

DeLisa Lecture. Evidence in Rehabilitation Medicine: between facts and prejudices.

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Abstract

The relationship between evidence based medicine (EBM) and rehabilitation medicine (RM) is somewhat controversial. The motto "there is no evidence in RM" is at times a real burden on the shoulders of RM. There are a lot of ideas around EBM in RM: some are correct, while others are probably prejudices only. In this paper it is first discussed what EBM is, its origin and meaning, giving some notes about Cochrane - arguably, the gold standard of EBM. The relationship between RM and EBM is then faced, to try to understand why these difficulties exist: it is considered what RM is, comparing RM to the other "classical" medical specialties; the problems with evidence generation and the actual state of research in RM. The implementation of EBM in RM is also introduced, including a brief discussion of knowledge translation, what it is and why it is important, paying particular attention to Cochrane Rehabilitation - the new global RM body that is facing these issues. Finally some solutions for EBM in RM are proposed.

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