The FAST Method of Developing Evidence-Based Patient Education

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What is Evidence-Based Patient Education?

“Evidence-based patient education integrates carefully considered research, clinical experience, and patients’ preferences to provide unbiased, comprehensive information to support patients’ decisions.”

Zurlinden 2009
### Ask Questions

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<th>Professional Literature</th>
<th>Clinicians’ Experience</th>
<th>Learners’ Preferences</th>
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<tbody>
<tr>
<td><strong>Content</strong></td>
<td>What?</td>
<td>What?</td>
<td>What?</td>
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<tr>
<td><strong>Premise</strong></td>
<td>Why Important?</td>
<td>Why Important?</td>
<td>Why Important?</td>
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<tr>
<td><strong>Process</strong></td>
<td>How to Learn?</td>
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</table>

Zurlinden 2010
Ask: Survey Tool
Clinicians & Learners

- 3 things you want to learn.
- 2 reasons why this is important.
- 1 way to learn.
Conclusions

- **Focus**
  - Facilitates evidence-based practice.

- **Ask**
  - Helps identify content and teaching methods.

- **Sort**
  - Guides class development very efficiently.

- **Test**
  - Warrants further study.
FAST References:


Other References:

