



WHAT IS EBP?

AND WHY IS IT IMPORTANT?

Based on: Johns Hopkins Nursing Evidence-Based Practice EBP Model and Guidelines, 5th Edition

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Objectives



- Define evidence-based practice (EBP)
- Discuss EBP’s importance and effect in clinical practice
- Differentiate between Quality Improvement, EBP, and Research
- Discuss the drive for EBP
- Explore EBP-related outcomes

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Definition



“...a problem-solving approach to clinical decision-making within a healthcare organization. EBP integrates the best available scientific evidence with the best available experiential evidence and encourages critical thinking in the judicious application of such evidence to the care of individual patients, a patient population, or system.”

Risort, K., Alcorn, J., & Whalen, M. (2025). Johns Hopkins evidence-based practice for nurses and healthcare professionals: Model and guidelines. 5th ed. Sigma Theta Tau International

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Spirit of Inquiry

A clinician motivated by a spirit of inquiry will:

- Raise questions
- Challenge traditional and existing practices
- Seek creative approaches to problem solving

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Clinical Inquiry Examples

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Clinical Inquiry Examples



Will changing an IV dressing more frequently increase or decrease infections?





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Clinical Inquiry Examples



Will changing an IV dressing more frequently increase or decrease infections?



Will using a manufactured nasogastric tube holder decrease nasal skin breakdown compared to the traditional tape method?



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Clinical Inquiry Examples



Will changing an IV dressing more frequently increase or decrease infections?



Will using a manufactured nasogastric tube holder decrease nasal skin breakdown compared to the traditional tape method?



How can we decrease pain and bruising with Heparin injections?

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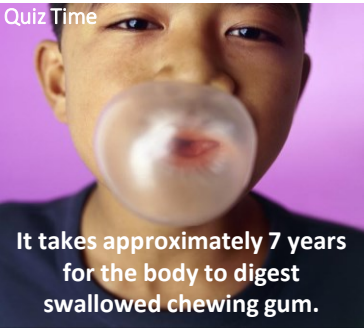
Asking the Right Questions



- Why am I doing a treatment this way?
- Is there any evidence to support this practice?
- Can an intervention be done more cost-effectively and efficiently?
- Can we improve patient or nurse satisfaction?

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Quiz Time



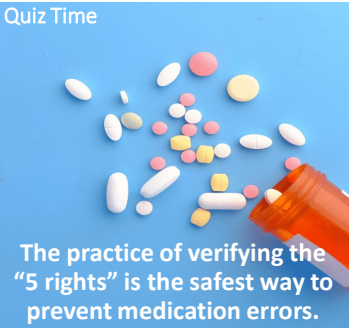
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Quiz Time



- ☒ TRUE
- ☐ FALSE

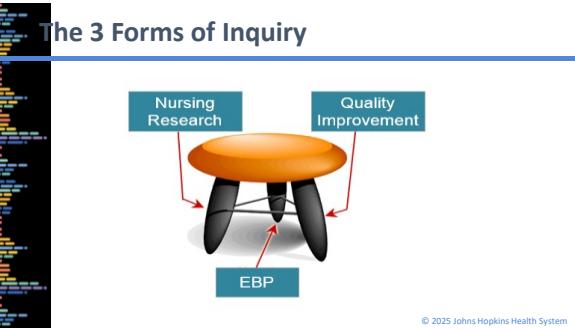
Quiz Time

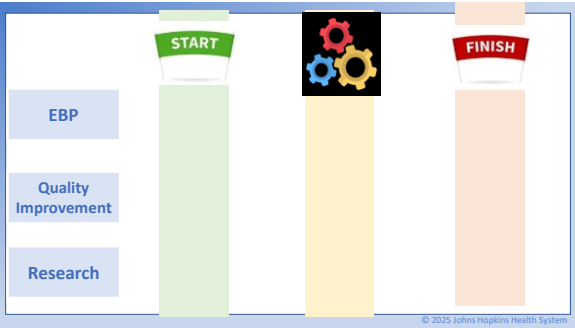


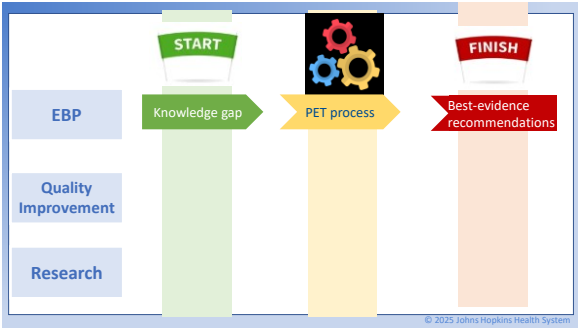
The practice of verifying the “5 rights” is the safest way to prevent medication errors.

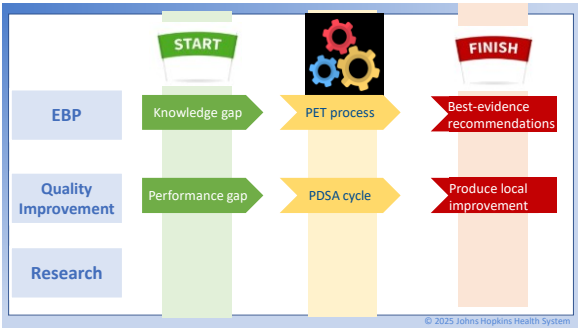
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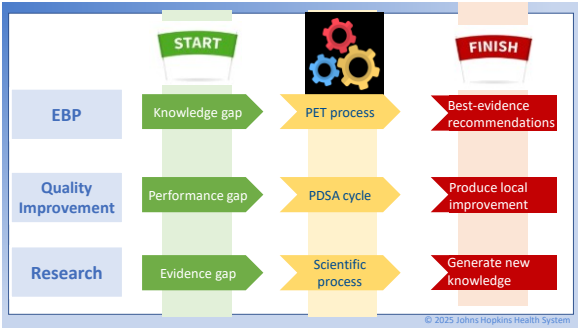
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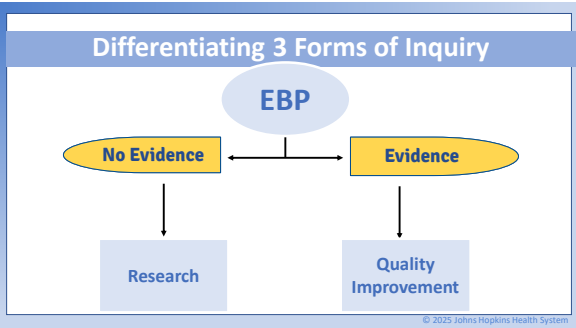












Problem: Patient Falls

- The elderly are hospitalized five times more often for fall-related injuries than any other injury.
- Falls lead to increased costs from hospital admissions and extended stays.
- Falls cost Americans about \$100 billion every year

Evidence-Based Practice

The diagram shows the five steps of the Evidence-Based Practice (EBP) process. A central pink circle labeled 'EBP PROJECT' is connected to five numbered steps: 1. CREATE A QUESTION (pink), 2. GO TO EVIDENCE (purple), 3. IDENTIFY BEST PRACTICE (blue), 4. TRANSLATE THE EVIDENCE (orange), and 5. DISSEMINATE FINDINGS (green). To the left, a blue box contains the question: 'What are the best practices to prevent falls in elderly inpatients?'. To the right, there is an image of a person's legs in a hospital gown and yellow socks. A small copyright notice '© 2025 Johns Hopkins Health System' is at the bottom right.

Quality Improvement

W

MISSION YELLOW SOCKS

COLLECT DATA ON FALL RATES

IMPLEMENT YELLOW SOCKS

TRACK DATA

Ensure interventions decrease fall rates

Are par levels and sizes easily accessible?

Nursing Research

Is there something better?

Is there something...

↓

New Innovative Novel



Nursing Research

What effect will a smart bracelet have on patient fall rates?

Define research problem

Review the literature

Formulate hypothesis

Prepare research design

Writing the Report

Interpretation of Results

Data Analysis

Collect data

Critique and Publication

Application Results



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of Inquiry Summary

EBP

What does the evidence tell us?

Quality Improvement

We know it works, let's make it work for us.

Nursing Research

There's not enough evidence, let's try something new.

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NAME THAT INQUIRY

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Name That Inquiry

Nurse Olivia noticed that the discharge process of their labor and delivery patients usually experience obstacles and delays. They want to streamline the discharge process to make it smoother, more time efficient, and a better experience for their patients.

Quality Improvement

EBP

Nursing Research



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10

Name That Inquiry



During Nurse Jason’s orientation to the operating room, his preceptor taught him that OR nurses should not use a patient’s central line if it is in place for chemotherapy. He wonders if what evidence exists to support this practice.

Quality Improvement

EBP

Nursing Research

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Name That Inquiry

Nurse Melanie is curious how the pandemic has affected the lived experiences of new graduate nurses who had shortened clinical rotations in school. They would like to explore the perceptions of these nurses, as well as their managers regarding their readiness for clinical practice.



Quality Improvement

EBP

Nursing Research

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New knowledge

Cost

Accreditation

Information

Consumers

Ethics

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New knowledge

Cost

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Evidence is generated faster than it is implemented.



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New knowledge

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Many health plans apply evidence-based approaches to coverage decisions.



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New knowledge

Cost

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Organizations are expected to demonstrate not only the use of EBP, but also the active involvement of nurses in developing, implementing, and evaluating policies and procedures.



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New knowledge

Cost

Accreditation

Information

Consumers

Ethics

Scientific knowledge is growing at an unprecedented rate.

of Publications related to big data in healthcare

Year	# of Publications
2000	10
2001	15
2002	20
2003	25
2004	30
2005	35
2006	40
2007	45
2008	50
2009	55
2010	60
2011	70
2012	85
2013	100
2014	120
2015	150
2016	180
2017	220
2018	250

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New knowledge

Cost

Accreditation

Information

Consumers

Ethics

As health information becomes more accessible, patients are increasingly empowered to participate in decisions about their care and treatment options.

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New knowledge

Cost

Accreditation

Information

Consumers

Ethics

Providing safe, high-quality care requires a commitment to making decisions that are informed, evidence-based, and aligned with best practices.

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New knowledge

Cost

Accreditation

Information

Consumers

Ethics

Evidence-based practice is one of the best strategies to enable clinicians to stay informed.



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The Effects of an EBP Culture

Incorporates evidence into standards of care

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Standards of care guide nursing practice

↓

Reduces Practice Variation

Increases Autonomy

↑

Clinical knowledge increases freedom to act

↑

Increases clinical knowledge

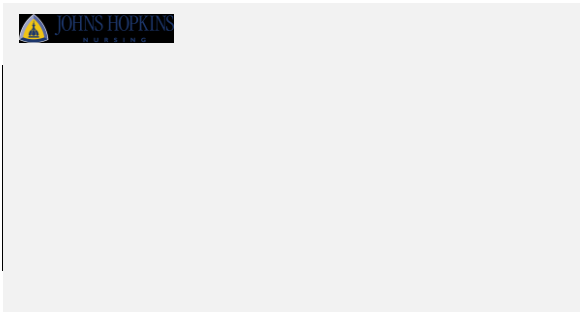
Reinforce, R.P. (2006); Kramer et al., (2005)

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Summary

- There is a **critical need** for practice **based on evidence** to **guide decision-making**.
- EBP **creates a culture of critical thinking** and ongoing learning and is the foundation for an environment in which **evidence supports decisions**.
- EBP **reduces variation in practice** and **makes it easier** for clinician to do their job.

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