



HLC Accreditation 2016-2017

## **Evidence Document**

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Academic Affairs

University Libraries

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## **Evidence-Based Practice Guide and Modules**

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**Additional information:**

# Evidence-Based Practice Guide & Modules

## **What is Evidence-Based Practice?**

Evidence-based practice (EBP) is a way of approaching decision making about clinical issues. It is more than just the EBP process - it is a worldview. The decision must be made with the best knowledge possible from science and from practice (for example, quality improvement or core measures data) as it is interpreted by a clinician (with that person's expertise, experience, life knowledge and intuition completely integrated into the interpretation) who fully collaborates with the patient, valuing what he/she wants as the outcome for this decision and why. Patient preferences, as they are called, sometimes change when clinicians explain the science as interpreted through their expertise - we call these informed patient preferences. This enables the best outcome to be achieved for that patient.

*Source:* Melnyk, B.M., & Fineout-Overholt, E. (2011). Evidence-based practice in nursing & healthcare. A Guide to best practice (2<sup>nd</sup> ed.). Philadelphia, PA: Lippincott, Williams & Wilkins.

## **EBP Research Portal Goals**

- Train professional students to quickly access evidence during their clinical work.
- Introduce College of Health Professions students to concepts related to information literacy and lifelong learning, including the skills needed for finding information efficiently, selecting relevant information sources, evaluating information for authority and credibility, and using information for a specific purpose.
- Provide CHP students with online, self-paced instructional resources for improving research skills.
- Through this portal, engage students in information literacy practices, and collaboration with a librarian provides links to research materials, assessment of information literacy learning outcomes, and support in the students' research process.

*The portal was created as a collaborative effort between the Wichita State University College of Health Professions and University Libraries.*

## Evidence Based Modules (From the EBP LibGuide:

Library / LibGuides / College of Health Professions Evidence Based Practice Portal / Citing Sources

College of Health Professions Evidence Based Practice Portal

An interprofessional research portal for students in the Wichita State University College of Health Professions.

Overview of the 5 A's of Evidence Based Practice

ASK

ACQUIRE

APPRAISE

APPLY

ASSESS & ADJUST

### Welcome

This portal is designed to take you through the steps to become competent in the process of Evidence Based Practice (EBP). The modules in this guide are organized into the 5 A's of EBP. You will find additional modules on other research tools for CHP students and information literacy concepts such as citing sources and avoiding plagiarism.

*Hover your cursor over each of the  
5 A's to discover the definitions!*



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### PICO

PICO is a mnemonic that helps you remember what questions to ask in a clinical setting.

P - patient problem or population

I - intervention

C - comparison

O - outcomes

These resources have more information on PICO:

- [Asking good questions](#) - a breakdown of each part
- [The Well-Built Clinical Question](#) - from Duke University
- [Creating Answerable Clinical Questions](#) - tips for forming your question
- [Forming Focused Questions with PICO](#) - an interactive tutorial based on different specialities

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#### Questions to Ask Yourself

##### Diagnosis

- Is the test affordable, accurate, and available in my hospital?
- Can I estimate the pretest probability of the disease in question?
- Will the posttest probability affect my management?

##### Therapy

- Is my patient so different from those in the study group that the results cannot be applied?
- According to the study results, how much would my patient benefit from the treatment?

##### Harm

- Can the study results be applied to my patient?
- What is my patient's risk for adverse effects?
- Are there alternative therapies?

##### Prognosis

- Is my patient similar to the patients in the study group?
- How will the evidence influence my choice of treatment?

#### How can I apply the results to patient care?

##### Were all patient-important outcomes considered?

Did the review omit outcomes that could change decisions?

##### Are any postulated subgroup effects credible?

Were subgroup differences postulated before data analysis?

Were subgroup differences consistent across studies?

##### What is the overall quality of the evidence?

Were prevailing study design, size, and conduct reflected in a summary of the quality of evidence?

##### Are the benefits worth the costs and potential risks?

Does the cumulative effect size cross a test or therapeutic threshold?

### Resources:

#### Clinical Databases

These databases are freely available and can be used in clinical settings. **They can also be used after graduation.**

- [PubMed](#) - Citations, abstracts, and some full-text from thousands of biomedical journals published worldwide in the fields of medicine, nursing, dentistry, veterinary medicine, health care systems, and preclinical sciences. Using this link to PubMed will provide links to WSU Library subscribed full text resources.
- [TRIP](#) - An Internet search engine for evidence-based sources of systematic reviews, practice guidelines, and critically-appraised topics and articles (full-text may or may not be provided).
- [National Guideline Clearinghouse](#) - Provides access to the latest clinical practice guidelines that are based on scientific evidence.

#### Subscription Library Databases

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- [UpToDate](#) - Evidence-based resource for medical knowledge at the point of care. In addition to being an aggregation and report of the latest research; UpToDate presents a comprehensive synthesis of the evidence, followed by recommendations that can be acted on at the point of care. It includes medical calculators, patient education materials, clinical content, and more.
- [CINAHL Complete](#) - Provides indexing for more than 5,300 journals from the fields of nursing and allied health and contains records dating back to 1937. It covers the areas of nursing, biomedicine, health sciences librarianship, alternative/complementary medicine, consumer health and 17 allied health disciplines. In addition, this database offers access to health care books, nursing dissertations, selected conference proceedings, standards of practice, educational software, audiovisuals and book chapters.

- [Google Scholar](#) - Provides access to scholarly sources across many disciplines including articles, theses, books, etc. from a variety of publishers, professional societies, online repositories, universities and other web sites. Links to full-text when available.
- [Cochrane Library](#) - Collection of databases that contain high-quality, independent evidence to inform healthcare decision-making. Includes systematic reviews, methods, studies, technology assessments, economic evaluations, and individual clinical trials as well as [Cochrane Library tutorials](#)

## Books

Schmidt, N.A., & Brown, J. M. (Eds). (2009). *Evidence-based practice for nurses: Appraisal and application of research*. Sudbury, MA: Jones and Bartlett Publishers.

Craig, J.V., & Smyth, R.L. (Eds). (2007). *The evidence-based practice manual for nurses*. New York : Churchill Livingstone.

Mallcoh, K., & Porter-O'Grady, T. (Eds.). (2010). *Introduction to evidence-based practice in nursing and health care*. Sudbury, MA : Jones and Bartlett

Newell, R., & Burnard, P. (2011). *Research for evidence-based practice in healthcare*. Ames, IA: Wiley-Blackwell.

Bick, D. & Graham, I. D. (Eds.), (2010). *Evaluating the impact of implementing evidence-based practice*. Ames, IA : Wiley-Blackwell.

## **EBP Guide Usage Statistics, Aug 2013-May 2014:**

