

The Process of Implementing Evidence Based Practice in the Clinical Setting
Doris Kimbrell, RN, MSN, ARNP-CNS, CMSRN
Via Christi Regional Medical Center

Problem/ Evidence

Evidence-based practice (EBP) has been shown to improve patient outcomes by at least 28%, yet the majority of EBP findings are not integrated into nursing practice(1). In order for nurses to exact the best patient care, we must ask the questions and search out the answers of the best evidence available.

Strategy

At a large Midwestern medical center, each nursing unit was asked to submit at least one nursing practice question. In collaboration with an undergraduate nursing research program at a local university, students were given these questions and asked to do literature searches to determine the best practice. The students used the PICO(T) format (P - specific Population, I – Intervention/Issue, C – Comparison, and T - Time if applicable) (2) to study the questions.

Practice Change/ Evaluation

In the spring of 2008, the students will report their findings back to the nursing units, where clinical nurse specialists will act as EBP mentors/ leaders to aid staff in determining if practice changes should be implemented and how, or if more research needs to be done. In three to four months, the practice changes/ research will be evaluated.

Results/ Recommendations

This process not only brings EBP to the clinical areas but encourages students to examine the every-day issues practicing nurses are encountering. The far reaching effect is the continued interest in practice changes in the clinical areas, based upon research. Plus exciting future nurses to continue the quest for the best practice based on the evidence.

Bibliography

1. Melnyk, B. & Fineout-Overholt, E. (2007). "Igniting evidence-based practice in clinical settings: Basics & beyond." Evidence-based workshop at Sigma Theta Tau Biennium Convention, Baltimore, MD.
2. Melnyk, B. & Fineout-Overholt, E. (2005) *Evidence-based Practice in Nursing & Healthcare*. Philadelphia: Lippincott Williams & Wilkins.
3. Newhouse, R.P., Poe, S.S., White, K.M. & Dearholt S.L. (2007) "A feasible approach to evidence-based practice: Development, testing and lessons learned in implementing the Johns Hopkins nursing evidence-based practice model." Presentation at Sigma Theta Tau Biennium Convention, Baltimore, MD.