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# Reporting and critical appraisal of evidence-based research: Making the journal club most effective

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## Abstract:

Evidence-based research (EBR) has become a cornerstone in the scientific, medical, and social sciences disciplines, informing decision-making processes and advancing knowledge across various fields. Evidence-based practice emphasizes integration of EBR, clinical expertise, and patient preferences to guide clinical practice. However, the mere existence of research evidence is not enough; it is essential to critically appraise the evidence to ensure its reliability, validity, and relevance to the context in which it is applied. Critical appraisal involves systematically evaluating the design, methodology, results, and conclusions of a research study to assess its quality and applicability. This article will provide an in-depth insight about reporting and critical appraisal of EBR, examining the principles of critical appraisal, available tools for reporting and appraising a research paper, challenges faced in critical appraisal, and how to make the most of the journal club.

## Keywords:

Critical Appraisal Skills Programme, critical appraisal tool, evidence-based medicine, evidence based practice, journal club, reporting guidelines