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Without EBP, Where Would The Nursing Profession Be Today?

Robin Erb, SN

INTRODUCTION

EBP stands for evidence based practice. EBP is carried out once a method of problem-solving has been confirmed effective in improving patient care (*LibGuides: Evidence Based Practice Toolkit for Nursing*, 2021). Through extensive research and implementation of projected ways to change practice, nurses better the positive outcomes for patients throughout the entire US.

SIGNIFICANCE

Nursing is considered one of the most respected occupations (*Florence Nightingale*, 2019). Many hospitals throughout the US strive to receive Magnet status. This is an award for health institutions; when they uphold the highest standard for their nursing practice (*Magnet Recognition Program®*, 2021). An important aspect of this recognition includes implementing the use of EBP in practice.

- 8.28% of hospitals in US hold magnet status (*What is a Magnet Hospital*, 2020)
- In 2006, PA opened an EBP Center, showed 91% of eligible nurses requested to view EBP (Lavenberg, Cacchione, et. al, 2019)
- "Over 90% of nursing research leaders specified that their hospital uses EBP (Speroni, McLaughlin, et. al, 2020)."

POSITION STATEMENT

Evidence based practice is used in nursing to better deliver care to patients throughout the entire United States.

SUPPORT FOR POSITION

In the 1800s, Florence Nightingale was the pioneer who introduced the idea of EBP (*Florence Nightingale*, 2019). The basic principles that were used back then have evolved into the standards of the nursing profession today.

"EBP is an essential component of safe, quality patient care (*Why is Evidence-Based Practice In Nursing So Important*, 2018)."

Nurses are responsible for using EBP in order to improve patient care and provide positive "work environment related outcomes" (Speroni, McLaughlin, et. al, 2020).

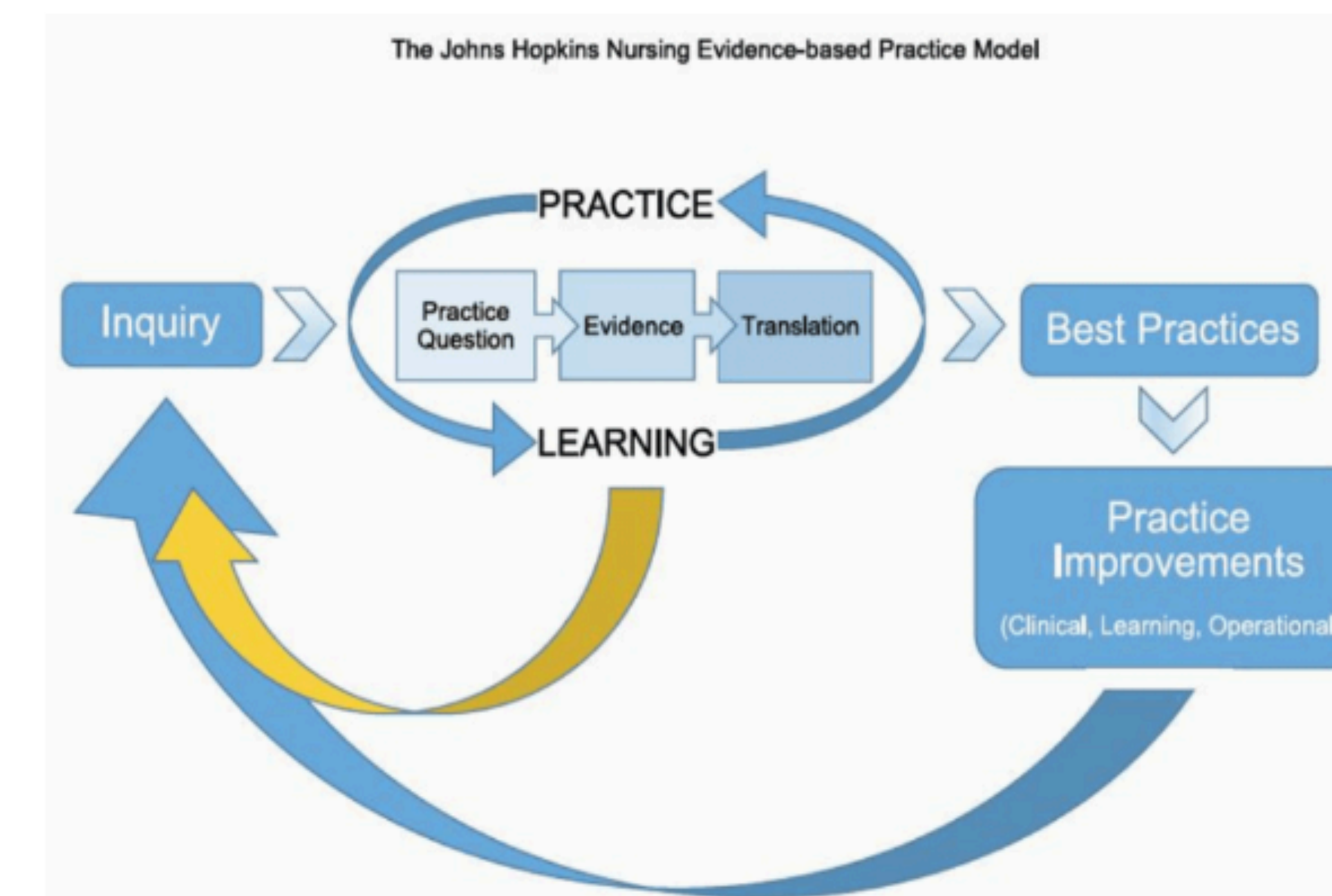
Examples of EBP used today:

- Infection Control: hand hygiene and barrier protection
 - Supplemental O₂ usage in patients with COPD
 - Noninvasive BP use for children
 - IV catheter size and blood administration plan
 - Hourly patient rounding
 - Handoff reports at shift change
- (*3 Examples of Nursing Best Practice*, 2017)

IMPLICATIONS FOR PRACTICE

EBP helps nurses determine effective guidelines for delivery of care.

1. Practice Question
Develop and refine question
2. Evidence
Search, appraise, summarize
3. Transition
Create and implement an action plan, evaluate outcomes and findings
(*LibGuides: Evidence Based Practice Toolkit for Nursing*, 2021)



LibGuides: Evidence Based Practice Toolkit for Nursing, 2021 [John's Hopkins EBP Model] [Photograph]

The use of EBP provides better patient outcomes, which decreases the use of an institutions resources. In other words, a health care facility can ultimately decrease their spending with better patient outcomes. (*Why is Evidence-Based Practice In Nursing So Important*, 2018)

CONCLUSION

EBP is essential to keep up with the modern times of advanced medical technology; in addition to establishing the most effective ways to care for our patients. EBP is recognized throughout the US as respectable research and necessary for all reputable health care institutions. Nurses are responsible for being patient advocates, and through those skills pave the way into the future of the nursing profession. Without EBP, the nursing profession would not be as highly respected as it is today.

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