

Evidence Based Approaches in Clinical Anatomy

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Anatomy is one of the oldest and major pillars of the medical science. The growth of the medical science parallels the development of the anatomic science. Clinical anatomy is one that focuses on relevant areas of anatomy for the medical practice. Various aspects of anatomy are relevant to the clinical practice: from the gross anatomy that helps surgeons to perform operations to the microanatomy that gives the understanding of how nephrons work for the nephrologists and to the pediatric surgeons in order to understand the human development. Clinical anatomy has a huge impact on the clinical practice of every physician. Hence, it should be supported by strong evidences and be part of the evidence based medical practice.

Evidence based clinical anatomy is a term coined to describe the application of evidence based principle in the field of clinical anatomy. It infers to conducting high quality researches and the use of those that have high level of evidence. Researches are usually classified in to different level the evidence hierarchy. On the bottom of the hierarchy, expert opinions, case reports and case series are found. Even though they have the lowest evidence strength, these are the source and basis for other hierarchical mates. Systematic review and meta analyses are found at the top of the hierarchy. Individual research studies by themselves are not satisfying enough to be incorporated as results to the existing knowledge and be used for the medical practice. Individual studies should be supported by other studies and be put in a systematically summarized way which helps to prevent being misled by their results. Therefore, systematic reviews and meta-analyses have the strongest evidence on a topic and are growing in the field of clinical anatomy. Such studies shall prosper in this field [1-5].

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