**Evidence-Based Medicine**

Practical Session 5: Find and discuss different evidence types

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Clinical vignette 1

You are managing a 30-years old woman, who suffers from mild persistent asthma for 15 years. Her condition is under control with combination inhalers (budesonide-formoterol). She is asking your opinion about visiting a CAM practitioner to get acupuncture. She met a young lady, who was allegedly cured from asthma with the help of acupuncture.

1. Formulate an answerable clinical question (PICOT).
2. Search for evidence answering your question.
3. Discuss the class of your evidence based on the EBM Pyramid 5.0.

<https://www.accessss.org/>

acupuncture asthma

EBM Guidelines>Acupuncture for chronic asthma

<https://www.ebm-guidelines.com/dtk/ebmg/home?id=evd05277>

Clinical vignette 2

You are following up a 60-years old patient with diabetes and hypertension. His diabetes is under control with a Gliclazide (Sulphonylurea). In the last control visit, the systolic blood pressure is measured 150 mmHg despite Amlodipin (CCB) 5mg and the laboratory reveals mild proteinuria. You are considering to modify the medications by adding a second antihypertensive but you are not sure whether to add a diuretic or ACE inhibitor.

1. Formulate an answerable clinical question (PICOT).
2. Search for evidence answering your question.
3. Discuss the class of your evidence based on the EBM Pyramid 5.0.

Article to discuss, if students do not have other sources: <https://pubmed.ncbi.nlm.nih.gov/32163253/>

<https://pubmed.ncbi.nlm.nih.gov/clinical/>: hypertension beta blocker thiazide