

Empowering Nurses to Use Nursing Research to Support Evidence-based Practice

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BACKGROUND

The largest group of nurses practicing today graduated from associate degree nursing (ADN) programs.

Many associate degree nurses are furthering their education in baccalaureate degree completion programs (RN to BSN programs).

These programs attempt to fill gaps in content between associate degree and baccalaureate degree education.

Typically ADN programs do not include a great deal of information about nursing research and how to use it to support evidence-based practice (EBP).

Accordingly, RN to BSN curricula usually require a nursing research course.

PEER REVIEW GUIDELINES

Review your peer's PICO Worksheet and answer the following questions to provide feedback and recommendations for the final PICO Worksheet draft.

1. Is the concept or issue of interest clearly identified?
2. Does the PICO question include each area (Population, Intervention, Comparison, Outcome)?
3. Has the relevance to nursing been clearly identified?
4. What, if any, other search terms would you recommend?
5. How might this concept or issue of interest pertain to you as a nurse?

EVIDENCE-BASED PRACTICE PROJECT

PURPOSE: This project is designed to improve the learner's knowledge, skill and attitude about the process of research and the development of evidence-based practice.

OBJECTIVES:

1. Learners will be able to understand and apply research findings from nursing and other disciplines in their clinical practice.
2. Learners will be able to develop an EBP question, search for and critically appraise evidence from the research literature, and make recommendations for practice based on the evidence.

THEORY APPLICATION DISCUSSION

Describe basic tenets of a nursing theory that pertains to your PICO question.

Provide an overview of the theory's relationship with the research question.

Explain rationale for choosing the particular theory.

Respond to peer's theory choice with why you agree or disagree with the theory choice.

LEARNING ACTIVITIES

The activities for this project are broken down into several assignments designed to build upon each other.

1. Develop a PICO question in an area of nursing practice of interest to you.
 - A. PICO Worksheet and Search Strategy form
 - B. Peer review and discussion
 - C. Faculty feedback.
2. Literature search for research to help answer the PICO question.
3. Discussion of a nursing theory that applies to the PICO question.
4. Research Concept paper.
5. Present evidence and recommendations for EBP to peers and faculty.
6. Reflection paper.

REFLECTION PAPER THEMES

INCREASED CONFIDENCE IN ABILITY TO CRITICALLY EXAMINE RESEARCH ARTICLES.

ABILITY TO RELATE THE EVIDENCE FOUND TO OWN PRACTICE.

ABILITY TO BRING FORWARD SUGGESTIONS FOR ONGOING PRACTICE IMPROVEMENT SUPPORTED BY STRONG EVIDENCE.

INCREASED UNDERSTANDING OF THE RELATIONSHIP OF EVIDENCE TO NURSING PRACTICE POLICIES AND PROCEDURES.

EXAMPLES OF PICO QUESTIONS RESEARCHED

In acute stroke patients does receiving very early mobilization as compared to delayed mobilization improve stroke outcomes?

Will the use of antimicrobial body washcloths compared to the use of standard washcloths lower the incidence of hospital-acquired infections (HAI)?

For patients treated in the emergency department, does hourly rounding as compared to no hourly rounding increase patient satisfaction?

In adult mental health patients with aggressive behavior, can verbal and pharmacological interventions be better utilized to prevent and/or decrease the incidences of restraint and seclusion?

REFLECTION PAPER EXCERPTS

"Research and evidence-based practice define our scope of practice and help us as nurses provide the safest and best care possible to our patients."

"Becoming comfortable with research allows me to feel confident that I am bringing the newest, most significant evidence for best practice to my unit and hospital."

"I will keep educating myself on current research so that I can keep up with the changes in health care."

"I have become better at critically examining research for use in evidence-based practice."

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