

## EVIDENCE-BASED PRACTICE

Evidence-Based Practice in nursing focuses on the idea that medical practices ought to be developed and adapted based on an ongoing cycle of evidence, theory, and research. As changes in practice prompt further research, the theories developed from that research serve as evidence to produce more changes in practice. The implementation of Evidence-Based Practice in nursing, also called *Systematic Review*, requires the review of such research with the intention of targeting and improving inadequate practice.

The systematic review of outside research attempts to make sense of the large body of information available in order to implement change effectively. The available research may be qualitative, quantitative, or evidence-based. How can this research be applied on an individual basis to improve patient care?

Evidence-Based Practice involves the following six steps:

1. Assess the need for change: *Formulate the research question based on the inadequacies of current practice.*
2. Locate the best evidence: *Obtain sources and assess their credibility and relevancy to the research question.*
3. Synthesize evidence: *Compare and contrast the available sources to find similarities and differences in the various approaches taken.*
4. Design the change:



methodology listed. Quantitative studies deal only with objective figures that can be measured, counted, and calculated. Qualitative studies will still use numbers to describe the sample and/or control groups, but they will focus on subjective analysis, descriptions, and interviews.

In comparing the types of practice that your different studies seek to change or challenge, it is often useful to look at the reasons that certain practices are commonly held. Fawcett and Garity (2009) divide these reasons into three categories: (1) *habit*, (2) *tradition*, and (3) *belief*.

## Findings

Your findings will be an analysis, possibly including a chart or table. You should present the studies you selected as the most appropriate sources for studying your problem and instituting your proposed change.

Be sure to compare the following aspects of each study:

1. Demographics, pools, and samples
- 2.

