

Practice-Based Evidence in Rehabilitation: Exploring an Emerging Theme through a Narrative Review

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ABSTRACT

Introduction / Background: Evidence-based practice (EBP) is the gold standard in rehabilitation, yet clinical work often relies on practice-based evidence (PBE) – knowledge drawn from experience, reflection, and peer exchange. Sometimes described as “clinical intuition,” PBE can be invaluable when patient needs or contexts fall outside the scope of formal research. **Aim / Objectives:** To explore how PBE is understood and applied in rehabilitation, and its relationship with EBP. **Objectives are to:** 1. Review definitions and frameworks for PBE. 2. Investigate its relationship and tensions with EBP. 3. Identify practical examples of PBE in multidisciplinary practice. **Methods:** This presentation is motivated by early findings from my ongoing study, “Exploring the perceptions and experiences of South African SLTs regarding their use of social media as a tool for accessing clinical knowledge.” To explore this emerging theme further, a narrative review will be conducted with relevant research articles. **Articles on PBE, tacit knowledge, and clinical reasoning in rehabilitation will be screened and synthesised thematically.** **Conclusion / Implications:** Preliminary analysis from my primary research suggests that PBE significantly influences how clinicians adapt information from diverse sources when EBP alone is insufficient. Insights from both the literature and these early findings will inform discussion on how PBE can be recognised, refined, and intentionally integrated with EBP to strengthen patient-centred care.