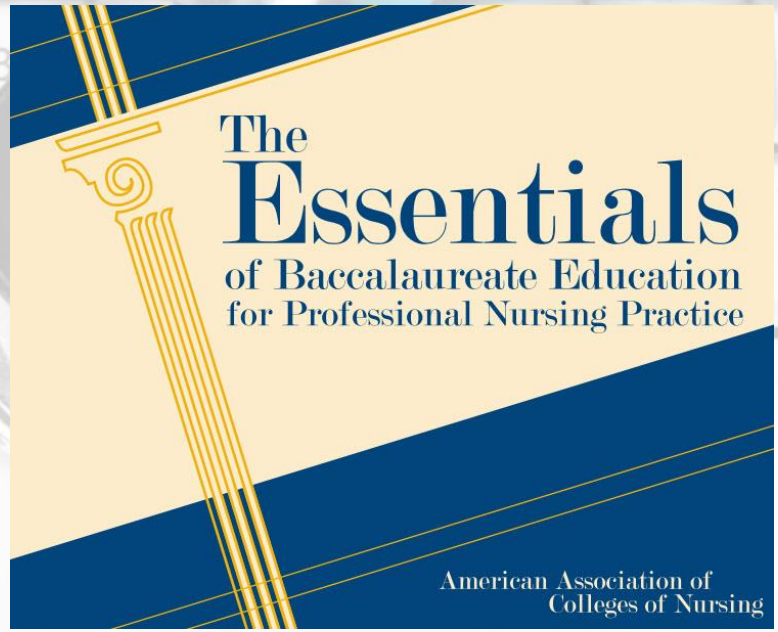
Evidence-Based Practice for Nursing

The College of St. Scholastica

The Essentials of Baccalaureate Education for Professional Nursing Practice

Pages 15-20 in:



http://www.aacn.nche.edu/education-resources/baccessentials08.pdf

AACN Essential III: Scholarship for Evidence-Based Practice

"Professional nursing practice is grounded in the translation of current evidence into practice. Scholarship for the baccalaureate graduate involves identification of practice issues; appraisal and integration of evidence; and evaluation of outcomes" (AACN, 2008, p. 15).

AACN Essential IV: Information Management and Application of Patient Care Technology

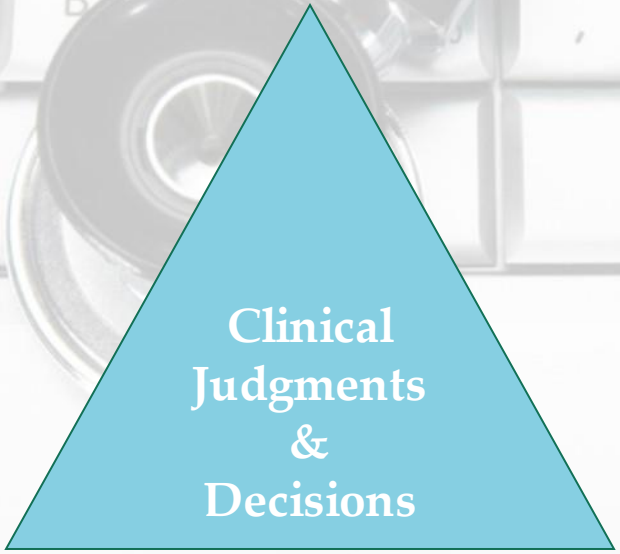
"Computer and information literacy are crucial to the future of nursing. Improvement of cost effectiveness and safety depend on evidence-based practice, outcomes research, interprofessional care coordination, and electronic health records, all of which involve information management and technology" (AACN, 2008, p. 17).

Overview and Historical Perspective of EBP

- **Florence Nightingale (1820-1910)**
- **1970's Research**
- **1986, National Institute for Nursing Research**
- **1992, Cochrane**
- **1996, Joanna Briggs Institute (JBI)**
- **1997, Agency for Healthcare Research and Quality (AHRQ)-** National Guideline Clearinghouse
- **2003, *Health Professions Education: A Bridge to Quality* Institute of Medicine (IOM)**
- **2010, *The Future of Nursing: Leading Change, Advancing Health* (IOM with Robert Wood Johnson Foundation)**

What is Evidence-based Practice (EBP)?

Best Practice



Clinical Expertise

Patient Values and Preferences

(Ignatavicius & Workman, 2013, p. 79)

Role of EBP for Baccalaureate Prepared Nurses

- **Intelligent consumer of research**
  - Appraisal and evaluation of research
  - Research utilization/integration of evidence
- **Responsibility to generate clinical questions**
  - Identification of practice issues: *"What is the problem?"*
    - *Qualitative vs. Quantitative Questions*
  - Identify gaps in the nursing profession
- **Participate in research projects**
  - Research design
  - Ethical and legal conduct of research
- **Share research findings**
  - Research dissemination- education, presentations, publication

Translating Research into Practice

"It's less of a thing to do …it's more of a way to be."

- Standards of Practice
- Clinical Practice Guidelines
- Practice Parameters
- Protocol-based Care
- Algorithms

Steps

The process of EBP is systematic and includes several steps as presented by Sackett et al. (2000) in the context of practicing and teaching medicine.

1. Asking "burning" clinical questions
2. Finding the very best evidence to try to answer those questions
3. Critically appraising and synthesizing the relevant evidence
4. Making recommendations for practice improvement
5. Implementing accepted recommendations
6. Evaluating outcomes

(Ignatavicius & Workman, 2013, p. 80)

PICO(T) for Clinical Questions

- **P** – *population* – specific group of patients to whom the question applies
- **I** – *intervention* – therapeutic effectiveness of a new treatment
- **C** – *comparison* – between the standard or current treatment and the innovative practice
- **O** – *outcome* – specified measurable and desired outcomes of intervention
- **T** – *time* – what time frame the expected outcome would occur

(Ignatavicius & Workman, 2013)

Research Evidence Articles

- Author(s) conducted their own original experiment or study and have written up the results and analysis
- Follow a prescribed style: Abstract, Introduction, Literature Review, Method of Data Collection, Results, Analysis, and Conclusion
- Abstracts (a brief summary) are provided with each article to help the reader evaluate the article and decide if it is worth using
- Some are peer reviewed or refereed where articles had to be evaluated by experts/peers in the field before being accepted for publication

Research Evidence Articles

- Examples:
  - Experimental study – manipulation of variable
  - Quasi experimental – some manipulation, lacks randomization and/or control group
  - Non-experimental – no manipulation of variables
  - Qualitative - interviews, surveys, focus groups
  - Systematic review of literature – can have meta-analysis or meta-synthesis

HINT: It can still be research even if it isn't an experiment.

Non-Research Evidence Articles

- Authors did not conduct an original experiment or study
- Can be found in journals, trade publications, magazines, or web sites

Non-Research Evidence

- Examples:
  - Clinical practice guidelines - based on experimental research
  - Consensus or position statement – recommendations based on research, guides members of a professional organization
  - Literature reviews - summarize/analyze experimental research articles
  - Expert opinions
  - Organizational experience that discusses results of projects like quality improvement or program evaluation
  - Case Report – in-depth look at a person, group
  - Community standard, clinical experience, or consumer preference

Levels of Evidence – Johns Hopkins

- Level I – Randomized Controlled Trial
- Level II – Quasi Experimental
- Level III – Non-Experimental OR Systematic Review OR Qualitative OR Meta-Analysis/Synthesis
- Level IV – Clinical Practice Guideline OR Consensus or Position Statement
- Level V – Integrative Review OR Literature Review OR Quality Improvement OR Financial Evaluation OR Case Report OR Opinion of Nationally Recognized Experts

Finding Research

- Journal articles found through:
  - Subscription databases like CINAHL, MedLine, SOLAR
  - Freely available databases like PubMed and Google Scholar
- Practice guidelines found through:
  - Databases
  - Government sponsored web sites like Agency for Healthcare Research and Quality, Joanna Briggs, Registered Nurses' Association of Ontario (RNAO)
- http://libguides.css.edu/nursing