

6 STEPS OF THE EVIDENCE-BASED PRACTICE PROCESS

1
ONE

ASK A CLINICAL GUIDING QUESTION.

Organized in a format known as PICO (T): P - patient, population, or problem of interest; I - intervention or prognostic factor being considered; C - comparison or intervention; O - outcome measured; T - time period.

2
TWO

SEARCH FOR THE BEST EVIDENCE.

Select the information databases or resources most likely to answer the type of question being asked; utilize keywords and concepts; combine multiple search terms and Boolean connectors.

3
THREE

CRITICALLY APPRAISE THE EVIDENCE.

Determine a study's reliability, validity and applicability to the client in question. Assess and evaluate the strengths and weaknesses of the evidence.

4
FOUR

INTEGRATE THE EVIDENCE WITH ONE'S CLINICAL EXPERTISE...

...and client preferences to make the best clinical decision. Before integration, other considerations beyond applicability must be considered, such as biologic, socioeconomic and epidemiologic issues.

5
FIVE

EVALUATE THE OUTCOME(S) OF THE EBP PRACTICE DECISION OR...

...change based on evidence of the EBP decision. Was the expected outcome achieved? If not, why not? Was it due to non-adherence to treatment plan, different client prognostic factors and/or provider(s) not ready for the practice change? Was it because of NP skills, evidence interpretation, or in implementing the intervention?

6
SIX

DISSEMINATE THE OUTCOME.

Disseminate evidence to colleagues within your organization, and beyond. Outcome dissemination can be done through intra- and inter-departmental in-services, journal clubs, online media, lectures, conferences, posters, and manuscripts.



Evidence Based Nursing Practice Guidelines

David Kirk



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