



EVIDENCE BASED PRACTICE (EBP)

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What is my aim?

- Demonstrate an understanding of EBP.
- Define EBP.
- Discuss the effect of EBP in a health setting.
- Relate my experience to what I have learnt about EBP?



WHAT IS EBP?

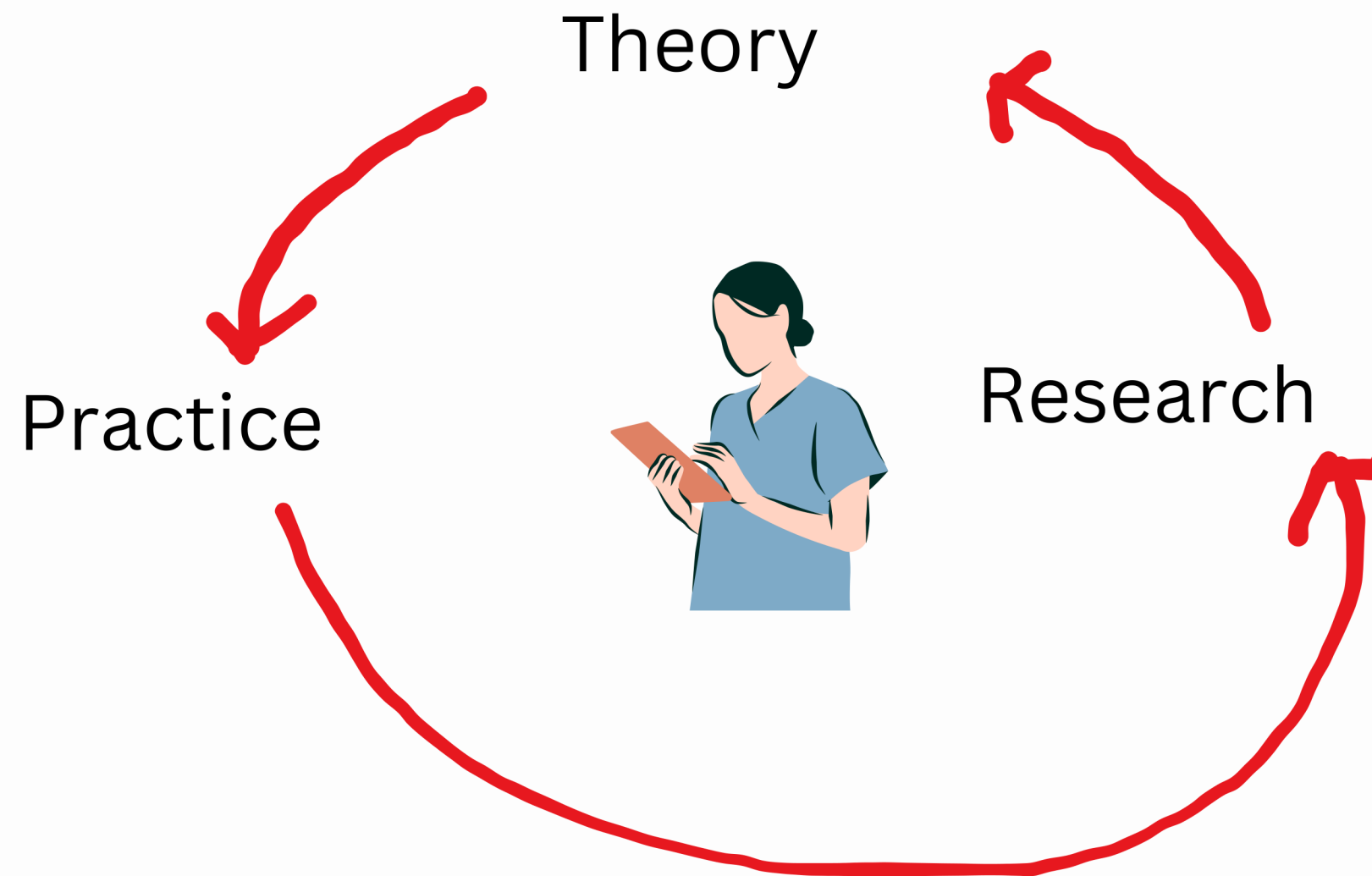
- Plan
- Implement
- Evaluate

PROTOCOLS

PROCEDURES

High quality
Research

Best Evidence



"The Research Culture in nursing has evolved in the last 150 years, beginning with Nightingale's work in the mid-1850s and culminating in the creation of the National Institute of Nursing Research (NINR) at the National Institutes of Health (NIH)" (Gerard., et al 2000).

Qualitative

- expressed in words.
- used to understand concepts, thoughts or experiences.
 - in-depth insights
 - Surveys
 - Questions
 - Subjective

Quantitative

- numbers and graphs.
 - confirm theories and assumptions
 - generalisable facts
 - Prediction
 - Theory testing
 - numerical
 - Intervention testing
 - Objective

HOW HAS EBP EVOLVED?



1970's - 1980's

An expansion in nursing academia, showing changes within the higher education sector. In the 1970's nursing began to appear in the nursing curricula.

1980's - 1990's

Joint clinical EBP identified at unit level (Ashworth and Castledine 1980, Pearson 1983) and publication of research-based policies assessed by nurses at student hospice (Royal Marsden 1984).

1990's - now

In 1990, the first edition of the strategy from *priorities in medical research* by appointing a Director of Research and Development (DRD) as NHS executive (Department of Health 1991a).

introduction of technology
advancement and how it has advanced
research.



WHY IS EBP USEFUL WITHIN A HEALTHCARE SETTING AND WHY I MAY USE IT?



- Nurses rely on best available evidence sourced from a scientific method.
- Can improve a patients well being and use gained knowledge to support the practice.

youtube.com

"Evidence-based practice (EBP) was first mentioned in the literature by Muir-Gray, who defined EBP as ‘an approach to decision-making in which the clinician uses the best available evidence in consultation with the patient to decide upon the option which suits the patient best’ (1997:97)."
(Cullen., 2023).

IS EBP ALWAYS EFFECTIVE?

In short, no.

Nothing is always effective and not everything has a positive influence.

Here are a few examples of where EBP may be exploited:



News + television

Can use information and take it out of context.

Can be conveyed as biased and one sided.

Not always a reliable agency of gaining knowledge.

Media

Tendency to be ill tasted.

Bad reflection on the youth.

Toxic patterns and behaviours.

Internet

Plagiarism.

Broad.

Unreliable.

Orson, J. (2000).

Both forms of EBP is valuable for different reasons.

CONCLUSION?



Quantitative:

- Can base a quicker response
- More generic
- Can be used on basic studies or advance medication in statistics

Qualitative:

- encourages a broader outcome
- can gain a more dynamic result
- can connect psychology and a wider view and more in depth result
- Open questions
- More personal

My view...

ANY QUESTIONS?

THANKYOU



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