



# Evidens-basert odontologi

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*Institutt for klinisk odontologi*

*Universitetet i Oslo*

NTF Landsmøte, Oslo,  
11 September 2003

# Som nyutdannet tannlege

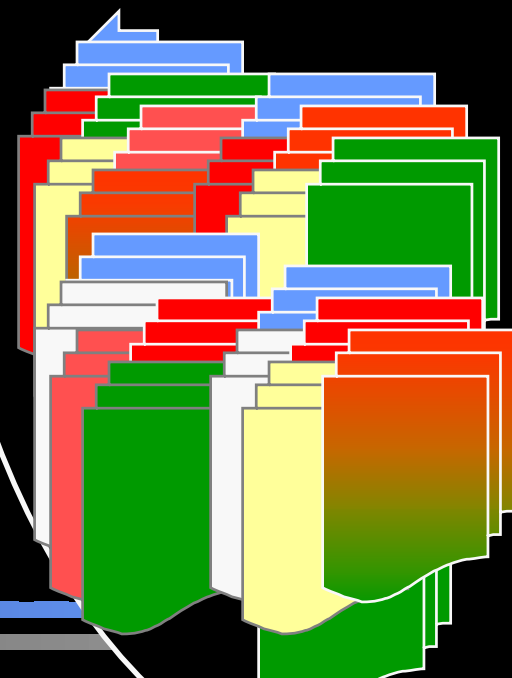


Reklame

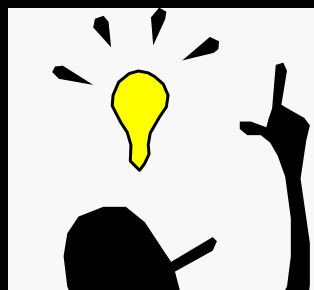
- produsent
- kollegaer

Lærere  
"Pensum"

"Viten  
skap"



# Som nyutdannet tannlege



Reklame

- produsent
- kollegaer

“Viten

- Prosedyrer som læres/beherskes er velprøvde
  - ikke nødvendigvis de mest moderne
- Ingen erfaring med mange vanlige prosedyrer
  - hvorfra tilegne seg mer kunnskap?
- Fra dag 1 skjer det en videreutvikling i faget
  - hvordan holde seg oppdatert ?
- Teoretisk på topp, fra nå av er det mindre tid
  - hvordan/hva skal prioriteres?

# Informasjonseksplasjon

Enorm vekst av vitenskapelige publikasjoner i biomedisin - inkludert i odontologi

1. Antallet helsepersonnel og forskere stiger

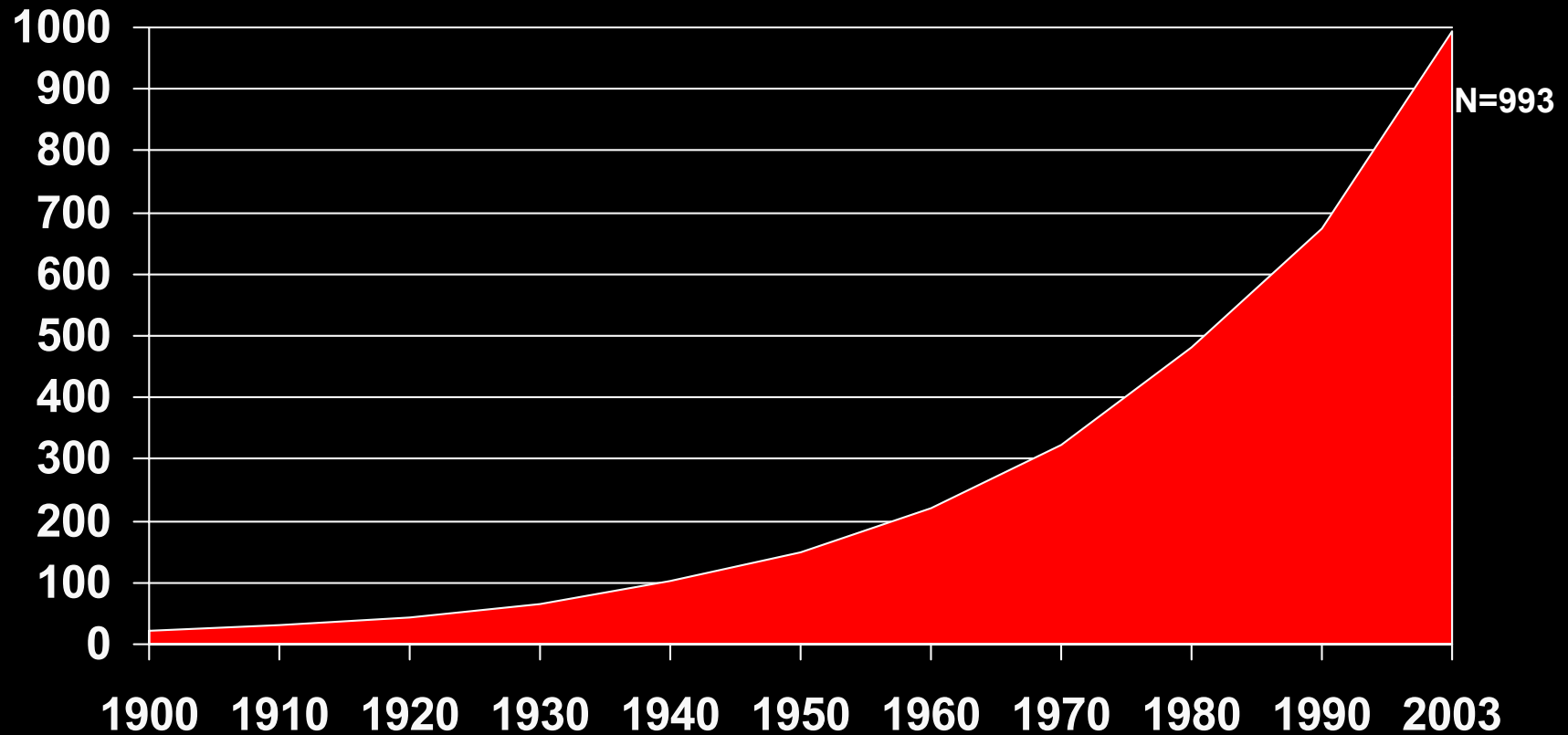
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Antall publikasjoner er nøkkel til penger og ære

2. Antall publikasjoner fordoblet hvert 10. år

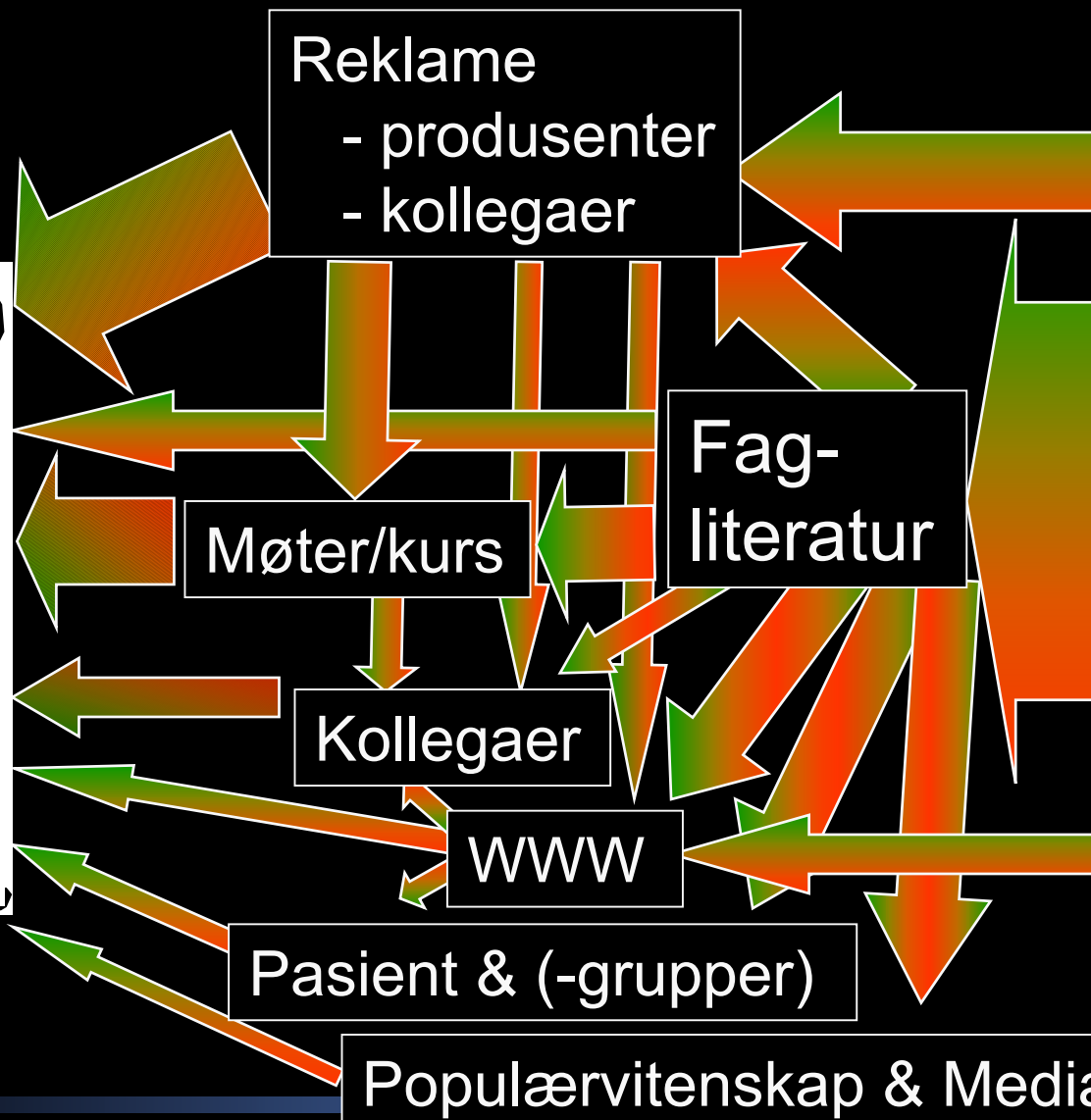
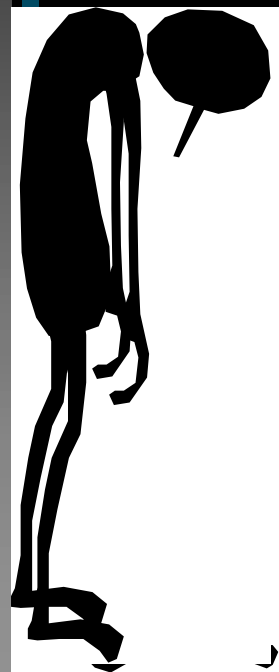
3. Antall tidsskrift øker kontinuerlig

# Tannlegetidsskrift i sirkulasjon



Kilde: Ulrich's International Periodicals Directory

# Informasjonsflom



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**“Viten  
skap”**  
700 tidsskrift:  
25 000 art./år

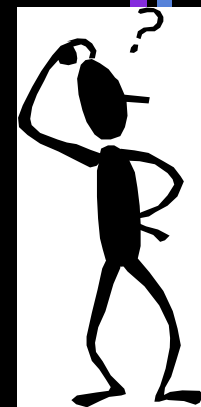
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kvaliteten på denne  
informasjonen.

## Hva gjør du hvis ...

en 66 år gml kvinne oppsøker deg fordi hennes forrige tannlege ikke har klart å hjelpe henne med stadige plager med oral lichen planus. Hun vil gjerne diskutere med deg en ny behandling med naturmedisin omtalt i siste nummer av bladet "Kvinner og Helse" ....





# Hvilken strategi velges når jeg er usikker?

Identifisere relevant informasjon:

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2. Kan jeg finne en bok/artikkel?
3. Kan jeg oppsøke et bibliotek?
4. Har jeg tilgang til en datamaskin?
5. Kan jeg finne svar på Internett?



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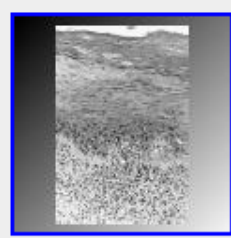
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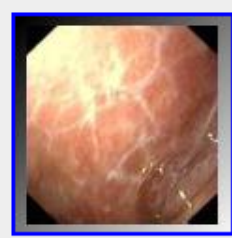
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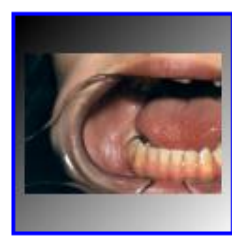
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**Oral Lichen Planus - Oral lichen planus** (OLP) is a chronic inflammatory disease that causes bilateral white striations, papules ... Caption: Picture 1. **Oral lichen planus**. Plaquelike **oral lichen** ...

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[Lichen Planus](#)

... and tongue. **Oral lichen planus** is more difficult to treat and typically lasts longer than skin lichen planus. Fortunately, many ...  
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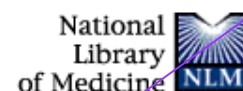
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... Your dentist may diagnose **oral lichen planus** based on the distinctive appearance of mouth lesions. ... **Oral lichen planus** usually clears within 18 months. ...  
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- 5:** [Bornstein MM, Suter VG, Stauffer E, Buser D.](#) Related Articles, Links  
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# Informasjonsflommen

## Et paradoks

Til tross for denne  
informasjonsflommen

er bare en liten fraksjon direkte  
appliserbart i klinisk hverdag  
og  
vi er dårlig utrustet til å fordøye og  
syntetisere denne nye informasjonen

Populærvitenskap & Media

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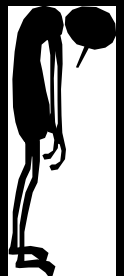
1. Vi trenger informasjon daglig, men våre behov blir sjelden oppfylt



2. Som et resultat blir våre kliniske kunnskaper og behandling med tiden dårligere og dårligere



3. Tradisjonelle etterutdanningskurs endrer sjelden våre kliniske behandling eller adferd



Kanskje kan  
dette nye  
“EBM” hjelpe  
meg?





# Evidens basert medisin - mål

- Hvordan løse daglige kliniske problemstillinger?
  - praktisk spørsmål
- Hvordan være rimelig sikker på at det jeg anbefaler og utfører er det beste pasienten kan motta?
  - etisk spørsmål

# Evidens basert medisin - metode

1. Hvordan effektivt finne ny og meningsfull informasjon
2. Hvordan anvende denne nye informasjon

Evidens basert medisin - strategi

Hvordan vi skal forholde

oss til kontinuerlige

forandringer . . .

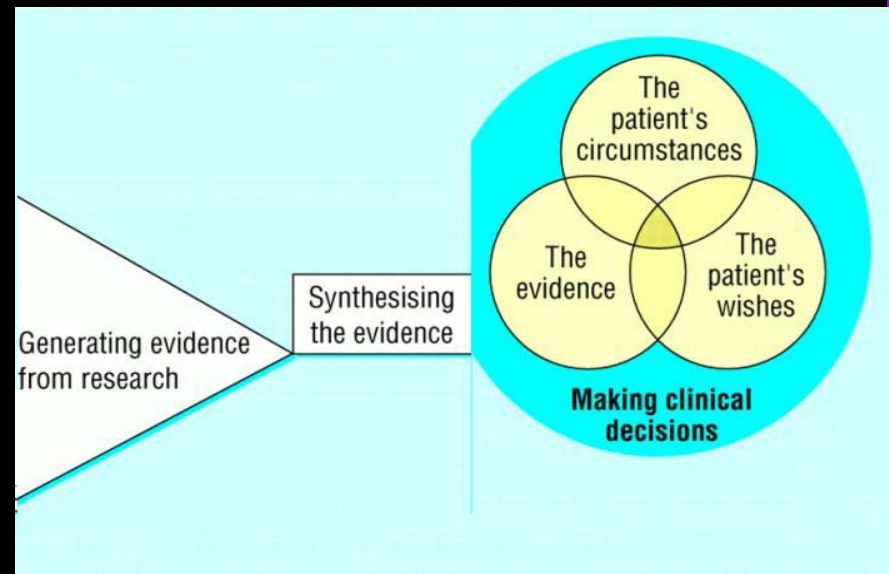
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vite det riktige svaret

# Hvordan utøve evidens-basert praksis?

## 1. Lære selv hvordan evidens-basert odontologi utføres

- Bøker
- Seminarer
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**Cochrane Oral Health Group**

**Welcome to our web-site**

**The Cochrane Collaboration**

The Cochrane Collaboration is an international organisation that aims to help people make well-informed decisions about healthcare by preparing, maintaining and promoting the accessibility of systematic reviews of the effects of healthcare interventions. The main work of the Collaboration is done by approximately fifty Collaborative Review Groups, within which Cochrane Reviews are prepared and maintained. The Cochrane Oral Health Review Group aims to produce systematic reviews which primarily include all randomised control trials (RCTs) of oral health. Oral health is broadly conceived to include the prevention, treatment and rehabilitation of oral, dental and craniofacial diseases and disorders.

**Scope of the Group**

The Cochrane Oral Health Group aims to produce systematic reviews which primarily include all randomised controlled trials (RCTs) of oral health. Oral health is broadly conceived to include the prevention, treatment and rehabilitation of oral, dental and craniofacial diseases and disorders.

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Bienvenido a la primera página en Español acerca de *Odontología Basada en la Evidencia*. Esta página está en permanente construcción y te invitamos a colaborar en ella y **unirte** al Grupo de Odontología Basada en la Evidencia.

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HONORARIO

Web desarrollada por **Sergio Uribe, CD**  
 Creada en Junio del 2000  
 Última actualización 2 de abril del 2001.

**International Society of Evidence-Based Dentistry**

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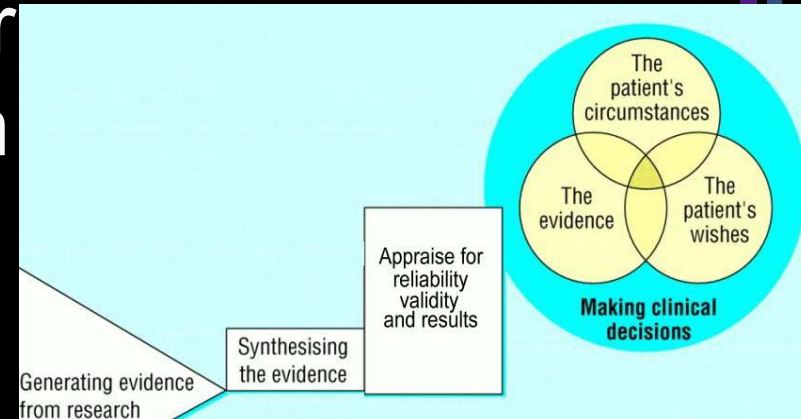
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 -The First Annual Membership Meeting of the ISEBD will take place on November 6 and 7, 2003 in Chicago, IL.



# Hvordan utøve evidens-basert praksis?

1. Lære selv evidens-basert odontologi
2. Søke og anvende evidens-baserte sammendrag utarbeidet av andre.

1. Fagtidsskrift som kritisk evaluerer primærstudier
2. Systematiske oversikter
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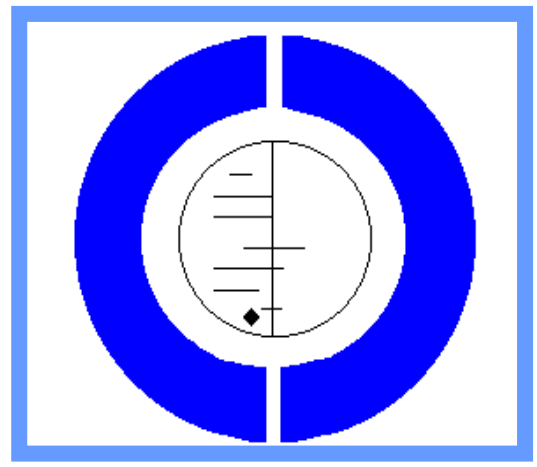


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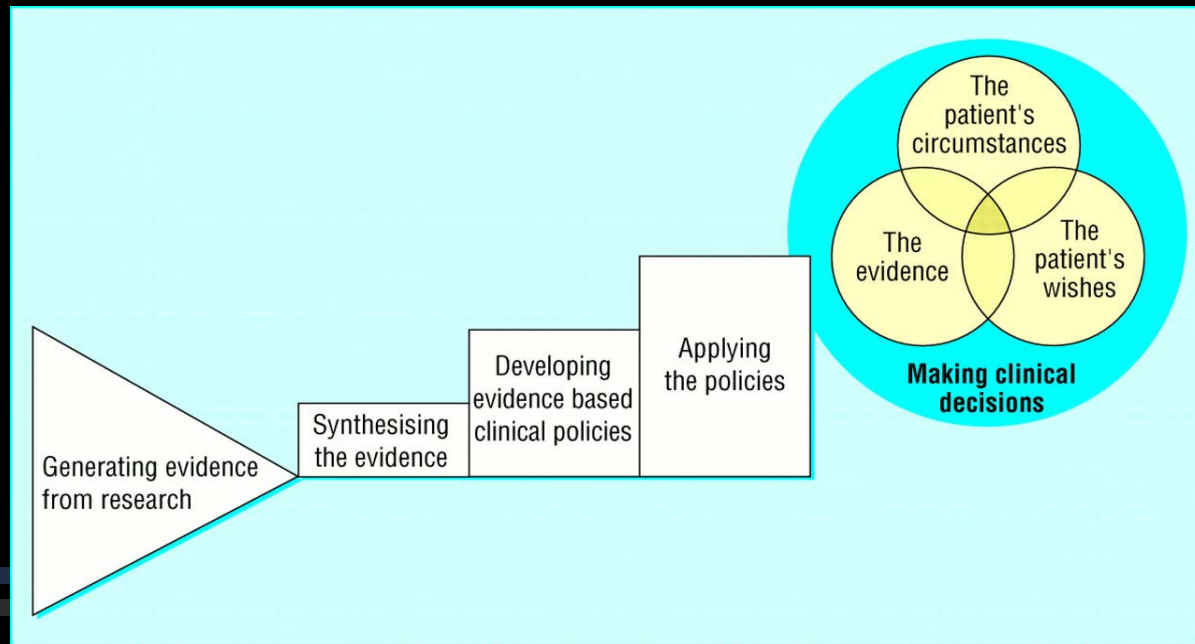
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# Hvordan utøve evidens-basert praksis?

## 3. Akseptere og anvende kliniske retningslinjer som er baserte på evidens-baserte prinsipper



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Tel: 08-412 32 00 • Fax: 08-411 32 60  
Webb: www.sbu.se • E-mail: info@sbu.se



Samordnare för tandvårdsområdet: Susanna Axelsson, tandläkare, e-mail: axelsson@sbu.se

Evidensbaserad  
**TANDVÅRD**



Evidensbaserad tandvård

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for

oppmerksomheten!