

Evidence-based practice is now used in all healthcare organisations. Not only is it being used in all health organisation but many other careers. Evidence-based practice is used to develop new evidence to enhance patient outcomes and ensure that the patient and employees have vital and credible evidence to provide quality care. It is stated by the CIAP (2023) that “The term ‘evidence-based medicine’ was introduced by Gordon Guyatt and his team in 1991 to shift the emphasis in clinical decision-making from ‘intuition, unsystematic clinical experience, and pathophysiologic rationale’ to scientific, clinically relevant research”. In this paper evidence-based practice is the key topic that is discussed and how evidence-based practice is used in nursing and healthcare. This will be followed by a model which is used to support evidence-based practice. By following models this gives the researcher a structure to follow to ensure that the evidence is credible and vital. Lastly this paper will discuss and show examples of how evidence-based practice is used in healthcare settings and how it is important to always use evidence-based practice to ensure the safety of the patient and yourselves.

Evidence based practice plays a key role in today's healthcare organisations. Indeed (2022) explains that all health organisations use evidence-based practice. This is due to evidence-based practice being beneficial to not only nurses but patients, employers, and insurers. As stated by Wilson (2021) evidence-based practice is used to apply or translate research findings in daily patient care and clinical decision making. Dang et al (2022) also agrees and explains that evidence-based practice is a process used to review, analyse, and translate the latest scientific evidence. Majid, S (2011) explains that Evidence-based practice is a method to use scientific proven evidence to deliver a high standard of care to a specific population and for those in a healthcare setting. Evidence-based practice is vital in healthcare settings. As explained by Turner, M (2014) evidence-based practice aims to provide effective care to patients and to improve patient outcomes. He also states that when patients access care, they expect to receive effective care based on the best available evidence. There are different models to help healthcare professionals when using evidence-based practice to ensure that the research is credible and reliable.

University of Michigan (2022) explains one of the models used specifically is the CRAAP model. CRAAP is an acronym for Currency which means the timelines of information. Relevance which means the importance of the information for your needs. Authority which means the source of the information. Accuracy, the reliability, truthfulness, and correctness of the content. Lastly the purpose which means the reason the information exists. CRAAP is used to provide a list of questions to ask when deciding whether a source is reliable and credible enough to use. Turner (2014) suggests that before evidence-based practice employees were relying on older and more knowledgeable colleagues who would provide dated, biased, and incorrect information. Although

evidence-based practice is vital in today's healthcare organisations with many advantages, there are some disadvantages which are also important. McGill (2020) explains some of the advantages to evidence-based practice such as it reduces the risk of harm to patients and employees. It also reduces healthcare costs which makes evidence-based practice cost effective. He also states that evidence-based practice provides a significant amount of new knowledge to individuals using it and enhances critical thinking. Advent health university (2022) also agree that evidence-based practice is cost effective as it lowers healthcare costs, and it improves patient outcomes. Although there are advantages to evidence-based practice Knowles (2021) argues that there can be a shortage of evidence which could cause the evidence to be not credible and it could be difficult to find evidence which is accurate. He also highlights that evidence-based practice takes a significant amount of time to find valid and credible evidence. CIAP (2023) believe that it is important to remember that the best available evidence may differ for each situation as a vast amount of new credible information are constantly being generated. Also, conclusive evidence may not exist for every clinical question.

An example of evidence-based practice in healthcare organisations is hand washing. Jones (2018) explains that healthcare professionals play a key role in helping prevent illnesses by adhering to evidence-based infection control policies. Jones (2018) also states that by adhering to evidence-based infection control policies and practicing correct handwashing it can prevent the spread of infectious diseases. Stone (2001) agrees explaining that hand hygiene is the practice of evidence-based medicine. Mathur (2011) suggests that scientific evidence supports the observation that if properly implemented, hand hygiene alone can significantly reduce the risk of cross-transmission of infection in healthcare. Hand hygiene awareness what heightened during the covid 19 pandemic. As covid 19 was airborne studies and evidence-based research needed to take place. Prescott (2021) explains that from recent studies it was proven that covid 19 mixed with mucus can survive on human skin for 11.09 hours playing a massive role in viral transmission. Reassuringly it was found it could be completely inactivated within 15 seconds by ethanol treatment. It was proven that when hand hygiene was taken place it reduced the viral load by 62.1%.

The purpose of this paper was to discuss evidence-based practice and how evidence-based practice is beneficial for nurses, patients, and employees. It has been proven that evidence-based practice is vital in all healthcare organisations. It also proves that evidence-based practice is key in developing new skills and enhancing patient care. Although evidence-based practice is vital it does come with its disadvantages. It is proven in this paper that advantages outweigh the disadvantages associated with evidence-based practice. It has also been shown that evidence-based research can help with recent changes like COVID19. With analysis evidence-based practice is important for healthcare

organisations but to remember that not all evidence is credible, and some evidence may not exist for every clinical question.

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