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Evidence Based Practice Positively Affects the Delivery of Nursing Care

Miranda Lee

INTRODUCTION

Evidence based practice (EBP) is the consistent clinical application of the strongest, most current evidence from well designed studies and practice guidelines to improve the quality of patient care and patient outcomes. (1)

Evidence based nursing practice (EBNP) links research with theory and practice, providing clinicians with the latest reliable, research-driven data to guide patient care decisions. (1)

EBP is aimed at hardwiring current knowledge into common care decisions to improve care processes and patient outcomes. (2)

SIGNIFICANCE

- Through the Magnet Recognition Program the profession of nursing has been a leader in catalyzing adoption of EBP and using it as a marker of excellence
- A recent survey of the state of EBP in nurses indicated that, while nurses had positive attitudes toward EBP and wished to gain more knowledge and skills, they still faced significant barriers in employing it in practice
- Early in the EBP movement, nurse scientists developed models to organize our thinking about EBP.
- Rather than requiring frontline providers to master the technical expertise needed in scientific critique, their point-of-care decisions would be better supported by evidence-based recommendations in the form of clinical practice guidelines (2).

POSITION STATEMENT

Evidence based practice is an important and necessary tool that needs to be implemented in all healthcare systems in order to ensure the most reliable information and the best patient outcomes.

SUPPORT FOR POSITION

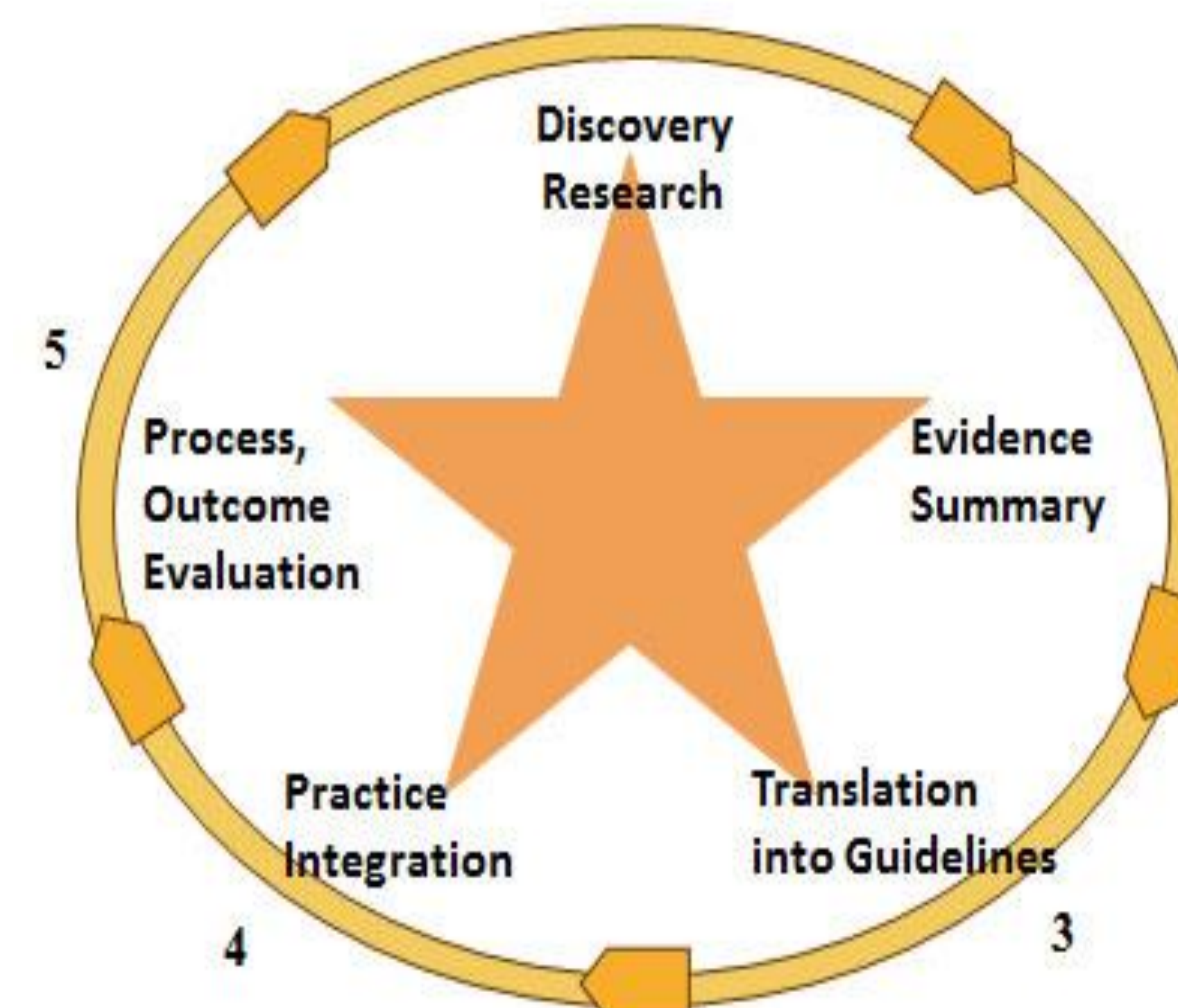
- In March 2010, the U.S. government passed the Affordable Care Act, healthcare reform legislation that emphasizes improved healthcare quality and cost containment, two expected outcomes of EBNP. (1)
- Nursing research has been impacted by recent far-reaching changes in the healthcare research enterprise. Never before, in healthcare history has the focus and formalization of moving evidence-into-practice been as sharp as is seen in today's research on healthcare transformation efforts. (2)
 - The Institute of Medicine, the Agency for Healthcare Research and Quality, the Joint Commission, and other regulatory agencies have placed growing emphasis on the use of scientific evidence to guide clinical decision-making as a means of improving patient outcomes.
 - EBP is the expected standard in modern healthcare systems.

IMPLICATIONS FOR PRACTICE

Nurses should be getting education on the uses and benefits of EBP on more topics and begin implementing them into their practice.

- They can use surveys and design a way to be able to monitor how using EBP in their clinical skills will enhance their practice outcomes.

Below is a framework designed by nursing scientists to design an EBP study.



(Stevens, 2012).

EBNP is a multi-step process that is initiated when a clinician or team of clinicians formulates a researchable clinical question. The clinician or team collects evidence from research findings and works within the structure of the organization to make a practice change or decision that integrates scientific evidence with clinical expertise, while also considering the individual patient's values and preferences. Implementation of EBNP is one facet of the multi-step EBNP process; however, this facet is a complex process. (1)

CONCLUSION

Evidence based practice is an important, necessary tool used in modern healthcare systems to develop the most current, reliable and research-based outcomes.

EBP brings scientific research into traditional practice.

EBP is aimed at changing current practices into better protocols that are backed by new technologies and the latest evidence providing the best patient outcomes and scores for the facility.

EBP positively affects the delivery of nursing care because it implements the newest results and ensures that nurses are doing their jobs in the most effective manner.

Healthcare is constantly changing, so traditional practices become outdated which is why EBP is crucial to the outcomes of the patients and the facility.

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