The Practical Application of Evidence Based Practice

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Learning Objectives

• Describe the evidence-based competencies for practicing registered nurses.

• Explore the barriers to using evidence-based practice at the direct care level.
History of EBP in Nursing

• Evolved from Florence Nightingale in the 1800s to medical physicians’ practice in the 1970s, to the nursing profession in the late 1990s.

• It started as an idea to provide better outcomes for patients who experienced disastrous and unsanitary conditions and has developed into a foundation for nursing to provide safe and competent care.

Ref: Mackey & Bassendowski (2017)
Florence Nightingale
What Is Evidence-Based Practice Within the Nursing Profession?

“A problem solving approach to clinical decision making that incorporates a search for the best and latest evidence, clinical expertise and assessment, and patient preference values within a context of caring.”

The International Council of Nurses (2012)
......because that’s the way we have always done it here.
because the highest level of evidence that exists supports this practice as being associated with improved patient outcomes, quality, and value of care.
What percentage of your clinical practice is currently evidence-based?
What are the attitudes of your colleagues towards EBP?
Do you believe practicing EBP improves patient care?
What Would You Do?

• You are working on a Medical Surgical unit, evening shift.

• Your manager has assigned you to receive and care for a post thoracotomy patient being admitted from the OR post procedure.

• You have been told the patient has a dry suction chest tube at -25cm, and you have never cared for one.
What Do You Think?

- **Dressing A:** research trial conducted; outcome data reported at 0% central line infection rate by end of trial.

- **Dressing B:** Reported a 7.2% central line infection rate by the end of the trial.
13 EBP Competencies for Practicing Professional RNs (Melnyk et al., 2014)

1. Question clinical practices for the purpose of improving the quality of care.

2. Describe clinical problems using internal evidence (within the clinic setting).

3. Utilizes the PICOT format (population, intervention or area of interest, comparison of groups, outcome, time).

4. Searches for external evidence to answer focused clinical questions (evidence generated from research).

5. Participates in critical appraisal of the preappraised evidence (clinical practice guidelines, EBP policies and procedures, and evidence synthesis).
13 EBP Competencies for Practicing Professional RNs (Melnyk et al., 2014)

6. Participates in the critical appraisal of published research studies to determine their strength and applicability to clinical practice.

7. Participates in the evaluation and synthesis of a body of evidence gathered to determine its strength and applicability to clinical practice.

8. Collects practice data (individual patient data, QI data) systematically as internal evidence for clinic decision making in the care of individuals, groups, or populations.

9. Integrates evidence gathered from internal and external sources, in order to plan for EBP changes.
13 EBP Competencies for Practicing Professional RNs (Melnyk et al., 2014)

10. Implements practice changes based on evidence and clinical expertise and patient preferences to improve care processes and patient outcomes.

11. Evaluates outcomes of evidence-based decisions and practice changes for individuals, groups, and populations to determine best practice.

12. Disseminates best practices supported by evidence to improve quality of care and patient outcomes.

13. Participates in strategies to sustain an evidence-based practice culture.
What Are The Barriers?

• Academia – differences in how EBP is taught
• Cultures that are founded in tradition “That’s the way we do it here”
• Misperceptions about the time it takes to engage in EBP
• Leaders, managers, role models that don’t support use of EBP
• Lack of mentors available to POC providers

Ref: Melnyk et. al. (2017)
Nurses Perception of Barriers

Fifty-eight nurses were asked to identify the barriers to using EBP. (96% BSN). Top three responses:

- 31% Physician will not cooperate with implementation.
- 27% Nurse unwilling to change/try new ideas.
- 23% Nurse does not have time to read research.
- 23% Believed they did not have enough authority to change patient care procedure.

Ref: van der Goot et al. (2018)
Evidence-Based Practice Roles

• **Nurse Leaders**: Responsible for critically appraising and synthesizing the best evidence, and translate that evidence into the most useable form for practice—tailored to the local demographic, and systematically use EB interventions shown to be effective in rigorous studies. **Role: Research skills and knowledge of research critique and evidence translation.**

• **Direct Care Professionals**: Should be responsible to use the best available evidence in their daily practice with patients. The main focus should be on how to integrate already critically appraised, interpreted, synthesized, and translated best evidence-adapted to the local context. **Role: Identify real-world clinical problems and questions arising from patient care.**

Ref: Saunders, et al. (2016)
The nurse has the authority, accountability, and responsibility for nursing practice: makes decisions; and takes action consistent with the obligation to promote health and to provide optimal care. Accountability, decisions & actions.

Ref: American Nurses Association (2017)
Critical Components of an Evidence-Based Practice Culture

- EBP must be in the organizational vision, mission, and goals.
- Clinical inquiry must be promoted and supported.
- EBP mentors must be available to clinicians.
- Leaders must embrace, role model and support EBP.
- An infrastructure and resources for EBP must be available.
- Recognition of EBP achievements must be consistently provided.

Ref: (Melnyk & Fineout-Overholt, 2015)
What Can I Do?

- Be a change agent!
- Maximize your use of clinical reference tools (and mobile devices).
- Take a research or statistics course.
- Join an EBP committee; journal club.
- Find a mentor and meet for lunch! (3 minute lunch)
Set Yourself Up For Success!
References


References


Thank you!

Questions?