

# How to Use and Build the Evidence Base for Occupational Therapy



ELIZABETH CASSON TRUST



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Actions to use  
and further build  
the evidence base



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# Where are you at and where would you like to be?



**First steps** – read OTNews, listen to a podcast, read an autobiography, sign up to a CAHPR hub newsletter



**A walk in the park** – chat to students on placement about their research study or something they have read recently, read a journal article



**A social walk** – chat about an article with a colleague, set up a journal club at work, take part in a research study as a participant



**A power walk** – sign up to a writing retreat, engage in “shut up and write” sessions, attend further training via short courses or events



**Hiking a new trail** – present at conference, write an article, join a research forum or specialist interest group or online community



**Climbing a mountain** – sign up for an MSc, MRes or PhD! Apply for research funding and grants, join advisory committees and boards



What ONE action  
will you take to **use**  
the evidence base?

What ONE action  
will you take to  
**build** the evidence  
base?



# References



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