



# **“Evidence-based Medicine”**

Evidence-based medicine (EBM) is the routine integration into every health care encounter of three things:

1. The experience and expertise of the clinician;
2. The best currently available clinical evidence obtained from systematic research (which is almost always published in peer-reviewed journals); and,
3. The wishes and concerns of the patient or client.

*#WordsMatter*

Enhancing Mental Health Literacy

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## **TIP:**

When you first go to a new health care provider, ask them if they practise evidence-based medicine and how you as a patient are involved in the decision making process. Within evidence-based medicine, your values and preferences regarding treatment options should be taken into consideration.

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# Glossary of Terms

## Background

The Glossary of Terms was created to promote a shared understanding of many common terms used to describe mental health challenges arising from exposure to potentially psychologically traumatic events and stressors.

The initial iteration of the glossary was intended to:

1. Facilitate open discourse and conversations among the many partners and stakeholders at the National Conference on PTSD held in 2019; and,
2. Assist in developing the Federal Framework on PTSD. To date, Act C-211 stands as the only federal government Act that acknowledges the importance of work-related risk factors in the development of PTSD in certain professions.

# COLLABORATING

The Glossary of Terms brings together a diverse, multi-institutional, pan-Canadian group of academics, clinicians, and policy makers. Together, we are working towards a broadly accepted set of terms for clinicians, scientists, policymakers, people with lived experience, and the general public.



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