**Concept and Evolution of Evidence-Based Practice in Nursing**

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 **Abstract**:

Historically, the concept of evidence-based practice has been associated with education and practice. Scientific knowledge is necessary for nurses to bridge the gap between theory and practice. Therefore, it is the process of finding, analyzing and using scientific data and using technological developments to develop nursing as a discipline.

 Keywords: education, evidence-based practice, practice, education, adults.

**INTRODUCTION;**

It is the process of finding, analyzing and using the best evidence found in medical records to improve the quality of treatment in hospitals.

It is using best research available along with clinical expertise and patient preferences.

It is a method of problem solving that identify clinical problem and find out the best appropriate solution based on research literature.

EBP improves health, improves health outcomes, reduces regional disparities in health care and lowers costs. Studies have shown that using EBP increases job satisfaction.

Evidencebased practice has grown in popularity since its introduction and has become an accepted standard of practice, policy, management and service learning in global health. Healthcare professionals are encouraged to use existing research in their practice to provide the best care, achieve good outcomes, help clients spend money efficiently, and ensure accountability and transparency in decision making.

Evidence based practice is thus a process that involves : 6As, which stands; Ask, Acquire, Access, Appraise, Apply, Audit.

STEPS OF EBP

 **TERMINOLOGY:**

1. **Evidence**: something that proves or legally refers to something as true.
2. **Practice:** The practice or use of an idea, belief, or method, not the theory associated with it
3. **Evidence based practice**: It is systemic interconnecting of scientifically generated evidence with the exact knowledge of expert practitioner to achieve a change in a particular practice for the benefit of a well define client/patient group(French 1999).
4. **Evidence based nursing:** It is a process by which nurses make clinical decisions using the best available research evidence, their clinical expertise and patient preferences (Mulhall 1998).

 **EVOLUTION OF EVIDENCE BASED PRACTICE:**

In 1972, Archie Cochrane noted the importance of testing the effectiveness of health care strategies and emphasized the role of controlled trials in providing an evidence base for treatment. Guyatt et al. He proposed the term "evidence-based medicine" in 1992 and shifted the focus of treatment decision making to scientific, observational studies with "the language of intuition, unsystematic clinical experience, and pathophysiological principles".

 In 1996, Sackett et al. Defined evidence-based clinical decision making that includes not only research evidence but also clinical experience, including patient preferences. Although the EBP is only more widely used in today's practice (ie in the 1990s), it has its roots in nursing history. Some nurse researchers trace this back to Florence Nightingale in the 1800s.Her efforts to improve patient outcomes through accurate assessment and analysis control in most unsanitary practices include the Early Case of EBP. During the Crimean War, Florence Nightingale used techniques, evidence, and experiments to improve the health of patients while managing a military hospital in Scutari, Turkey. she used statistical data to predict better patient outcomes and mortality. she was a pioneer of EBP in nursing, although she didn't have the wealth of research we have today.

Nurses using EBP can standardize care, reduce medical errors, and make a positive difference for patients, communities and the world. EBP offers nurses the opportunity to play an active role in nursing practice with other physicians and health professionals. According to the Nightingale example, it means living and creating better health from the inside out.

 Health is changing, and those who can meet EBP's needs will be able to contribute to this change within themselves. Evidence-based practice, which began with Florence Nightingale in the 1800s and was reinvented, has evolved with the discipline of nursing. Evidence-based practice is essential for undergraduate and graduate nursing education and is a way for nursing to reduce differences in opinion and practice. It is important that RNs actively seek scientific research so that the gap between theory and practice can be continually narrowed. Applying nursing best practices, analyzing and using valid research data, and application of technology are all ways to advance as a good nursing discipline.

 It is unbelievable that Florence Nightingale, the founder of modern nursing, is seen as a culture changer and writer as well as caring for the soldiers who died in the 1800s.

The said "Lady with the lamp" kept careful records of her health, attributing the illness to the injury. Nightingale drew conclusions from this information that had a significant impact on modern medicine, such as linking unhealthy diseases and unhealthy environments to human health. As such, her efforts serve as a prime example of evidence-based practice. Using effective methods to collect, conduct and apply scientific research to improve treatment and patient outcomes is the concept of evidence-based practice. Scientific knowledge is necessary for nurses to bridge the gap between theory and practice. Therefore, it is the process of finding, analyzing and using scientific data and using technological developments to develop nursing as a discipline. Evidence-based nursing practice is part of most nursing programs today

**EXAMPLES OF EVIDENCE BASED PRACTICE IN NURSING:**

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| --- | --- |
| **Practice** | **Evidence** |
| Critical care |
| Reduction of VAP by oral care | * Ventilator – associated pneumonia is defined as pneumonia that occurs 48 hours or more after intubation.
* oral hygiene has been identified as one important weapon in the defense against VAP.
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| Care of CVP with Chlorohexidine | * A chlorhexidine (a good antiseptic for the skin) bath helps reduce bacteria in the middle of blood vessels.
* To prevent infection, the cannula site should be cleaned for at least 30 seconds with an equivalent skin cleanser (0.5% chlorhexidine in 70% alcohol).
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| Hyperbaric oxygen therapy for the adjunctive treatment of traumatic brain injury | * HBOT may reduce the risk of death and improve the final GCS and may reduce patient death and disability.
* HBOT improves oxygen delivery to the injured brain, reduces inflammation associated with low oxygen, and reduces the number of brain cells that eventually die.
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| Miking and stripping is no longer recommended to maintain patency | * This process increases intrapleural pressure and damages pleural tissue.
	+ The new tube has a non-thrombotic mechanism that reduces blood clots.
	+ Use a gentle motion to squeeze-release the chest tube between your fingers as needed to allow water to flow into the tube.
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| Deep breathing and coughing exercises for post – surgical patients. | * Deep breathing and coughing can reduce the risk of pneumonia after surgery. Deep breathing will help deliver more oxygen to the body.
* Coughing and deep breathing clears mucus and allows moist air to enter the airways.
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**SUMMARY:**

To sum up, evidence-based-practice nursing involves continuous professional development and a commitment to lifelong learning nursing must keep abreast of the latest research and clinical practice guidelines to ensure that their practice is informed by the latest research. This requires a commitment, ongoing learning and professional development, including attending conferences, reading scholarly articles, and participating in continuous education programs.

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