

Evidence-Based Practice in Nursing

Presented by: Carla Clark, PhD, RN, CNML

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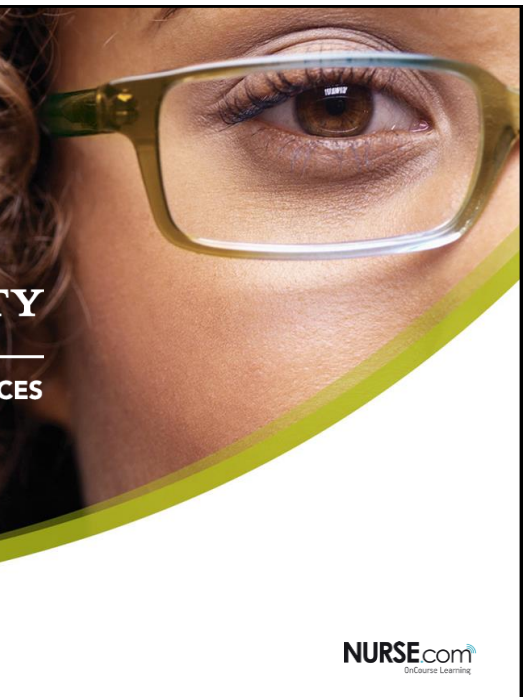
Thank you!



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Presented by: Carla Clark, PhD, RN, CNML



Your Presenter

- Coordinator of EBP projects, Banner—University Medical Center Phoenix, Arizona
- Active member of Arizona Nurses' Association
- Over 40 years of nursing experience in healthcare
- Expertise in evidence-based practice, research, and professional practice



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Goal and Objectives

The goal of this presentation is to recognize **how research supports nursing practice** and the differences between research, evidence-based projects, and process improvement.

Upon completion, participants will be able to:

- **Describe** nursing research and evidence-based practice
- **Differentiate** between research, EBP, and process improvement
- **Identify** professional nursing behaviors to support an evidence-based practice

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What Is Nursing?

- Nursing is a science and a profession that has its own body of knowledge which informs clinical decisions and practice.
- Nursing practice should be based on the best available evidence.



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Nursing Code of Ethics

- **Provision 4** — Nurses have accountability and responsibility for nursing practice.
- **Provision 5** — Nurses have responsibility to maintain competency and continue personal and professional growth.
- **Provision 7** — Nurses advance the profession through research and scholarly inquiry.

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ANA 2015

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Quality Nursing Care



Why Nursing Research?

- Nurses are accountable for outcomes.
- Consumers are demanding evidence-based practice (EBP).
- Research is inherent in the definition of a profession.
- New knowledge must be transformed into clinically useful forms, be effectively implemented across the entire care team, and be measured in terms of meaningful impact on performance and health outcomes.

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Stevens 2013

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Definition of Quality Healthcare

- The Institute of Medicine defines quality as:
 - "The degree to which health services for individuals and populations increase the likelihood of desired health outcomes and are consistent with current professional knowledge." (IOM, 2013, para 3)

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IOM 2013

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Proposed Solution to Quality Chasm

- A key recommendation from the IOM's report "Crossing the Quality Chasm" is to employ evidence-based practice to redesign healthcare.
- "The intended effect of EBP is to standardize healthcare practices to science and best evidence and to reduce illogical variation in care, which is known to produce unpredictable health outcomes." (Stevens)

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Stevens 2013



Magnet® Standards

- Nurses use evidence to identify the safest and best practices for their patients.
- The goal is to create and evaluate new ways of achieving quality patient outcomes.
 - Provide examples of how clinical nurses use evidence-based findings to implement a practice new to the organization and to revise an existing practice to improve care.



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ANCC 2014



Tenets of EBP

- Nursing is a science and a profession.
- Nursing practice should be based on the best available evidence.
- A hierarchy of evidence exists.
- Research findings should be translated to practice.
- Nursing values efficiency and effectiveness.

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Newhouse 2007



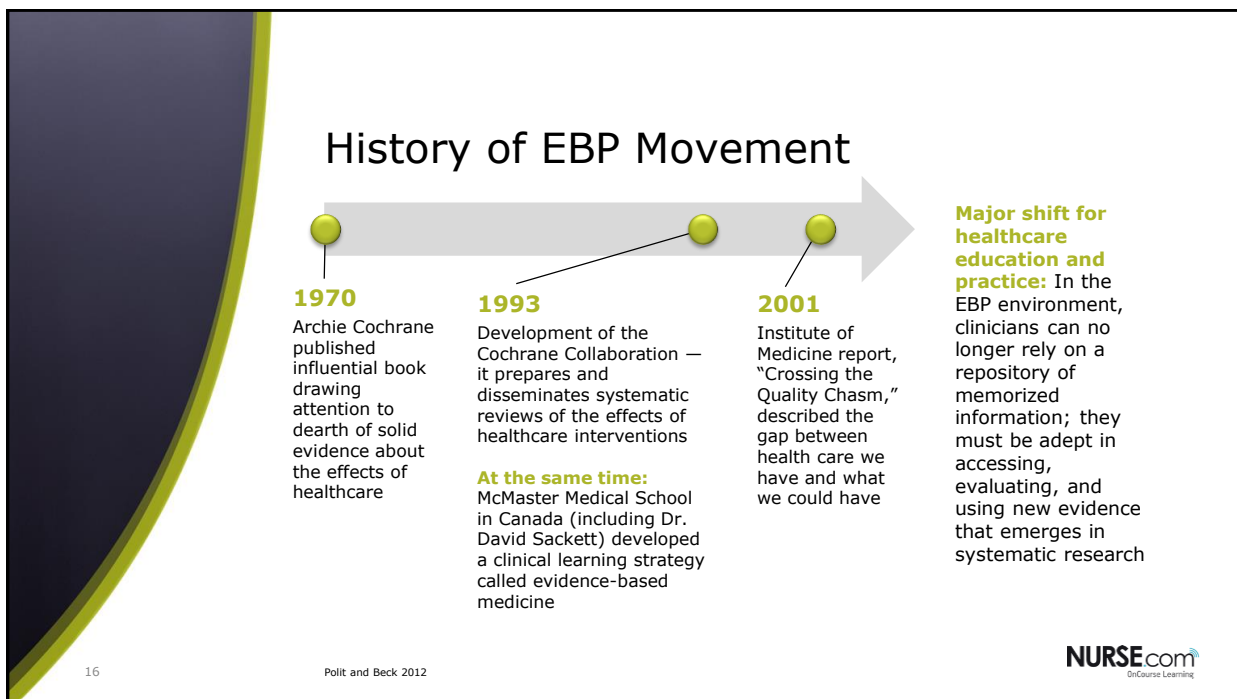
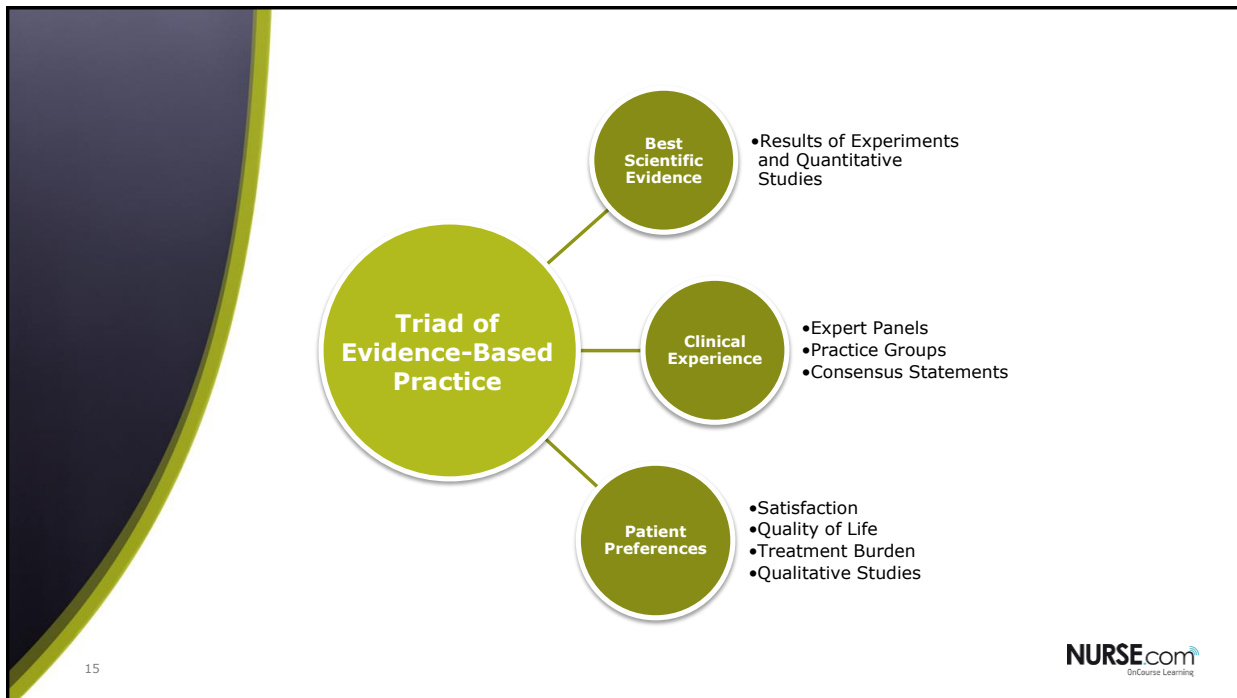
What Is EBP?

- EBP is the integration of the best research evidence along with clinical expertise and patient values.
 - Definition
 - “The process of shared decision-making between practitioner, patient, and others significant to them based on research evidence, the patient’s experiences and preferences, clinical expertise or know-how, and other available robust sources of information”(Sigma Theta Tau International, p57)
 - EBP is a clinical problem-solving strategy that deemphasizes decisions based on custom, authority, or ritual.

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Sigma Theta Tau International 2008; Sackett 2000








Impact of EBP

To standardize healthcare practices to science and best evidence and to reduce illogical variation in care

EBP is crucial in closing the quality chasm

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Sources of Knowledge

- Sources of evidence for nursing practice:
 - Tradition and authority or ritual
 - Clinical experience, trial and error, and intuition
 - Logical reasoning
 - **Inductive:** developing conclusions and generalizations from specific observations
 - **Deductive:** developing specific predictions from general principles
 - Assembled information (benchmarks)
 - Disciplined research

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Sources of Evidence

- Research
 - Meta-analysis or systematic reviews
 - Quantitative and qualitative studies
 - Experimental, non-experimental (correlational, descriptive)
- Performance Data (Operations and Quality Improvement)
 - Report cards
 - Nursing management data set
 - Nursing-sensitive outcomes data set
 - Additional indicators per hospital data set, including patient perceptions
 - Program evaluations
 - PI project assessments and evaluations
 - Survey reports
 - Focus groups
 - Questionnaires
- Consensus Recommendations of Recognized Experts
 - Clinical practice guidelines/care bundles
 - Professional nursing organization standards
- Philosophical/Conceptual Basis for Practice
 - Mission, values, vision/culture of organization
 - Professional practice model
 - Untested conceptual frameworks
 - Ethical framework/professional codes
- Regulatory Basis for Practice
 - State practice acts
 - The Joint Commission
 - Economic/insurance-based requirements
 - Other regulations/laws/authorities

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What Is Nursing Research?

- A systematic inquiry that uses rigorous guidelines designed to develop trustworthy evidence about issues of importance to the nursing profession
- The ultimate goal of research is to develop, refine, and expand knowledge

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Polit and Beck 2012

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Purpose of Research

- Purpose of research: to identify, describe, explore, explain, predict, and control phenomena important to nursing practice
- Research findings:
 - Inform nurses' decision-making and actions
 - Support actions that are clinically appropriate, cost effective, and result in positive outcomes for clients



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Definitions

Process Improvement

- A process by which people work together to improve systems and processes with the intention to improve outcomes

Evidence-based Practice

- A problem-solving approach to clinical decision-making that integrates the best available scientific evidence, considers internal and external influences on practice, and encourages critical thinking in judicious application of such evidence to care of the individual patient, patient population, or system

Research

- A systematic investigation, including research development, testing, and evaluation, designed to develop or contribute to generalizable knowledge

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Newhouse 2007

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Differences Between Research, EBP, and Process Improvement

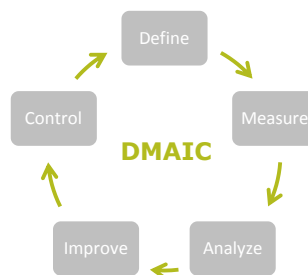
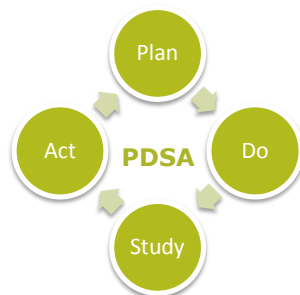
	Process Improvement	EBP	Research
Who will benefit	Patients, staff, providers on unit, division	Patients, staff, providers on unit, division	Clinicians, scientific community, subjects (on occasion)
Purpose	To improve care processes for a specific healthcare facility population	To improve care by implementing best evidence, translation of new knowledge	To develop, refine, generalize knowledge
Sample size	Small but large enough to observe changes	Small but large enough to observe changes	Size based on estimates of adequate power
How processes/outcomes are measured	Measures are limited, simple, and easy to use and administer	Measures replicate research methods	Measures are complex requiring additional time
Regulated by	Organization	Organization	Organization, OHRP*, FDA, state and local laws

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*OHRP: Office for Human Research Protections

Process Improvement

- Systematic data-guided activities designed to bring about immediate improvements in the delivery of healthcare within a specific unit, institution, or system.
- Uses a **feedback framework** such as:



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Research Process

- Framework or model describing relationship between variables
- Generation of a hypothesis
- Design -> methods including controls and reliable, valid measures of outcomes -> link between intervention and outcome
- Sample size predetermined to identify statistically significant results (if they exist)
- Predetermined plan with strict protocols
- IRB approval (protection of human subjects to risks)

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Regulatory Oversight

- Internal and external requirements for protecting the rights and interests of patients
- Protection of human subjects, HIPAA
- Project design review (scientific merit review)
- Staff training mandates
- Rigorous oversight by IRB ensuring human subjects, participants' rights, welfare, and interests are adequately protected



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Ryan and Rosario 2012

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EBP Process

- In most instances, no framework or model
- PICO question guides project
- Design -> control may be historical data (pre-post design), not always reliable, valid measures of outcomes -> cannot make absolute link between intervention and outcome
- Sample size is not predetermined; time is usually endpoint
- Looking for clinical significance, not always statistical significance
- Implementation plan includes protocols
- IRB approval: USUALLY NOT

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Professional Nursing Practice

- **Every nurse has a responsibility** to engage in one or more roles along a continuum of research participation



- Activities:
 - Participating in a journal club
 - Solving clinical problems and making clinical decisions based on evidence
 - Collaborating in the development of an idea for clinical study
 - Reviewing a proposed research plan
 - Recruiting potential study participants
 - Collecting research information
 - Providing clients with advice about participation in studies
 - Discussing implications and relevance of research findings with clients

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Polit and Beck 2012

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Professional Responsibilities

Nurses must be life-long learners who have the skills to search for, understand, and evaluate new information about patient care — as well as the capacity to adapt to change.

- Read widely and critically.
- Attend professional conferences.
- Insist on evidence that a procedure/intervention is effective.
- Become involved in a journal club.
- Pursue and participate in EBP projects.

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EBP Skills Portfolio

Evidence critique
Evidence synthesis
Translation strategies
Evidence and literature search
EBP tools and resources
Presentation techniques
Organizational dynamics and processes
How to access resources (human and material)
EBP frameworks
Project management
Multidisciplinary team leadership

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Thanks again for your participation!

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