

# TWIN CITIES ORTHOPEDICS VIRTUAL ROUNDS

## HOW TO TRANSLATE RESEARCH INTO PRACTICE (TRIP) AND NOT FORGET ABOUT THE PATIENT

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### Learning Objectives

- By the end of this presentation, the clinician will apply several standard checklists to determine the validity and applicability of a research article to clinical practice.
- By the end of this presentation, the clinician will improve the translation of uncertainty in either diagnosis, prognosis, or future outcomes to their patient.
- By the end of this presentation, the clinician will have more knowledge of creating a plan with the patient that attempts to integrate research evidence and shared decision-making into the plan of care.

### Clinical Vignettes for the Presentation

*Case 1 – Mary is an active 60 y/o who reports a 4-month history of right-sided groin pain and lateral hip pain. She rates her pain as being 4-5/10 with activity. This interferes with her recreational activities of walking her dog several miles each day, hiking, and golf. Radiographs of her right hip demonstrate a Kellgren and Lawrence grade of 2. She reports taking NSAIDs for pain and is also on some blood pressure medication. Otherwise, her past medical history is unremarkable. She is referred to her by a TCO orthopedic surgeon for a trial of PT. Her daughter is getting married in 6-weeks in Colorado.*

*Case 2- Paul is a 35 y/o male who works as an Actuary in downtown St Paul. He reports a 1-month history of lateral elbow pain. Last week his pain was 6-7/10, and he had difficulty gripping and grasping objects. He has a membership to the local Vertical Endeavors indoor climbing gym and has not been able to go secondary to his forearm pain. He also reports avoiding specific exercises at the Y when he lifts weights. He has a history of right knee ACL tear and surgical reconstruction. He has tried taking NSAIDs for his pain and denies any other medical problems and medications. He and his wife just had their first child 3-months ago.*

### Enclosed PDFs (please print for the presentation):

- How to Review a Research Article Outline
- Bennell et al, JAMA article
- PEDro scale checklist and details
- PEDro checklist completed for Bennell article

### Websites discussed or live-demonstrated in the presentation:

- PEDro – The Physiotherapy Evidence Database: <https://pedro.org.au/>
- The Equator-Network: <https://www.equator-network.org/>
- Patient Decision Aide (for lateral epicondylalgia case) - <https://www.decisionaid.info/>