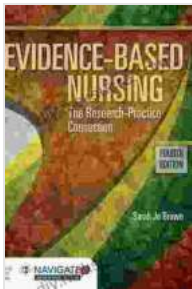


Evidence-Based Nursing: The Research Practice Connection

Evidence-based nursing (EBN) is a process by which nurses use research findings to make clinical decisions about patient care. It is a systematic and rigorous approach to using the best available evidence to guide nursing practice. EBN is based on the belief that nurses should make decisions about patient care based on the best available evidence, rather than on tradition or personal experience.



Evidence-Based Nursing: The Research Practice Connection by Sarah Jo Brown

★★★★☆ 4.5 out of 5

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File size : 5947 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 400 pages



The EBN process involves five steps:

1. **Ask a clinical question.** The first step in the EBN process is to ask a clinical question about a patient care issue. The question should be specific and focused, and it should be relevant to the patient's care.
2. **Search for evidence.** Once you have asked a clinical question, the next step is to search for evidence to answer the question. This can be

done by searching databases, reading journals, and attending conferences.

3. **Appraise the evidence.** Once you have found evidence, the next step is to appraise it to determine its quality. This involves evaluating the study design, the methods used, and the results.
4. **Apply the evidence to practice.** Once you have appraised the evidence, the next step is to apply it to practice. This involves making changes to your nursing care based on the evidence.
5. **Evaluate the outcomes.** The final step in the EBN process is to evaluate the outcomes of your changes. This involves assessing whether the changes have improved patient outcomes.

EBN is an essential part of nursing practice. It helps nurses to make decisions about patient care that are based on the best available evidence. By using EBN, nurses can improve patient outcomes and provide the highest quality of care.

Benefits of Evidence-Based Nursing

There are many benefits to using EBN in nursing practice. Some of the benefits include:

- **Improved patient outcomes.** EBN has been shown to improve patient outcomes in a variety of settings. For example, a study published in the *Journal of the American Medical Association* found that patients who received care from nurses who used EBN had lower mortality rates and shorter hospital stays.

- **Reduced costs.** EBN can also help to reduce costs by preventing unnecessary tests and procedures. A study published in the *Journal of Nursing Administration* found that hospitals that implemented EBN programs saved millions of dollars.
- **Increased patient satisfaction.** EBN can also help to increase patient satisfaction. Patients are more likely to be satisfied with their care when they know that their nurses are using the best available evidence to make decisions about their care.

Challenges to Evidence-Based Nursing

While there are many benefits to using EBN, there are also some challenges. Some of the challenges include:

- **Lack of time.** Nurses often have limited time to search for and appraise evidence. This can make it difficult to use EBN in practice.
- **Lack of access to evidence.** Nurses may not have access to all of the evidence that they need to make informed decisions. This can make it difficult to use EBN in practice.
- **Lack of knowledge.** Nurses may not have the knowledge and skills to search for and appraise evidence. This can make it difficult to use EBN in practice.

Overcoming the Challenges to Evidence-Based Nursing

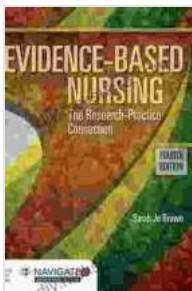
There are a number of things that can be done to overcome the challenges to EBN in nursing practice. These include:

- **Providing nurses with more time to search for and appraise evidence.** This can be done by reducing nurses' workload or by

providing them with dedicated time for EBN.

- **Improving nurses' access to evidence.** This can be done by providing nurses with access to databases and other resources that contain evidence-based information.
- **Educating nurses about EBN.** This can be done by providing nurses with training on how to search for and appraise evidence.

EBN is a vital part of nursing practice. It helps nurses to make decisions about patient care that are based on the best available evidence. By using EBN, nurses can improve patient outcomes, reduce costs, and increase patient satisfaction. While there are some challenges to using EBN in practice, these challenges can be overcome. By providing nurses with the time, resources, and knowledge they need, we can help them to use EBN to improve the quality of care for patients.



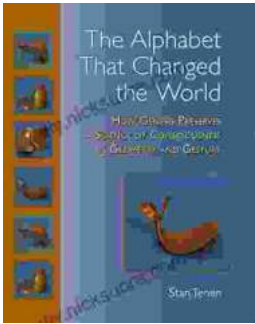
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