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Evidenced Based Practice in Health and Social Care

Introduction

Evidence-based practice is a way that is followed in providing healthcare which is guided by thoughtful integration of the very best of the currently available knowledge with a clinical expertise. This approach of research in nursing practice allows the medical practitioner to have a critical assessment of the research adapt, the clinical guidelines as well as other sources of information to enhance correct identification of the clinical problem and thus application of the most high quality interventions while re-evaluating the outcome for further improvements in the future. According to Cochrane collaboration evidence based health care is a conscientious offering of the current best evidence to make decision about the care given to the patients or in the delivery process of the health and social services (Titler, & Goode, 2001) The concept of evidence is used to refer to range of tangible information that is usable in identifying a problem and the necessity of responding to it forming an essential requirement for later evaluation purposes. The idea of current best evidence is information that is up to date and relevant therefore can be used in carrying out of a valid research about various forms of health and social care, the possible harm from exposure to certain agents, accuracy of the diagnostic tests and finally the power of the predictability of the prognostic