**Evidence-Based Medicine**

Practical Session 15: Self-Evaluation

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**Objectives**

This practical session aims to develop participants’ skills to prepare a self-evaluation method concerning EBM.

**Instructions**

1. Work individually (30 min).
2. Considering your learning needs, try to develop a self-evaluation method which you would like during your future clinical practice. You may decide on a paper-based or electronic method. If you like, you may use the below draft learning portfolio suggested by your instructor.
3. Please add at least 3 EBM learning needs using the learning portfolio given below (Examples are given in the shaded text).

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| **A sample EBM learning assessment tool: The personal learning portfolio.** | | | |
| **Clinical Question**  **(in PICO format)** | **Expected Deadline** | **Source** | **Status** |
| Does handwashing with soap compared to using hand disinfectants provide better protection against COVID-19 transmission? | Feb 2021 | Not available yet | Waiting to be accomplished |
| In hypertensive and diabetic patients, is there a benefit of using ACE inhibitors compared to CCBs to prevent cardiac events? | Feb 2021 | [https://sites.jamanetwork.com/jnc8](https://sites.jamanetwork.com/jnc8/index.html) | Waiting to be accomplished |
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