

Appendix 2. Barriers and solutions

Barrier	Solutions
Busy staff schedule	<ul style="list-style-type: none"> • Time management (e.g., assigning less work to two PTs so that they can perform EBP tasks) • A formal decision from the upper management to authorize and include EBP in PT
Lack of communication skills of some PT specialists	<ul style="list-style-type: none"> • Improve communication skills with medical staffs, patients, and academic PTs • Run awareness campaigns to improve collaboration among medical staff and with patients to increase patient confidence
Lack of motivation	<ul style="list-style-type: none"> • Offer incentives at early stages • Hold awareness sessions to motivate staff and increase their willingness to provide the best care to patients
Need for proper management	<ul style="list-style-type: none"> • Offer continuous support • Gradually apply new practices in PT to ensure accuracy, completeness, and continuance
Patient attitudes	<ul style="list-style-type: none"> • Develop awareness guidelines about EBP for patients and disseminate them through bulletin boards, brochures, and roll-up banners. • Involve patients in the treatment process.
Lack of interest in adding new practices	<ul style="list-style-type: none"> • Organize awareness sessions for staff to highlight the positive outcomes of EBP • Arrange workshops, local or abroad, for those staff who are willing to gain EBP knowledge and skills