

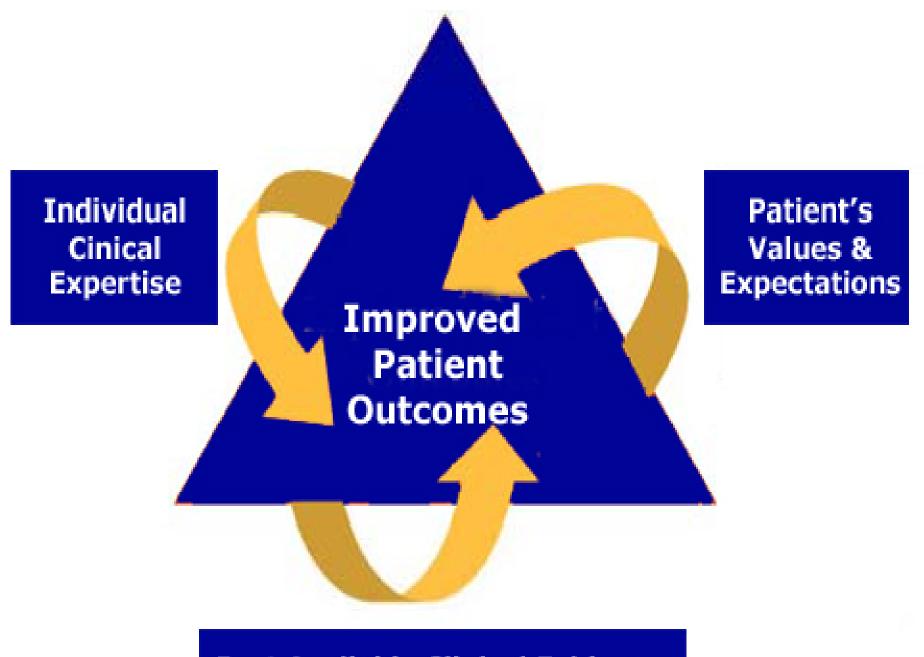
EVIDENCE BASED PRACTICE IN NURSING

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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



Best Available Clinical Evidence

ORIGIN OF EBP IN NURSNG



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.

- 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

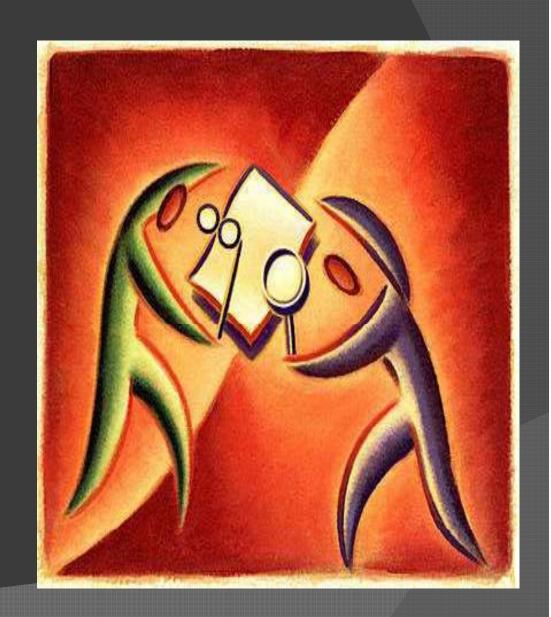
Asking a clinical question.



 Searching the literature for relevant research.



Critically appraising what has been found.



Implementing a practice change.



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.



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



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

- 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.

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



• Nurses should cultivate the habit of using research evidence.

Emphasis on 'current' best care practice.



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.

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



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.



• 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)

