

# **Evidence-based Medicine [EBM]**

Evidence-based medicine (EBM) applies the scientific method to medical practice, using techniques from science, engineering, and statistics – such as the meta-analysis of scientific literature, benefit-risk analysis, and randomised controlled trials. One of the goals of evidence-based medicine is that healthcare professionals should make ‘conscientious, explicit, and judicious use of current best evidence’ in their everyday practice.