

RECENZIJA KNJIGE

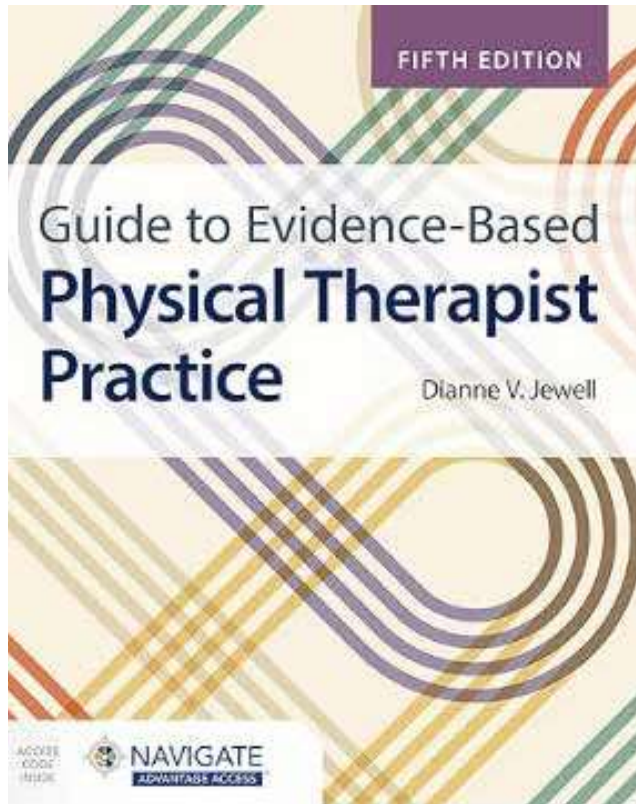
RECENZIJA KNJIGE GUIDE TO EVIDENCE-BASED PHYSICAL THERAPIST PRACTICE - 5TH EDITION

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Guide to Evidence-Based Physical Therapist Practice is a book (450 pages) that offers a straightforward guide on how to conduct an evaluation of medical evidence and apply it to the practice of physical therapy. The main purpose of this book, written as a practical guide, is to teach the knowledge and skills to evaluate medical evidence and know how to apply this knowledge to the everyday practice of physical therapy. It is a comprehensive resource for all physical therapists and students working with patients who want to translate their knowledge and findings from practice into measurable evidence. The author uses very simple language and a reader-friendly style in describing each step in the research procedure, which facilitates learning and understanding of how to integrate knowledge with science.

The main argument in this book is evidence and its application in practice. It is focused on busy clinicians who do not have much time to investigate and research. The book is very well organized. Content is divided into four main parts, which are subdivided into several chapters. Such a structure allows the reader to have a systematic insight into the content and better understand the text. All the terms are

well-defined and have a logical sequence. Every chapter begins with its objectives, which prepare the reader for the final outcomes of each chapter.

Guide to Evidence-Based Physical Therapist Practice is a must-have text for every physical therapist because it empowers readers to learn how to evaluate research designs, appraise evidence, and apply research in clinical practice. The book rises out from the fundamentals of medical research. There are several very precise illustrations with the goal of summarising the knowledge in a simple way. A lot of data are presented in the form of tables, and footnotes are well explained. There could be more illustrations in colour to gain the readers' interest. At the end of each chapter, there is a short task questionnaire for reviewing the previous chapter, which is important for the reader to improve his understanding and knowledge. Another important item of the book is the links listed in the chapters, which are correlated with the content of the chapters.

The book has few drawbacks; the only thing that could perhaps be singled out is its considerable length. Considering that the book is aimed at the population of busy clinicians and also beginners in the field of research, the large number of pages could repel some readers. Another thing that can be singled out as a weakness of the book is the small number of illustrations, which makes it seem boring and difficult to read at first glance.

However, this book should be used by professors and students in physiotherapy programs. It is a well-organized book that uses a systematic form of the text structure. It cleverly and effectively uses tables, figures, and boxes to illustrate and help contextualize detailed examples of the different steps involved in conducting evidence-based research and its clinical application.

The book also contains special features that give the reader an additional dimension in understanding the material. It contains an interactive e-book with assessments, blank appraisal forms, practice quizzes, interactive flashcards, an interactive glossary, and open education resources.

Furthermore, *Guide to Evidence-Based Physical Therapist Practice* is a book that should be at hand and used as a guide each time one decides to conduct research that includes clinical work and evidence.