

CLINICAL DECISION MAKING IN ORTHODONTICS: USING THE EVIDENCE

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Everyday as orthodontists we make numerous and complex clinical decisions that affect the treatment and its outcome for our patients. What do we base these decisions on? Up until recently it was mostly our experience and that of the clinicians who guided us in training, but in the last few decades there has been a lot of talk of evidence based practice. Journals are now full of randomised clinical trials and systematic reviews, but do these actually help us clinically decide what treatment is best? In this presentation I will examine what drives our decision-making processes and how we can try and use the available scientific evidence to help us make better-informed choices for our patients. It will be a case based discussion, exploring the decisions we have to make in orthodontics, from the start to the end of treatment, trying to answer questions we all ask everyday: Should I extract in this case? Which appliance should I use? What is the best archwire sequence? How should I close space? What retention regime should I use?

INFORMATION

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