

## Clinic Benefits of EBP Consultation

Consultation gives providers the opportunity to have an EBP expert review cases, providing feedback and advice to help them implement an EBP protocol. Consultants can play a key role in every stage of learning and utilizing EBPs, from planning to sustainment. Consultant roles include coaching, teaching/reinforcing, assessment and feedback, and provision of emotional support in evidence-based skill development. Successful provider consultation requires the support and commitment of leadership to create a culture of ongoing learning; a climate that gives providers the resources and time needed. Let's look at the clinic benefits more closely.

### Improved Quality of Care at the Clinic

- Consultation improves performance regardless of level of provider experience and training.
- Learning opportunities are often multiplied when meeting with a qualified EBP consultant and hearing about cases from other providers.
- Formal consultation helps providers adapt treatment to best fit patient values and beliefs without losing fidelity to core components of the treatment.
- Confidence treating complex cases and improved ability to anticipate and avert crises can be a result of consultation.
- Consultation as a means to obtain therapeutic competence is also in-line with professional behavioral health ethical guidelines (i.e., American Psychological Association, National Association for Social Workers).



### Quicker Patient Improvement and Better Use of Clinic Resources

- Provider time can be saved by working with consultants with specialized training, as it is their mission to stay on top of the latest literature and new developments in their area of expertise.
- Real-time information can be offered on cases.
- Providers who engage in consultation are more likely to sustain their knowledge and maintain fidelity to EBP treatments, paying strong dividends such as job satisfaction and improved patient outcomes.
- As patients improve quicker, providers will have more time to manage administrative challenges, including high workload, complex cases, and competing priorities. The clinic benefits because satisfied providers have better productivity and are more likely to remain in the job, thus reducing clinic wait times and turnover costs.
- Leadership may want to establish some accountability for consultation participation and outcomes.

#### Reference:

Nadeem, E., Gleacher, A., & Beidas, R. S. (2013). Consultation as an implementation strategy for evidence-based practices across multiple contexts: Unpacking the black box. *Administration and Policy in Mental Health and Mental Health Services Research*, 40(6), 439-450.  
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