Evidence Based Nursing

“—a problem solving approach to nursing practice that uses the best evidence available to make decisions about patient care; best evidence is acquired through a systematic search and critical appraisal of relevant clinical data; expert opinion of healthcare providers; and patient/family values, preferences, and needs that answer the clinical question posed.”

Melnyk, B., & Fineout-Overholt, E.

Journals with EBP Articles Available Through the GHSON Library

- Applied Nursing Research
- Journal of Advanced Nursing
- Journal of Pediatric Health Care
- Journal of the American Association of Nurse Practitioners
- Journal of the American Association of Psychiatric Nurses Association
- MCN (Maternal Child Nursing)
- Nursing Research
- Psychiatric Services
- Clinical Nursing Research
- Journal of Nursing Scholarship
- Journal of Professional Nursing
- Nursing Outlook
- Perspectives in Psychiatric Care
- Simulation in Health Care

The University of Illinois at Chicago also provides an excellent explanation of EBP in Nursing at:

http://ebp.lib.uic.edu/nursing/?q=node/1
Most Recently Published EBP Books in the GHSON Library:


Cullen, L., Hanrahan, K., Farrington, M., DeBerg, J., Tucker, S., & Kleiberg, C. (2018). Evidence-based practice in action: Comprehensive strategies, tools, and tips from the University of Iowa hospitals and clinics. Indianapolis, IN: Sigma Theta Ta International Honor Society of Nursing. WY 100.7 X967e 2018


Evidence-Based Practice Resources: Where to Begin Your Search

The following are some resources supportive of evidence-based practice available through the GHSON Library.

**Guidelines and Best Practices**

The [National Guideline Clearinghouse](https://www.guideline.gov), is a database of evidence-based clinical practice guidelines and related documents designed for nurses, physicians, and other health care providers.

**Systematic Literature Reviews**

A systematic literature review is a type of research with a defined question/objective, a methods section describing the search of the literature, a synthesis of literature concerning the question/objective, and a discussion of the implications of that synthesis.

The [Online Journal of Clinical Innovations](https://www.cinahal.org) is an electronic publication from CINAHL Information Systems that contains systematic reviews of literature on key issues in patient care, such as pain assessment and fall prevention.

The [Sarah Cole Hirsch Institute for Best Nursing Practices Based on Evidence](https://www.sarahtcolehirsch.org) is a repository of systematic reviews of evidence-based practices at the Frances Payne Bolton School of Nursing, Case Western Reserve University. It publishes the reviews through the [Online Journal of Issues in Nursing](https://www.johns Hopkins.edu/nursing/jounals/joinv.html).

**Other EBP Resources**

**AHRQ—Agency for Healthcare Research and Quality** — This agency of the U. S. Department of Health and Human Services supports research to improve health care.

**PUBMED** is a service of the US National Library of Medicine® that provides free access to the MEDLINE database of indexed citations and abstracts to medical, nursing, dental, veterinary, health care, and preclinical sciences journal articles.

**CINAHL** — This EBSCO database (Cumulated Index of Nursing and Allied Health Literature) allows you to search for nursing journal articles by subject, keyword, author and title, indexing thousands of nursing and allied health journal titles.

The [Cochrane Database of Systematic Reviews](https://www.cochranelibrary.com) covers primarily biomedical topics, but there are many nursing topics. (Must have subscription)

[Worldviews in Evidence-Based Nursing](https://www.worldviewsinEvidenceBasedNursing.com) is published in print and electronically by Sigma Theta Tau International and contains both systematic reviews of the literature and other articles and abstracts. (Must have subscription)
**5 STEP MODEL OF EBP**

1. Translation of uncertainty to an answerable question
2. Systematic retrieval of best evidence available
3. Critical appraisal of evidence for validity, clinical relevance, and applicability
4. Application of results in practice
5. Evaluation of performance

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The following PICO format may help you structure your search to answer evidence based nursing questions.

<table>
<thead>
<tr>
<th>P</th>
<th>Patient, Problem, Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Describe your patient (age, sex, race, past medical history, etc.), the disease or main topic of your question</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>I</th>
<th>Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>What intervention or action are you considering—treatment, diagnostic test, etc.</td>
<td>Is there a specific issue you’d like to investigate?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>C</th>
<th>Comparison</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are you trying to compare or decide between two options—drugs, a drug and no medication or placebo, or two diagnostic tests? Your clinical question does not always need a specific comparisons.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>O</th>
<th>Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is the outcome you’d like to achieve? What are you trying to do for the patient? Relieve or eliminate the symptoms? Reduce the number of adverse events? Improve function or test scores?</td>
<td></td>
</tr>
</tbody>
</table>

**EXAMPLE:**

**Population:** Children who come to Emergency Department  
**Intervention:** Temperature Assessment  
**Comparison:** No comparison group. Question is about an issue of interest  
**Outcome:** Accurate Assessment  
**Question:** What method for assessing temperature in children who come to the Emergency Department is most useful for an accurate assessment?  

**Topics (Keywords or Key Phrases):**  
- Temperature Measurement or Body Temperature Assessment  
- Emergency Room or Emergency Department  
- Children or Pediatrics