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# Evidence-Based Practice in a Hospital Environment

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**Pamela K Ginex EdD, RN, OCN**

**Nurse Researcher, Center for Evidence-Based Practice and Research**

**Memorial Sloan-Kettering Cancer Center**

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# Evidence-Based Practice:

## What is it?

- The conscientious, explicit, and judicious use of current best evidence in making decisions regarding patient care.
  - Practice based on research evidence is more likely to achieve quality patient outcomes.
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# Why Evidence-Based Practice?

- Despite an aggressive research agenda, the majority of findings from research are not integrated into practice.
  - It takes approximately 17 years to incorporate findings from research into practice.
  - Without current best evidence, practice becomes rapidly out-of-date to the detriment of patients
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# Thinking Outside the Box

- Does what we are doing make theoretical sense?
  - Why are we still doing it?
  - We work in dichotomous silos
    - Discipline-to-discipline
    - Department-to-department
    - Do not positively impact patient outcomes
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# What is an Evidence-Based Culture?

- An EBP culture is
    - a practice environment that values and provides high-level evidence-based care based on an organizational commitment to evidence-based nursing practice; and
    - a practice environment that includes partnerships with other disciplines, as needed.
  - Not a destination, but an ongoing journey
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# The Nursing Process and Evidence-Based Practice

- Assessment
  - Diagnosis
  - Planning
  - Implementation
  - Evaluation
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# Assessment

<b>NURSING PROCESS</b>	<b>ACTIONS</b>	<b>EVIDENCE BASED PRACTICE</b>	<b>ACTIONS</b>
Assessment	Collects patient data	Asking the question	Clearly identifies specific patient problems/needs

# Diagnosis

<b>NURSING PROCESS</b>	<b>ACTIONS</b>	<b>EVIDENCE BASED PRACTICE</b>	<b>ACTIONS</b>
Diagnosis	Analyses assessment data and determines diagnosis	Search for evidence	Collects information relevant to the identified problem



# Planning

<b>NURSING PROCESS</b>	<b>ACTIONS</b>	<b>EVIDENCE BASED PRACTICE</b>	<b>ACTIONS</b>
Planning	Develops a plan of care	Analyzing the evidence	Critically appraises the published literature

# Implementation

<b>NURSING PROCESS</b>	<b>ACTIONS</b>	<b>EVIDENCE BASED PRACTICE</b>	<b>ACTIONS</b>
Implementation	Initiates the interventions identified in the plan of care	Applying the evidence to practice	Integrates evidence with clinical expertise

# Evaluation

<b>NURSING PROCESS</b>	<b>ACTIONS</b>	<b>EVIDENCE BASED PRACTICE</b>	<b>ACTIONS</b>
Evaluation	Evaluates the patient's progress toward attainment of outcomes	Evaluating the effectiveness	Evaluates the effectiveness of the integration of evidence

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# EBP Process

- Ask the question
    - Question, background, objectives
  - Search for evidence
    - Literature search engines
    - Evidence-based practice web sites
    - Experts in the field
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# EBP Process

- Analyze the evidence
    - Selection of evidence (critiquing the literature)
    - Levels of evidence
    - Summary of findings
  - Apply the evidence to practice
    - Applicability to practice
    - Feasibility
    - Recommendations for practice
  - Evaluate the evidence
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# Asking the Question

- Frame the question
  - Describe the background related to the issue
  - What are the specific objectives you want to accomplish?
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# Searching the Evidence

- What search strategy should be used to obtain the information?
  - Describe the database/s utilized
    - Literature Search Engines
    - Evidence-Based Web Sites
    - Organization Web Sites
    - Electronic Journals
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# Analyzing the Evidence

- What search criteria were used in the analysis?
  - How were articles selected?
  - What was the level of evidence?
  - What were the main results?
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# Providing Research Evidence for Best Practice

Level	Definition
Level I	Evidence from a systematic review or meta-analysis of all relevant randomized control trials (RCT) or evidence-based clinical practice guidelines based on systematic reviews of RCTs
Level II	Evidence obtained from at least one well designed RCT
Level III	Evidence obtained from well designed controlled trials without randomization

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# Providing Research Evidence for Best Practice

Level	Definition
Level IV	Evidence from well designed case control and cohort studies
Level V	Evidence from systematic reviews of descriptive and qualitative studies
Level VI	Evidence from a single descriptive or qualitative study
Level VII	Evidence from the opinion of authorities and/or reports of expert committees

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# Applying Evidence to Practice

- What conclusions can be made as the evidence is applied to nursing practice?



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# Evaluating Practice

- What recommendations can be made to evaluate patient outcomes?
  - What metrics are necessary to measure patient outcomes?
  - Need to “close the loop” – evaluate patient outcomes, not just “collect data”
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# Outcomes of Evidence Based Practice

- Justification for standards of care
  - Evidence of practice standards for patients, regulatory agencies, third party payors
  - Improved patient outcomes
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# Moving Toward an Evidence-Based Approach to Practice

- Practice areas are unique
  - Many standards of practice are shared
  - There needs to be representation from all areas
  - Policy review and all new policies need an evidence-based approach
  - A major organizational commitment and culture change
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# Template for EBP presentations

- Use the following slides for your EBP presentation to your peers



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# Question

Simply state your question

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# Specific Objectives

One or two specific objectives

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# Search Strategies

- (example – describe your specific strategy)
  - MEDLINE
  - CINAHL
  - Cochrane Collaboration
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# Sources of Evidence from Literature Search Engines

- \_\_\_\_\_ studies were chosen for review based on the research evidence provided
  - Briefly describe each study



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# Summary of Evidence

- Summarize key points from your review

