

Evidence-based Practice

A Cornerstone of Successful Nursing Practice



What is EBP?

Evidence-based practice (EBP) is a comprehensive approach to care that integrates the best evidence from critically appraised research with the clinician's expertise and patient preferences and values

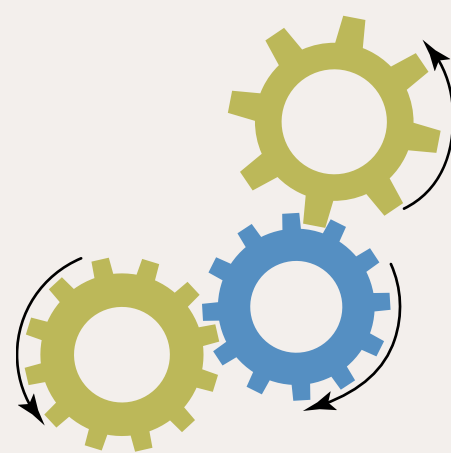
The Seven Step EBP Process

- Step 0: Cultivate a spirit of inquiry
- Step 1: Ask clinical questions in PICOT format
- Step 2: Search for the best evidence
- Step 3: Critically appraise the evidence
- Step 4: Integrate the evidence with clinical expertise & patient preferences & values
- Step 5: Evaluate the outcomes of the practice decisions or changes based on evidence
- Step 6: Disseminate EBP results



The Importance of Critical Appraisal & Synthesis

- The critical appraisal process gives the clinician confidence to support a practice change by assigning research literature a level and quality grade
- There are multiple critical appraisal tools that may be used during the critical appraisal process; we recommend the Johns Hopkins EBP Model Tools
- Once evidence is assigned a level and quality grade, a body of evidence is synthesized to discover key themes which support or discourage a practice change



Establishing a Culture of EBP



- Creating a supportive environment for EBP is essential to implementing and sustaining EBP
- Nursing administration plays an integral role in this process; administrators who champion EBP often facilitate its growth in practice
- Incorporating EBP into your practice experience promotes the quality and safety of work in all settings for the betterment of patient care

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Helpful Tips & Links

The PICOT Question= population/pt problem, intervention, comparison, outcomes, time

- Types of PICOT question: intervention/therapy, etiology, diagnosis/diagnostic test, prevention, prognosis/predictions, meaning
- Templates for PICOT:
https://www.aaacn.org/sites/default/files/documents/misc-docs/1e_PICOT_Questions_template.pdf
- JHNEBP Appendix B: Question Development Tool
- Ford, L. G. & Melnyk, B.M. (2019). The underappreciated and misunderstood PICOT question: A critical step in the EBP process. *Worldviews on Evidence-Based Nursing*, 16(6), 422-423

Critical Appraisal

Follow this link to download current appraisal tools from Johns Hopkins Evidence-Based Practice for Nurses and Healthcare Professionals Model

http://www.hopkinsmedicine.org/evidence-based-practice/jhn_ebp.html

- For **quantitative** research studies or a systematic review use Appendix E Section I
- For **qualitative** research use Appendix E Section II Qualitative or Section III Mixed Methods
- Assign a level or quality of evidence rating using Appendix D

AJN Series: A Literary Review of the Evidence-Based Practice Process

Follow this link to download this EBP series covering every aspect of the EBP process and implementation

<https://www.nursingcenter.com/evidencebasedpracticenetwork/home/tools-resources/collections/ajn-ebp-series.aspx>

- Evidence-Based Practice, Part 1: Developing and Searching the Clinical Question
- Evidence-Based Practice, Part II: Critical Appraisal of the Evidence
- Evidence-Based Practice, Part III: Implementation
- Evidence-Based Practice: Disseminating the Evidence and Sustaining the Change