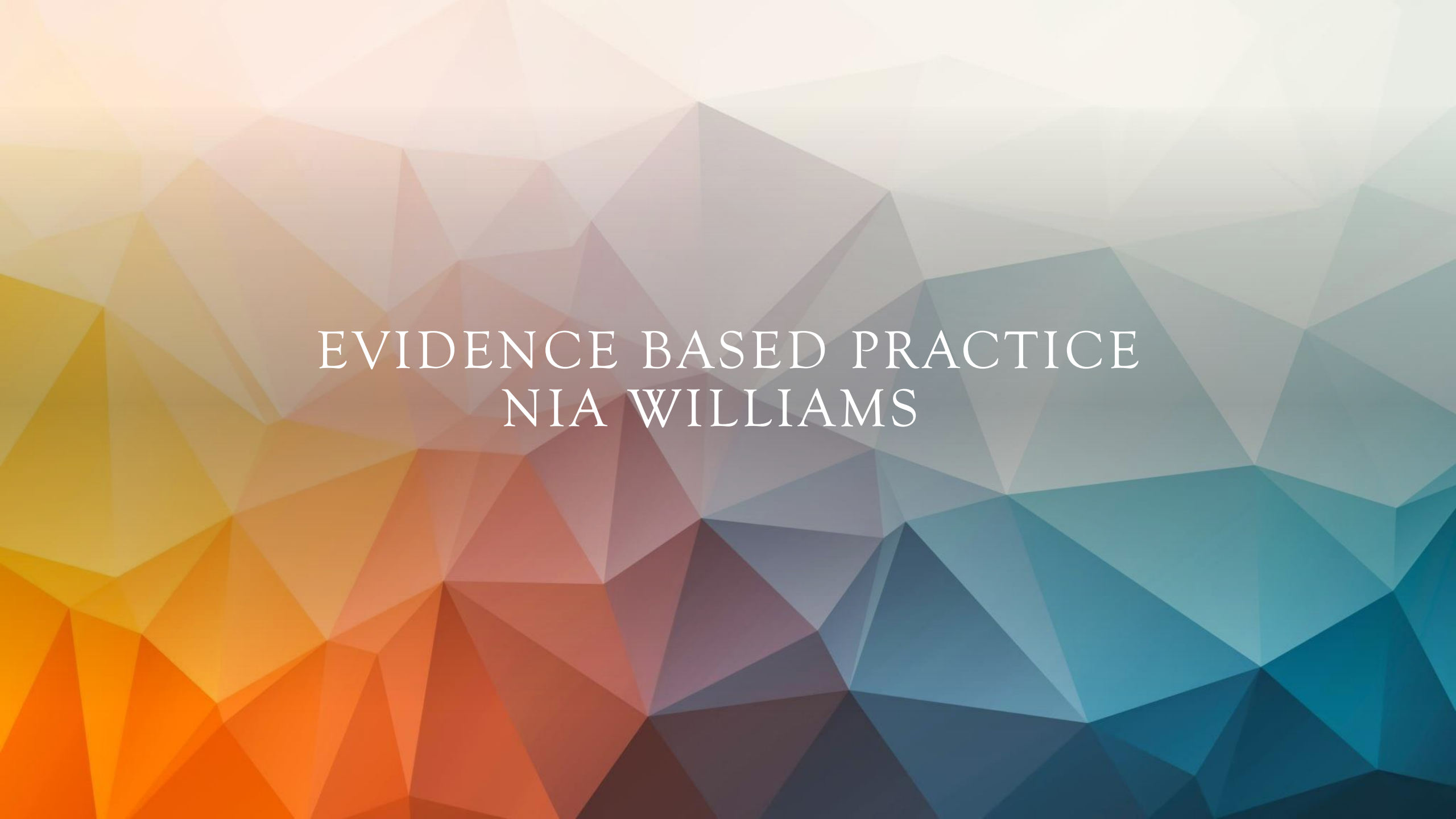


The background is an abstract geometric pattern composed of numerous overlapping triangles. The color gradient transitions from a warm orange on the left to a cool blue on the right, with a neutral greyish-white at the top. The text is centered in the middle of the image.

EVIDENCE BASED PRACTICE NIA WILLIAMS

INTRODUCTION

- What is evidence-based practice?
- Why is evidence-based practice used?
- Advantages and disadvantages
- Who uses evidence-based practice
- My experiences using EBP
- Reference list

WHAT IS EVIDENCE BASED PRACTICE?

- EBP is a process used to review, analyse, and translate the latest scientific evidence. (Dang et al., 2022).
- EBP is a method to use scientific proven evidence to deliver quality health care to a specific population. (Majid, s. 2011)



WHY EVIDENCE-BASED PRACTICE USED.

it aims to provide the most effective care that is available, with the aim of improving patient outcomes.
(Turner, M. 2014)



Before EBP employees were relying on older and more knowledgeable colleagues who would provide dated, biased and incorrect information.



improve patient outcomes and lower healthcare costs. (Adventhealth university, 2022)

ADVANTAGES AND DISADVANTAGES TO EBP

- Reduces the likelihood of harm to patients
 - Cost effective
 - Provides new knowledge
 - Enhances critical thinking
 - Promotes positive treatment outcomes.
- Shortage of evidence
 - Length of time
 - Difficulty of finding valid and credible evidence.

(McGill, 2020)

(Knowles, M. 2021)

WHO USES EVIDENCE- BASED PRACTICE?

All health organisations use
evidence-based practice.
(indeed 2022)

Beneficial to nurses, patients,
employers as it helps achieve:

- better outcomes
- enhanced patient experiences
- reduced healthcare costs
- improved well-being of the care team.

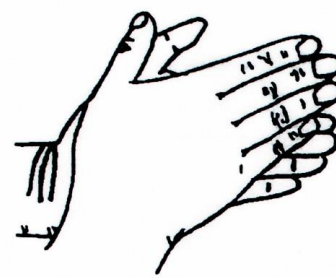
MY EXPERIENCE USING EVIDENCE- BASED PRACTICE

practicing correct handwashing
can prevent the spread of
infections. (Jones, B. 2018)

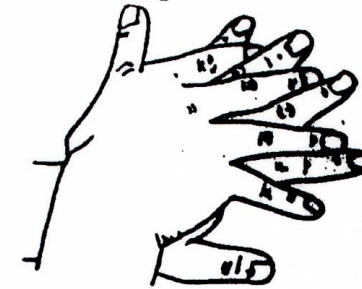
Nurses play a key role in helping
to prevent illness by adhering to
evidence-based infection-control
policies.

Hand hygiene is the practice of
evidence-based medicine. (Stone,
S, 2001)

Hand washing



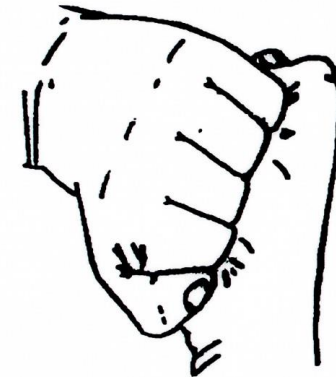
1. Palm to palm



2. Right palm over left dorsum,
left palm over right dorsum.



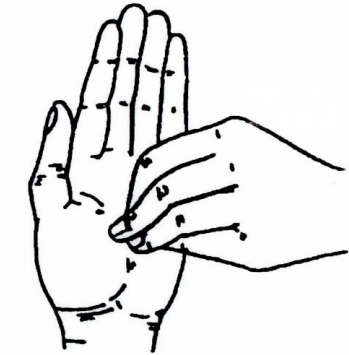
3. Palm to palm, fingers interlaced.



4. Backs of fingers to opposing
palms with fingers interlaced.



5. Rotational rubbing of right thumb
clasped over left palm & left
thumb over right palm.



6. Rotational rubbing backwards
and forwards with clasped
fingers of right hand in palm
of left hand and vice-versa.

Hands and wrists rubbed till end of 10 sec period. The number of strokes in each step is five.

MY EXPERIENCE USING EVIDENCE-BASED PRACTICE

Personal protective equipment (PPE)

Provide physical barriers that prevent the hands, skin, clothing, eyes, nose, and mouth from coming in contact with infectious diseases.

What PPE is used:

- Gloves
- Aprons/gowns
- Masks
- Visors/goggles

Department of health services (2023)

Minimum PPE for general patient triage



Face shield /
Goggles / eye-visors

Surgical mask /
N95 respirator

Isolation gown
(AAMI level 1)



Disposable gloves
as indicated#
#For example,
when presence of
skin lesions or
contact with blood
and body fluids

Recommended PPE for suspected / confirmed novel coronavirus cases



Face shield / Goggles /
Cap

N95 respirator

Isolation gown
(AAMI level 3)



Disposable gloves



ARE THERE ANY QUESTIONS

REFERENCE LIST

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