

# Is The Evidence Worth It?

## Christian Contessa

### INTRODUCTION

Evidence Based Practice(EBP) is the conscientious use of current best evidence as it relates to making the best decisions about patient care. EBP incorporates best research evidence, clinical expertise, and patient values and preferences in the process of delivering care.

EBP in Nursing helps facilities achieve recognition for superior quality care.

- “A major criterion for receiving Magnet recognition is nurse’s active involvement in research and EBP.”(Koehn 2008.)
- Magnet status for a hospital is a recognition by the American Nurses Credential Center recognizing high quality care by nurses and is considered the highest recognition that can be given.(ANCC.)

### SIGNIFICANCE

The following guidelines that were developed about EBP allow nurses to practice safely by using the best clinical practice to prevent avoidable events detrimental to patient health.

Medication Errors can occur by not using the 5 rights of administration.

- “Annual deaths from medication errors accounted for 7000 out of the 48,000-98,000 deaths because of drug complications.”(Joolae 2011.)

Hospital Safety Grade states 1 in 25 patients develops an infection in the hospital.

- Infections increase complications in delivery of care while also increasing cost. CDC statistics show the severity of infections in American Hospitals.
- “...more than 2.8 million antibiotic resistant infections occur in the U.S. each year, and more than 35,000 people die as a result.”(CDC)

### POSITION STATEMENT

EBP allows nurses to better care for patients in United States Hospitals by aiming to provide the most effective care backed up by clinical evidence and top healthcare professionals.

Nurses who use EBP as a guide in patient care are likely to see improved patient outcomes as well as a lower cost of care for both parties.

### SUPPORT FOR POSITION

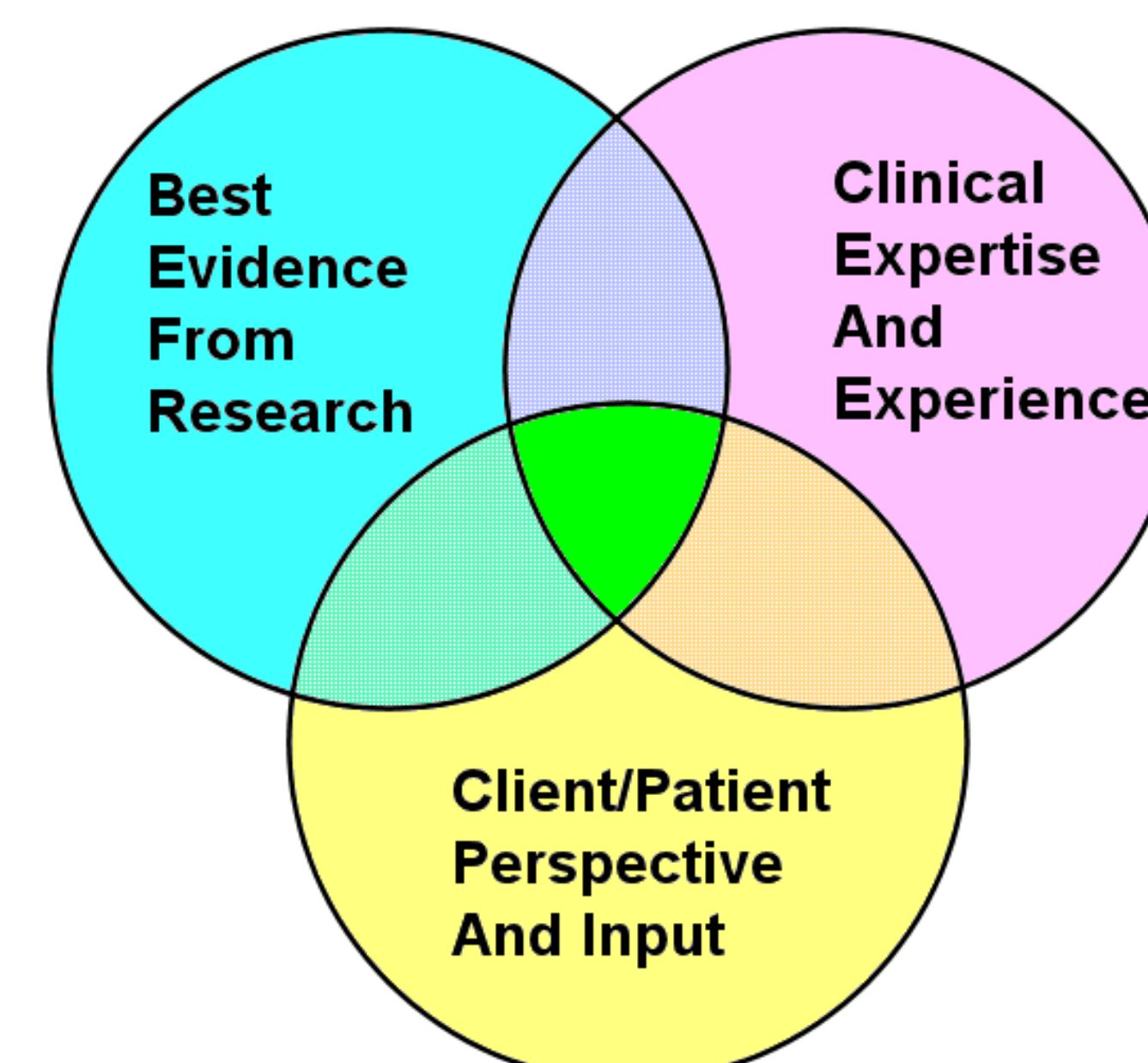
Aspects of delivering care from basic handwashing to invasive procedures are guided by EBP to maximize healthcare outcomes while reducing costs for facilities' and patients.

Handwashing can reduce the risk of respiratory infections by 16%.(CDC.)

- Nurses who follow research based hand hygiene protocols can help lower hospital acquired infections
- Lower Respiratory infections among top ten causes of death globally in 2016.(WHO.)

A study done by Fine indicates median cost for hospitalization of patients with pneumonia costs \$5,942.

- Proper nursing assessment and intervention is critical in caring for pneumonia and discharging the patient as fast as possible.
- Head-to-toe assessment, listening to lung sounds, and educating the patient contribute to cheaper and better care.



### IMPLICATIONS FOR PRACTICE

Using the best researched and clinically backed skills could save lives and money.

- Not following proper procedure simply puts patients at risk for further health complications.
- Helping patients be discharged quicker is more beneficial to both facility and patient family.

Hospitals reputation and employment desire for nursing departments will rise.

- It is no question that certain names attract desirable and qualified employee candidates.
- For example, CHOP, Geisinger , and NYU, are all names that are recognized by their state as premier health facilities not just for their name, but for their dedication to excellent healthcare using the best knowledge and technology available to apply to practice

“As many as 440,000 people die every year from hospital errors, injuries, accidents and infections.”(CDC.)

- Errors can include not following proper steps in a procedure as simple as using sterile gloves in catheter insertion.
- These statistics can be reduced by a significant amount if proper procedure is followed .
- Proper procedure not only protects the patients from harm, but also ensures the percentage of unwanted effects happening are reduced



### CONCLUSION

“Medicine has taught me to be very much evidence-based and data-driven in making decisions.”(Yong Kim.)

Jim Yong Kim, 12<sup>th</sup> President of The World Bank, Harvard, Brown , and Iowa university educated, advocates for the use of evidence and supporting facts in healthcare as it is an extremely effective way to provide care to those we serve in our communities. EBP is something that has been extensively researched and clinically practiced showing just how valuable and effective it is

### REFERENCES

Center for Disease Control . (2019). 2019 Ar ThreatsReport. Retrieved from <https://www.cdc.gov/drugresistance/biggest-threats.html>

Fine, M. J. (2000). Relation between length of hospital stay and costs of care for patients with community acquired pneumonia(5<sup>th</sup>ed., Vol. 109). The American Journal of Medicine. Retrieved from <https://www.sciencedirect.com/science/article/abs/pii/S0002934300005003>

Joolae, S. (2011). The relationship between incidenceand report of medication errors and working conditions. WileyOnline Library. Retrieved from [https://onlinelibrary.wiley.com/doi/full/10.1111/j.1466-7657.2010.00872.x?casa\\_token=PFNytGjYDA0AAAAA:ZDR27DPigQZpJtRtRYLZcGii3WHaWcYDo2Xv0dcsWIVYxialCPOigtMAXdiS9Jg6iENMT7ysc9Gmo9Kd](https://onlinelibrary.wiley.com/doi/full/10.1111/j.1466-7657.2010.00872.x?casa_token=PFNytGjYDA0AAAAA:ZDR27DPigQZpJtRtRYLZcGii3WHaWcYDo2Xv0dcsWIVYxialCPOigtMAXdiS9Jg6iENMT7ysc9Gmo9Kd)

[www.jvion.com](http://www.jvion.com), 2018,July, Geisinger Caring, Wilkes-Barre, Pennsylvania

Koehn, M. L. (2008). Nurses' perception of evidence based nursingpractice. Wiley Online Library. Retrieved from [https://onlinelibrary.wiley.com/doi/full/10.1111/j.1365-2648.2007.04589.x?casa\\_token=zhYXMIgG5WYAAAAA:QJiEcMZ-n7SH22Woih-3Ge3w8\\_jCTLtYJlvKEluVX7o\\_cl\\_u7TQ4nrNfjvGP3SvQxPXYgxl\\_i-qCw](https://onlinelibrary.wiley.com/doi/full/10.1111/j.1365-2648.2007.04589.x?casa_token=zhYXMIgG5WYAAAAA:QJiEcMZ-n7SH22Woih-3Ge3w8_jCTLtYJlvKEluVX7o_cl_u7TQ4nrNfjvGP3SvQxPXYgxl_i-qCw)

Safety Grade. (2019). Error, Injuries, Accidents, Infections.Retrieved from <https://www.hospitalsafetygrade.org/what-is-patient-safety/errors-injuries-accidents-infections>

The Truth About Nursing. (n.d.). Retrieved April 4, 2020, from <https://www.truthaboutnursing.org/>

World Health Organization. (2018). Top 10 causes ofdeath. Retrieved from <https://www.who.int/news-room/fact-sheets/detail/the-top-10-causes-of-death>