

April, 2006

The Nursing Research Committee
Methodist Hospitals

▶ Volume 1, Issue 2

PEER Professionals Evolving Through Education and Research

Watch for.....Evidence-Based Practice (EBP) at Methodist!!

Q.. What is EBP?

A. EBP is a movement that began in the mid 90's and has been gaining steam in the last few years. EBP can help answer practitioners' questions about the best ways to provide patient care. EBP combines research evidence with clinical experience while still taking into consideration available resources and patients' preferences. EBP efforts are flourishing in both medicine and in nursing. Our primary focus is to incorporate EBP into day-to-day nursing care.

Q.. Why do we want to use EBP methods to guide nursing practice?

A. There is great need for rapid dissemination of new knowledge into nursing practice. As you know, patients continue to get sicker, care is becoming more complex, and length of hospital stay grows shorter. Nurses continue to conduct research to find solutions to clinically relevant problems, but there is a lengthy lag time between generating knowledge through research and actually using the knowledge in practice. This lag time actually averages 17 years! We, as nurses, need to be able to access and use research-generated knowledge on a

much more timely basis in order to provide the safest, most effective nursing care possible. EBP is a process that can significantly shorten the time lag between knowledge

generation and knowledge use in practice. As a result, we can be more confident that the care we are giving will be more likely to help our patients achieve desired, high quality outcomes.

Q.. How can EBP help me on a daily basis?

A. How many of you have asked yourself "What is the best way to (fill in the blank) ??? If you have, and you weren't sure how to find an answer, then EBP methods can help. For example there are a wide variety of EBP protocols available to guide you in providing up-to-date nursing care. EBP methods also help you refine your clinical questions and make sense out of the various sources of answers. Through the process of using EBP methods, you can find the answers you need and have the



confidence that the care you are providing is based on sound evidence as opposed to “the way we’ve always done it”.

Q.. How are we going to get started?

A. We are starting a new collaboration between the Nursing Research Committee and recently formed Nursing Performance Improvement Committees. Each of the three Performance Improvement Committees is focusing on a different patient safety concern. The three focus areas include pressure ulcer prevention, patient falls, and medication errors. The Performance Improvement Committees are comprised of nurses and managers from each unit. Additionally, two Research Committee liaisons will serve on the committees.

The Unit nurses will be responsible for evaluating QI data, developing specific questions to pursue, evaluating the clinical feasibility of evidence, and guiding pilots of EBP protocols. The Research Committee liaisons will be responsible for obtaining and

evaluating data and guidelines and taking their findings to the Research Committee for review. The Research Committee will prepare EBP protocols for adoption after the pilots are finished and coordinate the approval process. The Research Committee will also carry out any focused studies as they emerge from the work of the Performance Improvement Committees.

Q. When can I expect to see the pilot get started on my unit?

A.. The teams began meeting in March and hope to start their pilots in June. So watch for some evidence- based practice changes to come to your unit very soon!

Q. What will happen to EBP after the pilots end?

A.. We hope that groups will continue to work together and move on to other areas of concern. These groups hold much potential to have a significant positive impact on patient care at the hospital. We plan to send out frequent newsletters to keep everyone up to date on the committee activities. So stay tuned for more!

