence	☐	☐	☐	☐	☐
Evaluating outcomes	☐	☐	☐	☐	☐

Scale:

1 = Not confident

5 = Very confident

PART 5 – Looking Ahead

Which EBP skill would you like to improve next?

How do you plan to improve it?

My EBP Self-Audit Summary

Question	My Answer
My strongest EBP skill	_____
My greatest challenge	_____
My next learning goal	_____

Reflection

Complete the sentence.

After completing this self-audit, I believe my next step as an evidence-based practitioner is...

Self-Assessment

- ☐ I honestly evaluated my EBP skills.
 - ☐ I identified my strongest competency.
 - ☐ I recognized an area for improvement.
 - ☐ I developed a plan for continued learning.
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Evidence Pearl

The goal of self-audit is continuous improvement, not perfection. Every patient encounter offers an opportunity to strengthen your Evidence-Based Practice skills.

Faculty Notes

Suggested Discussion Points

1. **Which EBP step feels easiest?**

Encourage learners to identify why they are confident in that area.

1. **Which step feels most challenging?**

Explore barriers such as limited experience, unfamiliarity with databases, or difficulty interpreting research.

1. **How can improvement be achieved?**

Encourage realistic, achievable actions rather than broad goals.

Examples:

- Practice one PubMed search each week.
 - Read one clinical guideline each month.
 - Discuss one article during journal club.
 - Use PICOTT for one patient every week.
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Common Beginner Mistakes

- ☐ Rating themselves too harshly.
 - ☐ Rating themselves unrealistically high.
 - ☐ Choosing too many improvement goals.
 - ☐ Not identifying practical next steps.
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EBP Step	Beginner	Developing	Competent
ASK	☐	☐	☐
ACQUIRE	☐	☐	☐
APPRAISE	☐	☐	☐
APPLY	☐	☐	☐
ASSESS	☐	☐	☐

This gives learners a visual snapshot of their current stage in each of the five EBP competencies. They can repeat the self-audit after completing more cases or advanced EviScore courses to track their progress over time.

Why this works well

By the end of Worksheet 5D, learners have:

- Evaluated a patient outcome (5A),
- Reflected on their own practice (5B),
- Created a personal improvement plan (5C),
- Assessed their overall EBP competence (5D).

The final worksheet (5E) can then shift from self-evaluation to lifelong learning, helping learners develop a sustainable habit of practicing Evidence-Based Practice throughout their careers.