

## EVIDENCE BASE PRACTICE (EBP)

### Abstract

Evidence-based practice (EBP) in Nursing is the application of the best available evidence from research, combined with clinical expertise and patient preferences, to guide decision-making in patient care. Nurses use current research findings, their own clinical experience, and patient input to provide the most effective and individualized care possible. EBP in nursing aims to improve patient outcomes, enhance quality of care, and ensure practices align with the latest evidence-based standards. It prioritizes using scientifically proven methods and treatments supported by high-quality research to enhance patient outcomes and improve the quality of care.

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## I. INTRODUCTION

Evidence Base Practice is a key method used by contemporary nurses, concentrating on fusing the best available data, clinical experience, and patient preferences to provide high-quality care. The term "evidence-based practice" (EBP) describes the meticulous and intentional use of the most recent, strongest data to inform healthcare decisions. By ensuring that treatments are supported by solid evidence, EBP improves nursing practise, resulting in better patient outcomes and the growth of the nursing profession. Providing high-quality, reasonably priced nursing care is the core objective of evidence-based nursing.

## II. DEFINITIONS

Evidence based Practice is the conscious, explicit and judicious use of Current best Evidence in making decisions about the care of individual patients- By Sackett (1996)

Evidence Base practice is a Problem Solving Approach to the delivery of health-care that integrates the best evidence from studies and patient care data with Clinician expertise and patient preferences and values- By F Overholt E (2010)

## III.SCOPE EVIDENCE BASED PRACTISE - IN NURSING

Evidence-Based Practise (EBP) includes the following activities in addition to assisting with patient care decisions:

1. Identifying knowledge gaps
2. Finding scientifically assessed knowledge
3. Condensing the evidence to support clinical competence

## IV.STEPS IN EBP

- 1. Develop a Query that can be Answered:** Asking thoughtful, clinical questions is one of the key abilities needed for EBP. You may narrowly concentrate your attention on what matters by creating a question that can be answered. Typically, patient contacts result in inquiries concerning the diagnosis, treatment, prognosis, or aetiology, which in turn prompts these queries.
- 2. Find the Second Step is Locating the Relevant Evidence:** In the second step, you'll choose the sources you'll use for your search, like PubMed and the Cochrane Library, and decide on the search terms that will be included in the carefully crafted question you created in step one. Finally, you'll develop an efficient method of searching. he most convincing evidence.
- 3. Consider the Evidence:** In order to further screen out research that could sound fascinating but is untrustworthy, critical analytical skills are essential. Respond to these questions using a simple critical assessment method: What problem did the study address? The methods were effective? What results might we expect? What impact do the findings have on your work?

4. **Put Data into Practise:** The best available data, your clinical knowledge, and the values of your patients can then be combined to make specific treatment judgements. Then, these clinical choices should be made in your practise, which may then be supported by the available data.
5. **Review the Outcomes:** The process's last step involves assessing your choice's efficacy and effectiveness in light of your patient. Was the new information used effectively? Should the updated knowledge still be applied in practice? How may any of the five clinical decision-making processes be improved the next time a decision-making issue arises?

## V. THE SIGNIFICANCE OF EVIDENCE-BASED NURSING PRACTICE

Given its potential to improve patient care, EBP has grown in importance within the nursing profession. Nurses may provide interventions that are efficient, safe, and specific to the requirements of each patient by relying on research results and clinical data. EBP supports nurses in avoiding antiquated or inefficient procedures, improving patient outcomes and lowering adverse occurrences.

A comprehensive study by Melnyk and Fineout-Overholt (2018) found that adopting EBP principles results in fewer medical mistakes, shorter hospital stays, and higher patient satisfaction in healthcare organisations. By reducing pointless procedures and treatments, EBP also supports the provision of care that is cost-effective.

1. **Patient Outcomes and Evidence-based Practise:** The favourable effects of EBP on patient outcomes across a range of healthcare settings have been demonstrated in several research. For instance, Pronovost et al.'s (2006) randomised controlled trial showed that using evidence-based methods for central line insertion significantly decreased the risk of central line-associated bloodstream infections by 66%.

Similar to this, Sibbald et al.'s (2018) meta-analysis found that using the best available information to guide wound care practises dramatically increased healing rates and decreased complications in patients with chronic wounds. Such research underlines the real advantages of EBP in improving patient outcomes.

2. **Research Evidence Integration into Nursing Practise:** The incorporation of research evidence into nursing practise is crucial. Continuous professional growth and education are crucial for achieving this. The most recent research results should be kept up to date, and nurses should attend seminars and take part in evidence-based training programmes. Support from the organisation is essential in encouraging EBP among nurses. Healthcare organisations may create specialised EBP committees, give nurses access to reliable information, and reward them for actively participating in EBIs.
3. **Implementation Challenges for Evidence-based Practise:** While EBP has many benefits, putting it into practise may be difficult.
  - Unresponsive to modifications in nursing practise.
  - The constraints of time, workload, and conflicting priorities.

- A lack of programmes for continued education.
- Insufficient administrative support, a lack of professional coworker support, and a lack of faith in the research sector.
- Lack of expertise in critical evaluation and research methodology.
- There is an abundance of material in the literature that occasionally contradicts the results of study, which causes practitioners to become confused.
- Research is lacking in several fields.
- Nurses lack autonomy when implementing more recent initiatives.

Time restrictions have been recognised as a major impediment to EBP adoption among nurses in a research by Stokke et al. (2014). Leadership support, sufficient resource allocation, and a collaborative work environment that promotes EBP integration are necessary for removing these hurdles.

## VI. CONCLUSION

Modern nursing is built on evidence-based practise, which has led to advances in patient care and outcomes. Nurses may improve patient outcomes, lower adverse events, and offer cost-effective care by using the best research-based evidence to their daily work. Nurses require continuing training, organisational support, and a willingness to change in order to effectively adopt EBP. The nursing field may develop and have a good influence on patients' well-being if it is committed to EBP principles.

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