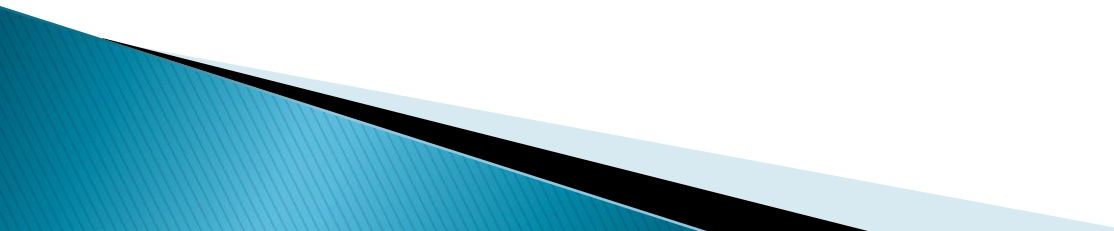


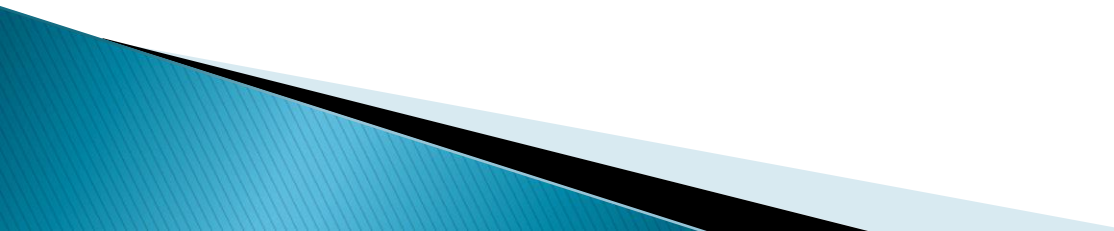
Introduction to Research in Care

Evidence Based Practice (EBP)

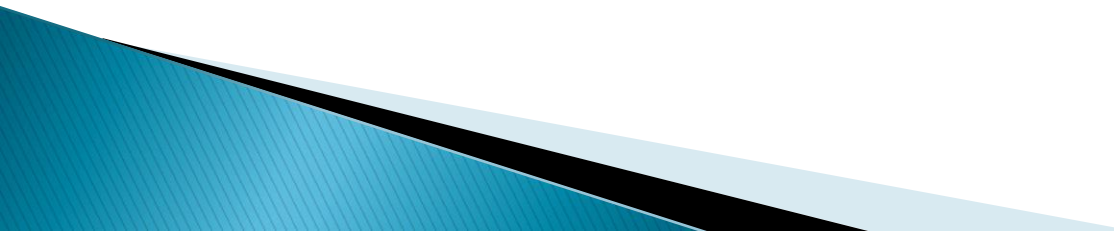
What is EBP?

- ▶ Thoughtful integration of the best available evidence coupled with clinical expertise.
 - ▶ Enables a variety of health practitioners to address healthcare questions with an evaluative and qualitative approach.
 - ▶ Allows practitioners to assess current and past research, clinical guidelines and other information resources to identify relevant literature, while differentiating between high and low quality findings.
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Five Steps to EBP

- ▶ Formulating a well-built question.
 - ▶ Identify articles and other evidence-based resources that answer the question.
 - ▶ Critical appraisal of the evidence to assess validity
 - ▶ Applying evidence.
 - ▶ Re-evaluating application of evidence and areas for improvement.
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Benefits of EBP

- ▶ Thoughtful combination of the best available practice and clinical expertise of all HSC personnel, to ensure high standards of quality care.
 - ▶ Important all HSC staff can make evidence-based decisions about service user care in a focused and time efficient way.
 - ▶ Maintains currency of practitioners' knowledge and supplements clinical judgements, which improve health care standards.
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Further Reading

- ▶ British Medical Journals (2020) *Evidence Based Nursing* [online] Available at: <http://ebn.bmj.com/> (Accessed 25/1/2020)
- ▶ Community Care (2017) *What is Evidence– Based Practice?* Available at: <https://www.communitycare.co.uk/2017/11/10/evidence-based-practice/> (Accessed 25/1/2020)
- ▶ De Brun, C. (2013) *Finding the Evidence: A key step in the information production process. The Information Standard.* Available at: <https://www.england.nhs.uk/wp-content/uploads/2017/02/tis-guide-finding-the-evidence-07nov.pdf> (Accessed 25/1/2020)