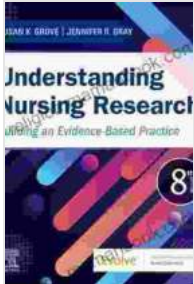


# Building an Evidence-Based Practice: A Comprehensive Guide to Implementing Research-Informed Interventions



## Understanding Nursing Research E-Book: Building an Evidence-Based Practice by Susan K. Grove

★★★★☆ 4.6 out of 5

Language : English  
File size : 63337 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 511 pages



In the field of healthcare, evidence-based practice (EBP) is a systematic approach to providing care that is based on the best available research evidence. EBP involves using research findings to inform decision-making about the care of individual patients or groups of patients.

Building an EBP is a complex process that requires a commitment to ongoing learning and critical thinking. However, the benefits of EBP are well worth the effort. Studies have shown that EBP can improve patient outcomes, reduce costs, and increase patient satisfaction.

## Steps to Building an Evidence-Based Practice

1. **Identify a clinical problem or question.** The first step in building an EBP is to identify a clinical problem or question that you want to

address. This could be a problem that you are seeing in your own practice, or it could be a question that you have about a particular treatment.

2. **Search for evidence.** Once you have identified a clinical problem or question, the next step is to search for evidence to inform your decision-making. This can be done by searching databases like PubMed or Cochrane Library. You can also consult with experts in the field, or read relevant books or articles.
3. **Evaluate the evidence.** Once you have gathered evidence, the next step is to evaluate it. This involves assessing the quality of the evidence and determining whether it is relevant to your clinical problem or question. You should also consider the strength of the evidence, the size of the effect, and the potential for bias.
4. **Apply the evidence to your practice.** Once you have evaluated the evidence, the next step is to apply it to your practice. This involves making changes to your practice based on the evidence. These changes may involve using new treatments, changing your treatment approach, or implementing new policies or procedures.
5. **Evaluate the outcomes of your changes.** Once you have implemented changes to your practice based on the evidence, the next step is to evaluate the outcomes. This involves tracking your patients' progress and assessing whether your changes have had a positive impact.

## **Challenges to Building an Evidence-Based Practice**

There are a number of challenges that you may face when trying to build an EBP.

- **Lack of time.** One of the biggest challenges to building an EBP is lack of time. Healthcare professionals are often very busy, and it can be difficult to find time to search for and evaluate evidence.
- **Lack of access to resources.** Another challenge to building an EBP is lack of access to resources. Healthcare professionals may not have access to databases or other resources that they need to search for and evaluate evidence.
- **Lack of knowledge or skills.** Healthcare professionals may not have the knowledge or skills that they need to search for and evaluate evidence. This can make it difficult to determine the quality of the evidence and to apply it to their practice.
- **Resistance to change.** Healthcare professionals may be resistant to change. They may be reluctant to change their practice based on new evidence, even if the evidence is strong.

Building an EBP is a complex process, but it is one that is essential for providing the best possible care to patients. By following the steps outlined in this article, you can overcome the challenges and build an EBP that will improve the quality of your care and the lives of your patients.



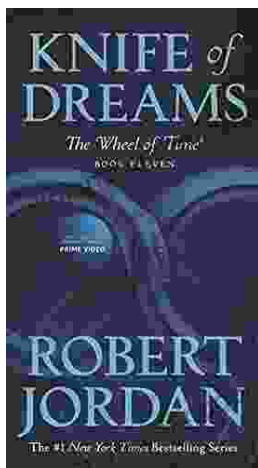
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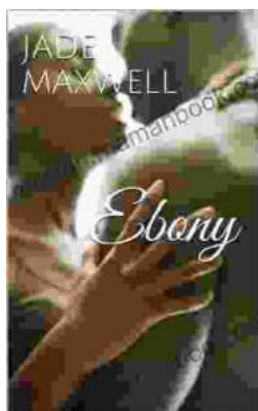
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