Evidence Based Practice

Donna Le
What's Evidence Based Practice

Potter and Perry define Evidence Based Practice (EBP) as "problem-solving approach to clinical practice that integrates the conscientious use of best evidence in combination with a clinician’s expertise and patient preferences and values in making decisions about patient care"
Evidence Based Practice

Individual Clinical Expertise

Patient Values & Beliefs and Health Status & Resources

Best Research Evidence
Evidence Based Practice

Best Research Evidence

Values

Ofs

Health

&

Sciences
Evidence Based Practice
What’s Evidence Based Practice

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"Evidence-based practice is used to close the gap between the research being conducted and the practice"

-Marquetta Flaugher, ARNP-BC, DSN, an APN at Bay Pines (FL) VA Hospital.
What's Evidence Based Practice

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How Do We Apply EBP
With Six Simple Easy Steps!

1. Establish the problem
2. Collect and evaluate evidence
3. Formulate a tentative hypothesis
4. Evaluate the evidence and confirm the hypothesis
5. Implement the intervention
6. Evaluate the intervention

Potter and Perry Fundamentals of Nursing
ask a clinical question
collect the most relevant data and best evidence
critically appraise the evidence you gather
integrate all evidence with one's clinical expertise and patient preferences and values in making a practice decision or change
evaluate the practice
decision or change
Share the outcomes of evidence based practice with others!!
With Six Simple Easy Steps!

1. Ask a focused question
2. Collect the most relevant data and look for evidence
3. Critically appraise the evidence you gather
4. Integrate evidence with existing knowledge and patient preferences and values in making a practice decision or change
5. Make the practice decision or change
6. Share the outcomes of evidence-based practice with others!

Potter and Perry Fundamentals of Nursing
ask a clinical question
Population / Patient

- Who’s the patient? (demographic info)
- What’s their health issue or disease?
Intervention

• What the nurse plans to do or coordinate for the patient?
Comparison

- Could something else be done instead or in conjunction with the planned intervention?
Outcome

- What are the anticipated results?
Time

- What is the timeframe?
collect the most relevant data and best evidence
critically appraise the evidence you gather
Evaluate ReSearch with CRAAP

The C.R.A.A.P Test Song

starring Brother Bruce and the Library Blues Band
integrate all evidence with one's clinical expertise and patient preferences and values in making a practice decision or change
From bench to bedside
evaluate the practice decision or change
Did it work???
Share the outcomes of evidence based practice with others!!
Open Access
"I haven’t been in any academic journals but I do get my Tweets re-Tweeted a lot."
What's the Significance to the Nursing Profession?

Utilizing EBP nurses can provide quality, cost-effective care with improved patient outcomes and reduce preventable harm.
Impact on Nursing Practice and Education

Paradigm shift to evidence based practice from applied science
What's the Significance to the Nursing Profession?

Utilizing EBP nurses can provide quality, cost-effective care with improved patient outcomes and reduce preventable harm.
In what areas will EBP provide improvements?

- Overuse
- Underuse
- Misuse
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References


The CRAAP test song. [Video file]. Retrieved from

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