

Evidence Based Scrolling

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WARNING

1. These views are my own and do not reflect the views of the University of Alberta or Physiotherapy Alberta.
2. I receive no compensation for using any social media pages as examples, I'm simply sharing these because I find them of high quality.

Panning



How to find 'gold' in a sea of every possible opinion, idea, or thought all being shot at you - one tweet at a time.

My Two Rules



- Find the original source of the information.
 - Follow at least a couple accounts that have (valid) different perspectives than yours.
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The Big Red Flags

- Hubris or if the page gives off 'Guru' vibes.
- Heavily relying on anecdotes.
- Cherry picking.
- Appeal to tradition or appeal to nature.



Elements to a Good Post/Page



- Humility and caveats.

@thelevelupinitiative

Elements to a Good Post/Page

I never...facebook late on a Friday afternoon. Perhaps for good reason!...let's see what happens...

An updated JAMA Patient Page on [#backpain](#) is mostly an admission of defeat: medicine doesn't have much to offer, beyond awareness of red flags. The "options to consider" are a rogues' gallery of trivial/dubious treatments that are only TECHNICALLY evidence-based.

Prepare to be offended by my blithe dismissal of LOTS of beloved therapeutic options. But also please bear in mind that I'm not saying none of them ever work at all for anyone... just that they are clearly extremely "underwhelming" on average (especially for acute back pain).

You can SUBSCRIBE now (finally), and get these in your inbox. See post to sign-up.

2-min read.

<https://www.painscience.com/.../amusing-back-pain...>

PAINSCIENCE.COM

- Humility and caveats.
- Well referenced, evolving.

Elements to a Good Post/Page

SELF EFFICACY

Higher levels of self efficacy in those with osteoarthritis was correlated with positive changes in pain and function over time

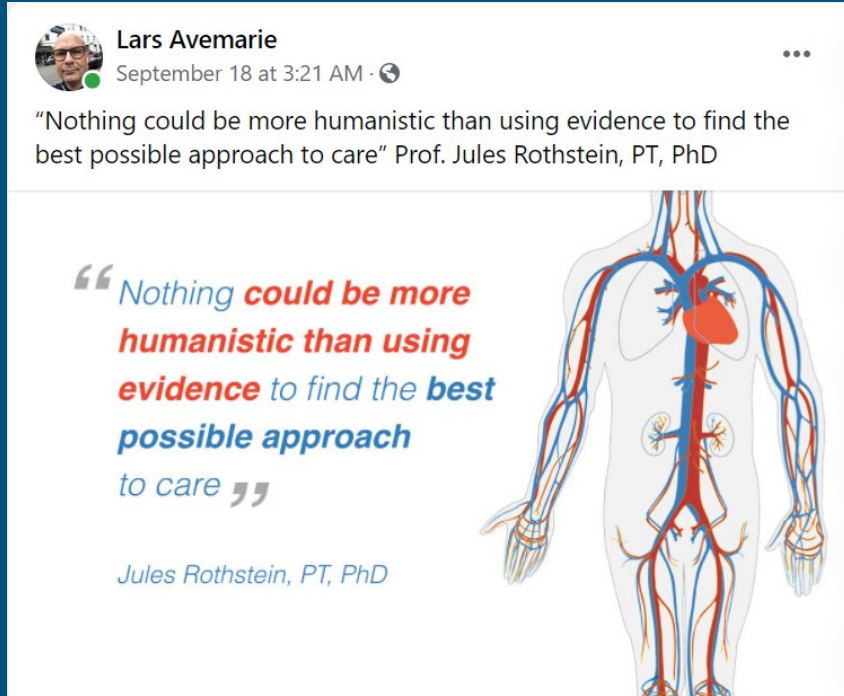
Degenhardt, A., Alraghaidah, H., Thorsteinsson, C. A., & Olsson, C. B. (2020). High self-efficacy is a predictor of reduced pain and higher levels of physical activity among patients with osteoarthritis: an observational study. BMC Musculoskeletal Disorders, 21(2), 1-12

G. Physio

- Humility and caveats.
- Well referenced, evolving.
- As concerned with their quality as much as their marketing.

@g.physio

Elements to a Good Post/Page



- Humility and caveats.
- Well referenced, evolving.
- As concerned with their quality as much as their marketing.
- Branch out to their colleagues: speaking engagements, podcasts, etc.

@larsavemarie

Thank you!

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