

to clinical practice. Asking evidence based question (framing an answerable question from a clinical problem) is the first and crucial step in looking for good evidence. The basics of a well built question are referred to by the mnemonic – pico, where p refers to patient/ problem, i is intervention, c is comparison and o the outcome. Once the evidence has been gathered it has to be appraised critically for validity, impact and applicability. Evidence based dentistry strengthens the process of scientific transfer of research into clinical practice and is the way forward to practice dentistry in this millennium. .

DOI: 10.4103/0972-4052.246548

44. Evidence based dentistry

Amit Khattak

Indian Army.

At the time of completing graduation/post graduation we are up to date with the latest knowledge and information regarding developments in dentistry, but this knowledge soon becomes outdated. As clinicians we are expected to keep up with the advancements in dental therapies, materials and research. There is abundant information available online which can be easily accessed but it's difficult to evaluate the extensive literature in terms of validity, quality of data and reliability of information. Evidence based medicine was introduced in the 19th century and referred to as the conscientious, explicit, and judicious use of current best evidence in making best decision about the care of individual patients. The same principles have been utilized in dentistry with three key thrust areas- relevant scientific evidence, patient's need and preference and dentists' clinical expertise.. Evidence based dentistry has two basic goals: 1) search for the best evidence/research and 2) to apply this

DOI: 10.4103/0972-4052.246548