



EVIDENCE BASED PRACTICE IN NURSING

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WHAT IS EBP?

- Evidence-based practice is the "conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients."

----- Sackett et al., 1996

**Individual
Clinical
Expertise**

**Patient's
Values &
Expectations**



Best Available Clinical Evidence

ORIGIN OF EBP IN NURSING



- Started in the 1800s with Florence Nightingale.

“ What you want are facts, not opinions...The most important practical lesson that can be given to nurses is to teach them what to observe – how to observe – what symptoms indicate improvement – what the reverse – which are of importance – which are of none”.

(Nightingale, 1860)

WHY IS EBP IMPORTANT TO NURSING PRACTICE?

- ⦿ It results in better patient outcomes.
- ⦿ It contributes to the science of nursing.
- ⦿ It keeps practice current and relevant.
- ⦿ It increases confidence in decision-making.
- ⦿ Potential to improve quality, reduce variations in care.
- ⦿ Focus on practices that result in best possible outcomes at possibly lower cost.

CONTD...

- ⦿ Provides a way to keep pace with advances.
- ⦿ Potential to narrow the ‘research-practice gap’.
- ⦿ Provides a means to answer problematic clinical practice issues.
- ⦿ Potential to improve individual bedside practice.

STEPS INVOLVED IN EVIDENCE-BASED PRACTICE

- Asking a clinical question.



CONTD...

- ⦿ Searching the literature for relevant research.



CONTD...

- Critically appraising what has been found.



CONTD...

- Implementing a practice change.



CONTD...

- Evaluating the change in practice.



BARRIERS TO IMPLEMENTING EVIDENCE-BASED NURSING PRACTICE

- ⦿ Lack of value for research in practice.
- ⦿ Difficulty in changing practice.
- ⦿ Lack of administrative support.



CONTD...

- ⦿ Lack of knowledgeable mentors.
- ⦿ Insufficient time to conduct research.
- ⦿ Lack of education about the research process.



CONTD...

- ⦿ Lack of awareness about research or evidence-based practice.
- ⦿ Research reports/articles not readily available.
- ⦿ Difficulty accessing research reports and articles.

CONTD...

- ⦿ Complexity of research reports.
- ⦿ Feeling overwhelmed by the process.

ROLE OF NURSE IN THE EVIDENCE-BASED PRACTICE



- ◎ Nurse should take an elective view of evidence based practice, noting that human beings require the benefits of science, but also need the benefits of humanism and personal experience.

CONTD...

- Nurse need to expand the rules of evidence to add intuition, observations of clients and how they are responding to intervention.



CONTD...

- ⦿ Nurses should cultivate the habit of using research evidence.

Emphasis on 'current' best care practice.



CONTD...

Nursing students should become involved in evidence based practice.



FUTURE PERSPECTIVES IN EVIDENCE-BASED NURSING PRACTICE



- ◎ Nurses should demonstrate leadership in supporting evidence based practice.
- ◎ Education of nurses must include knowledge and skills in using research evidence in practice.

CONTD...

- ◎ Graduate students will demonstrate an awareness of the value or relevance of research in nursing.



CONTD...

- Registered nurses help identify problem areas in nursing practice within an established structured format, assist in data-collection activities, and , in conjunction with the professional nurse, appropriately use research findings in practice.



CONTD...

- ⦿ Nursing has risen to the challenge of improving health care, and will continue to research and implement new nursing based practices in the future.



CONCLUSION

- Evidence-based nursing practice is an important approach to provide the best quality care to patients and their families. Nurses as leaders should use evidence-based practice and lead by example to ensure that patients receive high-quality care.

◎ *“Let keep this simple question in our head:*

Not how can I always do this right thing myself, but how can I provide for this right thing to be always done?”

(Florence Nightingale, 1860)

*Thanks
to you all!*

