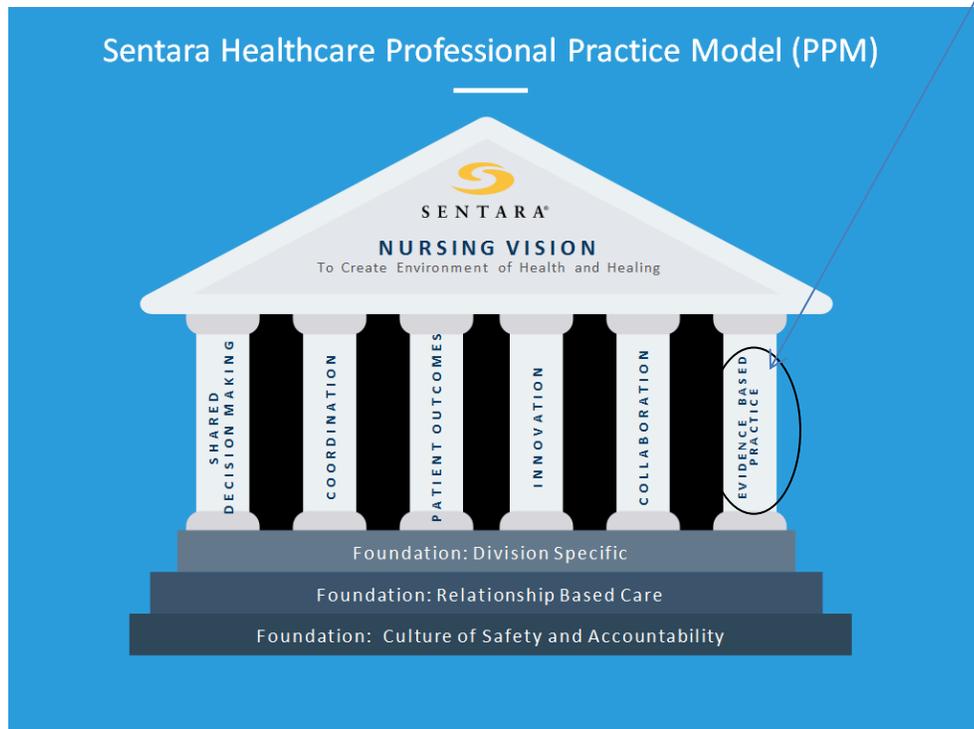


Evidence Based Practice Guidelines

Evidence-based practice (EBP) is defined as the integration of the best research evidence with clinical expertise and patient values to facilitate clinical decision making. Evidence-Based Nursing is the integration of the best evidence available, nursing expertise, and the values and preferences of the individual, families, and communities who are served.

Sentara Nursing's Professional Practice Model describes a common foundation of nursing practice and helps to visually set the priority of nursing culture including evidence-based practice.



When nurses engage in EBP they experience greater autonomy, higher job satisfaction, and improve the quality of health care and patient outcomes. Figure 1 represents the integration of EBP in nursing culture.

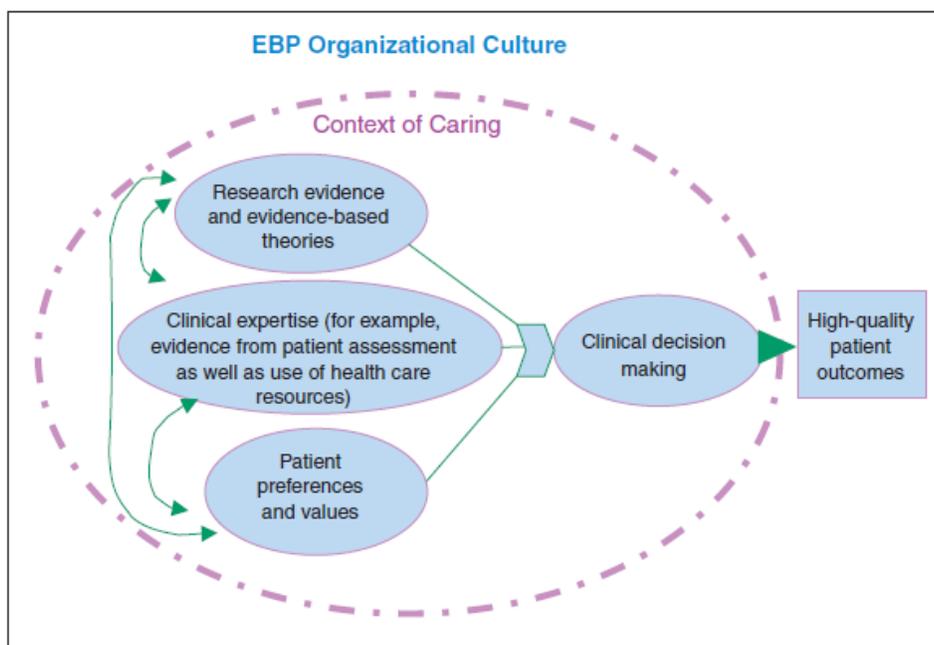


Figure 1. The EBP Paradigm: the merging of science and art. EBP within a context of caring and an EBP culture results in the highest quality of health care and patient outcomes. © Melnyk and Fineout-Overholt, 2003.

The following guidelines outline a process of evaluating current literature based on evidence hierarchy to assist clinicians with practice change recommendations.

Steps for assessing EBP:

1. Perform literature search through the Population, Intervention, Comparison, Outcome, Time of Study (PICOT) format utilizing key terms applicable to practice problem (Note: Sentara librarians are an excellent resource to assist).
2. Review identified abstracts for relevancy to topic.
3. Utilize a literature review table to identify key aspects of pertinent articles. Column headings should include (at minimum) author name, journal name, year article published, purpose of study, study framework, study design, outcomes, and level or quality of the findings *(see table below).
4. Recommend practice changes based on higher level evidence (Levels I and II). Use caution making practice changes based on lower level evidence (Levels III – VII).
5. Vendor evidence used to market new products or equipment should be viewed critically to appraise the original primary research source of the justification(s) or white paper(s).
6. When conclusive evidence is lacking or of weaker hierarchy, practice forums or high performance teams with expert clinical expertise need to guide decisions.

Level of Evidence	Type/Description of Evidence
Level I	Systematic review & meta-analysis of randomized controlled trials (RCTs), clinical guidelines based on systematic reviews or meta-analysis
Level II	One or more RCTs
Level III	Case-control or cohort study
Level IV	Controlled trial without randomization
Level V	Systematic review of descriptive & qualitative studies
Level VI	Single descriptive or qualitative study
Level VII	Expert opinion

Related Documents:

American Nurses Association (ANA). (2015). *Nursing: Scope and Standards of Practice* (3rd Ed.). Silver Springs, MD: ANA. (In SKOR)

American Nurses Association (ANA). (2016). *Clinical research nursing: scope and standards of practice*. Silver Springs, MD: ANA. (In SKOR)

Carter, K. (2018). Getting Started with EBP. *Virginia Nurses Today*, 26(4), 10-12. (In SKOR)

Cullen, L., Hanrahan, K., Farrington, M., DeBerg, J., Rucker, S., & Kleiber, C. (2017). *Evidence-based practice in action: Comprehensive strategies, tools, and tips from the University of Iowa Hospitals and Clinics*. Indianapolis: Sigma Theta Tau International. (In SKOR)

Dang, D. & Dearholt, S. (2018). *Johns Hopkins Nursing Evidence-based Practice: Model and Guidelines* (3rd Ed.). Indianapolis: Sigma Theta Tau International. (In SKOR)

Melnyk, B. & Fineout-Overholt, E. (2015). *Evidence-Based Practice in Nursing & Healthcare* (3rd Ed.). Wolters Kluwer. (Hardcopy available from the library)

Melnyk, B., Fineout-Overholt, E., Giggelman, M., & Cruz, R. (2010). Evidence-Based implementation, organizational culture, cohesion and job satisfaction in evidence-based practice mentors from a community hospital. *Nursing Outlook*, 58(6), 301-308. (Hardcopy available from the library)

Melnyk, B., Gallagher-Ford, L., Sigma Theta Tau International, & Fineout-Overholt, E. (2016). *Implementing the Evidence-Based Practice (EBP) Competencies in Healthcare: A Practical Guide for Improving Quality, Safety, and Outcomes*. Indianapolis, IN: Sigma Theta Tau International. (In SKOR)