## **Delivering evidence-based care and treatment**

### Evidence-based care and treatment is reliant on an effective assessment of people’s needs and ensuring that their care reflects the latest legislation, standards, and evidence-based research.

### When assessing people’s needs, what you offer to support them must reflect the latest good practice and evidence-based research. Some changes can be introduced at short notice, such as the frequently updated guidance issued during the pandemic, so you must have the capacity to review and revise processes quickly on occasion. It is important that you ensure the care you deliver reflects the latest guidance from professional bodies such as the National Institute for Health and Care Excellence.

### Recommendations checklist

These recommendations act as a checklist to help you consider what you could potentially evidence, but it’s not intended as a definitive list. We hope they help you reflect on what evidence you might wish to share with the CQC.

|  | Yes | No | N/A | How we evidence | Action |
| --- | --- | --- | --- | --- | --- |
| We can evidence how we keep informed of the latest good practice related to the care and support we deliver. | [ ]  | [ ]  | [ ]  |       |       |
| We provide care in line with the latest legislation, standards, and evidence-based research, revising policies and procedures when needed. | [ ]  | [ ]  | [ ]  |       |       |
| We assess people’s nutritional needs and ensure that they have a management care plan that aims to meet their complete nutritional requirements. This is in accordance with NICE Quality Standards. | [ ]  | [ ]  | [ ]  |       |       |
| We follow NICE guidance and ensure that their Quality Standards are embedded into how we deliver care across our service.  | [ ]  | [ ]  | [ ]  |       |       |
| We ensure that our policies are regularly reviewed and closely aligned with latest legislation, NICE guidelines and other good practice. All staff are informed when we update our policies. | [ ]  | [ ]  | [ ]  |       |       |
| We ensure our managers and leaders understand the latest legislation, best practice standards and evidence-based research related to the care they provide. | [ ]  | [ ]  | [ ]  |       |       |
| We ensure our induction, training and development of staff is informed by the latest legislation, standards and evidence-based research. | [ ]  | [ ]  | [ ]  |       |       |
| We ensure that there is consistency across our care and support in relation to the delivery of good and best practice. | [ ]  | [ ]  | [ ]  |       |       |
| We regularly review and make key changes to practice because of new legislation, standards and evidence-based research. | [ ]  | [ ]  | [ ]  |       |       |
| We ensure any changes to practice as a result of new legislation, standards and evidence-based research are effectively communicated. | [ ]  | [ ]  | [ ]  |       |       |
| Where training is required to complement changes introduced due to legislation, standards and evidence-based research, we arrange for our staff to receive full training. | [ ]  | [ ]  | [ ]  |       |       |
| We ensure our service has effective systems in place to avoid discrimination when making care decisions. | [ ]  | [ ]  | [ ]  |       |       |
| Our managers and leaders seek our innovative practice. We look for partnership and learning opportunities to enable our service to operate the highest levels of care and deliver the latest best practice. | [ ]  | [ ]  | [ ]  |       |       |
| We keep the people we support regularly informed about the latest good and best practice, enabling them to be involved in decisions about changes to their care.  | [ ]  | [ ]  | [ ]  |       |       |

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| Resources to help**GO Online: Inspection toolkit**Learn more about how this is inspected via a short film, practical examples and resources [here](https://www.skillsforcare.org.uk/Support-for-leaders-and-managers/Good-and-outstanding-care/inspection-toolkit/Topic-focus.aspx?services=&kloe=effective-1&topic=delivering-evidence-based-care-and-treatment).**Recommendations checklists**Access the full range of all Recommendations Checklists, exclusively available to Skills for Care Registered Manager Members [here](https://www.skillsforcare.org.uk/Support-for-leaders-and-managers/Support-for-registered-managers/GO-guide-SAF.aspx).**Good and Outstanding care support**Skills for Care’s Good and Outstanding care resources include practical e-learning modules, guidance and seminars to support you to meet CQC expectations. Learn more about what is available [here](https://www.skillsforcare.org.uk/go). |