



## Introduction to Evidence-Based Practice Resources

NMETH 533

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DNP Toolkit: <http://healthlinks.washington.edu/nurse/dnp/>

### Evidence-Based Practice

1. What is evidence-based practice?

Evidence based medicine is the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients. The practice of evidence based medicine means integrating individual clinical expertise with the best available external clinical evidence from systematic research. Sackett DL, Rosenberg WMC, Gray JAM, Haynes RB, Richardson WS. [Evidence based medicine: what it is and what it isn't](#). *BMJ* 1996 Jan 13; 312 (7023): 71-2.

2. Steps to EBP

Step 0: *Cultivate* a spirit of inquiry

Step 1: *Convert* your information into an answerable question (PICO)

Step 2: *Search* the literature for the best available evidence

Step 3: Critically *appraise* the evidence for validity and usefulness

Step 4: *Apply* the findings to your clinical practice along with clinical expertise and patient's perspective to plan care

Step 5: *Evaluate* the outcomes of your practice decisions or changes based on evidence.

Step 6: *Disseminate* EBP results

Melnyk BM, Fineout-Overholt E, Stillwell SB, Williamson KM. Evidence-based practice: step-by-step: the seven steps of evidence-based practice. *Am J Nurs* 2010 Jan; 110(1): 51-3.

<http://offcampus.lib.washington.edu/login?url=http://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&AN=00000446-201001000-00030&LSLINK=80&D=ovft>

Overview of EBP for Nurses: 7 article *AJN* series

<http://journals.lww.com/ajnonline/pages/collectiondetails.aspx?TopicalCollectionId=10>

3. [User Guides to Evidence-Based Practice](#), developed by McMaster University's Evidence-Based Medicine Working Group, and disseminated on the Internet by the Canadian Centre for Health Evidence.
4. [Evidence-Based Medicine Glossary](#) from the Centre for Evidence-Based Medicine, Oxford, UK.
5. DNP Toolkit: <http://healthlinks.washington.edu/nurse/dnp/>

## Exercise

Using the resource assigned to your group, find a study that gives or summarizes the evidence or provides recommendations/guidelines to answer this question:

**What is the evidence regarding the use of varenicline (Chantix) for tobacco cessation?**

OR

**A clinical question of your choice**

Appoint someone from the group to give a 5-minute oral report to the rest of the class describing the resource used and the evidence found.

- A. Summaries: DynaMed
- B. Summaries: Clinical Evidence
- C. Summaries: National Guideline Clearinghouse
- D. Online Textbook: UpToDate
- E. MetaSearch Engines: TRIP
- F. Syntheses (Systematic Reviews): Cochrane Database of Systematic Reviews

As you investigate the resources used in the above question, critically evaluate the resource. You may use the [Information Source Report](#) form as a guide. Be prepared to share your evaluation with the class.


## Useful Evidence-Based Practice Resources

Basic Introduction to Evidence-Based Practice Resources

<http://healthlinks.washington.edu/hsl/classes/evidence/>

Basic Introduction to Evidence-Based Practice Resources Video

[http://healthlinks.washington.edu/hsl/classes/evidence/EBP\\_tutorial2009/EBP\\_tutorial2009.html](http://healthlinks.washington.edu/hsl/classes/evidence/EBP_tutorial2009/EBP_tutorial2009.html)

Video presentation based on tutorial, [2009, 59 minutes]. [Flash required](#) 

Evidence-Based Practice Tools Summary <http://healthlinks.washington.edu/ebp/ebptools.html>

Evidence-Based Practice <http://healthlinks.washington.edu/ebp>

List of EBP links on HealthLinks

PubMed at the UW <http://healthlinks.washington.edu/howto/pubmed/>

Searching CINAHL: Nursing and Allied Health

<http://healthlinks.washington.edu/howto/cinahlplus/index.pdf>

How to Locate Research Articles in PubMed and CINAHL Plus

[http://healthlinks.washington.edu/hsl/liaisons/schnall/research\\_pubmed.html](http://healthlinks.washington.edu/hsl/liaisons/schnall/research_pubmed.html)

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