

# August 7, 2020 Magnet® Minute #7

## Evidence-Based Practice (EBP)/Research



What is evidence-based practice? EBP is “a problem-solving approach to clinical decision making within a health-care organization that integrates the best available scientific evidence with the best available experiential (patient + practitioner) evidence”. We use a 3-pronged approach to decision-making regarding patient care: We ask: 1) what is the right thing to do based upon research evidence? 2) Based on my expertise? 3) Based on patient’s preferences? Do you see how science and ethics form the basis for clinical decision-making? In other words, EBP is a method used for clinical decision-making.

### Evidence-based Practice (EBP) vs. Research vs. Process Improvement (PI): Key differences and examples

	Process Improvement (PI)	Evidence-Based Practice (EBP)	Research
Definition/Purpose	Improve work flow processes, productivity, systems, & quality control costs.	Answer clinical questions to improve patient care: using the best available evidence, clinician’s expertise and patient preferences and values	Generate new knowledge through scientific discovery
Goal	Achieve greater quality and efficiency	Achieve best clinical outcomes for patients	Develop new Knowledge that is generalizable to other patients and settings
Example of Processes	Six Sigma, Plan-Do-Study-Act (PDSA)	Evidence-Based Practice (EBP) Model	Appraise the literature: Examples include: Randomized control trials (RCTs), descriptive studies, surveys
Examples from Phelps	Improvement of HCAHPS scores for “staff describe medication side effects” with new medication education process on 3North (SE7EO)	Systematic review of the literature → implementation of: *Edinburgh Postnatal Depression Scale (EPDS) (NK3) * Non-invasive Transcutaneous Bilirubin (TcB) meter (NK3) *Confusion Assessment Method (CAM) to assess delirium (NK4)	“The Effect of an Educational Intervention on Perioperative RN Knowledge, Attitudes & Behaviors toward Pressure Injury Prevention in Surgical Patients” – multi-site study (NK1) “The Effect of Mandala Coloring on Psychiatric Inpatient’s Anxiety” (NK2) was disseminated at Phelps, Northwell, APNA conf.
Generalizability	Unit-Specific	Patient Specific	Population Specific

I often hear the phrase, “highest level of the highest quality of evidence”. What does that mean?

Rarely do we change practice based upon the findings of one research article. Instead, we systematically search the research databases to find evidence, consult the librarian (Janice Lester), read and critically appraise the articles to make decisions. If there is enough evidence to translate into a new or changed practice, we initiate an EBP PROJECT. If there is no evidence or if the available evidence is of insufficient quality, then we may need to do a RESEARCH STUDY (to generate the evidence we need to improve practice). The evidence pyramid shows that the strongest evidence is at the top—systematic reviews. “Best evidence,” means using the strongest body of evidence that exists on a particular topic, whether it is randomized controlled trials, expert opinion, or systematic reviews.

