Top Ten Things You Need to Know about Evidence Based Practice

What is the definition of evidence based practice?

A problem solving approach to clinical decision making that incorporates a search for the best and latest evidence, clinical expertise, and assessment, and patient preference values within a context of caring. (Melnyk, 2003)

What is the evidence based practice process?

The five steps of the Evidence Based Nursing Practice Process are:

1. **Ask** the “burning” question
2. **Collect** the most relevant and best evidence.
3. **Critically appraise** the evidence
4. **Integrate** the information to make a practice decision or change
   - Best evidence, clinical experience, patient preferences, values
5. **Evaluate** the practice decision or change.

What are models of evidence based practice?

There are many different models of Evidence Based Practice. Examples include:

- Agency for Healthcare Research and Quality Model
- Iowa Model of Evidence-Based Practice to Promote Quality of Care
- Stetler Model
- Rosswurm and Larrabee Model
- The ARCC Model

What are the components of a good EBP question?

The components of a good question include:

- The **problem**
  - Describe the group of patients, Describe the clinical issue
- The **intervention**
  - What do you want to do?
- The **comparison**
  - Are you comparing interventions?
- The **outcome**
  - What do you want to accomplish?
- **Time**
  - What time frame is your clinical issue?

This is often referred to as **PICO (T)**.

What is evidence?

A review of the evidence that summarizes existing knowledge and identifies gaps in evidence and future research directions.
Primary Sources:
Clinical trials
Randomized Controlled Studies
Multi-center Studies

Secondary Sources:
Review papers
Meta-analyses

- Maturity of the science
  - The base: idea or laboratory research
- Rigor of the research methodology
  - The top: thorough examination of valid studies on a topic
As you move up the pyramid, the amount of available literature decreases, but increases in relevance to clinical setting

Evidence Pyramid

How do I find the evidence?

You can find the following databases and resources on the Library website. Go to Centernet, click on Lister Hill Library, and the PubMED resource will automatically be seen. The Database tab in green along the top includes the resources below.

Databases and Resources:

- Google Scholar
- ScienceDirect
- HighWire Press
- Mosby’s Nursing Index
- PsycINFO
- Health Reference Center
- Medscape
- Up to Date
- CINAHL
- PubMed/Medline
- The COCHRANE Library

What type of studies will I find in the literature?

Qualitative Studies:
Research that involves the collection of data in nonnumeric form, such as personal interviews, usually with the intention of describing a phenomenon.
Quantitative Studies:
Research that collects data in numeric form and emphasizes precise measurement of variables; often conducted in the form of rigorously controlled studies.

Randomized Controlled Trial (RCT)
A true experiment, (one that delivers an intervention or treatment), the strongest design to support cause and effect relationship, in which subjects are randomly assigned to control and experimental groups.

Cohort Study
A prospective longitudinal study that begins with the gathering of two groups of patients (the cohorts), one that received the exposure (e.g., to a disease) and one that does not, and then following these groups over time to measure the development of different outcomes (diseases).

Case Study
An intensive investigation of a case involving a person or small group of persons, an issue, or an event.

Case Reports:
Reports that describe the history of a single patient, or a small group of patients, usually in the form of a story.

Correlational Descriptive Study:
A study that is conducted for the purpose of describing relationships between two or more variables.

Case-Control Study
A type of research that retrospectively compares characteristics of an individual who has a certain condition with one who does not; often conducted for the purpose of identifying variables that might predict the condition.

What is the difference between EBP, quality improvement, and research?

Differences between EBNP and QI and Nursing Research
- EBNP is the translation of existing research
- Research is the generation of new knowledge
- Quality Improvement looks at systematic processes to eliminate error
## What is Level of Evidence?

A level of evidence is evidence (via research) that is available to support how we practice.

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
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<tbody>
<tr>
<td>A</td>
<td><strong>Good</strong> evidence to support the recommendation that the condition be specifically considered in periodic health examination</td>
</tr>
<tr>
<td>B</td>
<td><strong>Fair</strong> evidence to support the recommendation that the condition be specifically considered in periodic health examination</td>
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<tr>
<td>C</td>
<td><strong>Poor</strong> evidence regarding the inclusion of the condition in a periodic health examination but recommendation may be made on other grounds</td>
</tr>
<tr>
<td>D</td>
<td><strong>Fair</strong> evidence to support that the recommendation be excluded from consideration in periodic health examination</td>
</tr>
<tr>
<td>E</td>
<td><strong>Good</strong> evidence to exclude the recommendation from consideration in periodic health examination</td>
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## How does evidence based nursing practice influence the practicing nurse?

It involves identifying solid research findings and implementing them in nursing practices, in order to **increase the quality of patient care**. The goal of EBNP is to provide the highest quality and most cost-efficient nursing care possible.


