

Evidence-based rehabilitation: a guide to practice. 3rd ed. / edited by Mary Law and Joy MacDermid. SLACK Incorporated, 2014. £47.50. 429pp. ISBN: 978-1-61711-021-4

“Evidence-based practice” has become a commonly used phrase within occupational therapy’s professional jargon. The need to ensure that we base our practice on the best available evidence is instilled in occupational therapy undergraduates from the outset.

However, the actual implementation of evidence-based processes is often challenging for students to grasp, while simultaneously raising challenges for experienced clinicians in monitoring and adjusting their practices. This book is a useful resource for those on both sides of this spectrum. It is designed to outline the concepts, methods, and strategies that underpin evidence-based rehabilitation, and it provides a structure for those interested in developing their knowledge in this area, whether students or clinicians.

The text is divided into chapters that cover standard topics in evidence-based texts. However, the introduction to evidence-based rehabilitation is particularly useful in clarifying some of the linguistic nuances in of the subject, while the chapter on evidence-based knowledge provides a fascinating differentiation between ‘evidence’ and ‘knowledge’. Additional chapters provide strategies for including evidence in practice, communicating with nonoccupational therapists, and case examples of evidence-based rehabilitation. A range of highly useful appendices is offered at the end of the book, each collating a collection of practice-relevant tools for immediate use.

Each chapter includes defined learning objectives, core content, a section with take-home messages, and a range of learning and exploration activities. While this structure would suggest greater relevance for educational settings, the text could certainly be adopted for review within journal clubs or to support continuing professional development. While not a book to be read from cover to cover, this is a highly recommended resource for educational settings as well as for practice teams looking to enhance the evidence-based nature of their practice.

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