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## Evidence-based Nursing Practice: Making Progress and Making a Difference Presentation

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# Evidence Based Nursing Practice

## Making Progress and Making a Difference

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# Evidence-Based Nursing

What is evidence-based nursing?



“Evidence based nursing is the process by which nurses make clinical decisions using the best available research evidence, their clinical expertise, and patient preferences.”

Source: University of Minnesota:<http://www.evidence.ahc.unm.edu/ebn.htm>



# Making Progress & Making a Difference

With the promotion of evidence-based practice, nurses individually and collectively are asking critical questions of clinical practice.



# Making Progress....

Evidence-based nursing practice is essential to the development and advancement of nursing science, nursing knowledge, and improved patient outcomes.



# Making Progress ....

- ICN nurses developed an evidence-based infant feeding protocol [data collection is ongoing to monitor outcomes].
- All clinical pathways based on research, evidence and/or best practice.



# Making Progress....

- Changes in protocol across all units related to pain management [evidence-based approach led by Margo McCaffery].
- Revisions have been made to Clinical Ladder [based on the Goodrich & Ward study]



# Making Progress....

- Lynchburg General Hospital was the winner of 2005 Improvement of the Year Award.
- Centra nurses have presented at national conferences and have published in peer-reviewed journals



# Making Progress....

“This [EBNP] is what we all need to be doing, if we don’t, we’re just handmaidens and technicians” [Centra Health RN]

# Making Progress....

“Evidence-based practice is important to our profession, practice, and most important, to ensure quality and appropriate nursing care” [Centra Health RN]

# Making Progress....

*“Not only is EBNP reported to improve patient outcomes by 28%, but environments that implement EBNP promote critical thinking in care delivery and autonomy in nursing practice”* [Turkel & May, 2005].



# Trends/Issues

Move toward more of a global nursing community

Access to both national and international studies

Increased nursing involvement in clinical trials and research protocols



# Trends/Issues....

Nurses as knowledge gatherers as well as knowledge generators

A myriad of studies across specialties have been done relative to EBN and improved patient outcomes

Nurse researchers continue to develop and add to a unique body of nursing knowledge



# Trends/Issues....

EBN is becoming a more visible part of the universal nursing environment (Kitson 2004).



# Challenge.....

Our patients are depending on us to provide them with the best evidence-based nursing care possible as we meet the challenges of the 21<sup>st</sup> century.

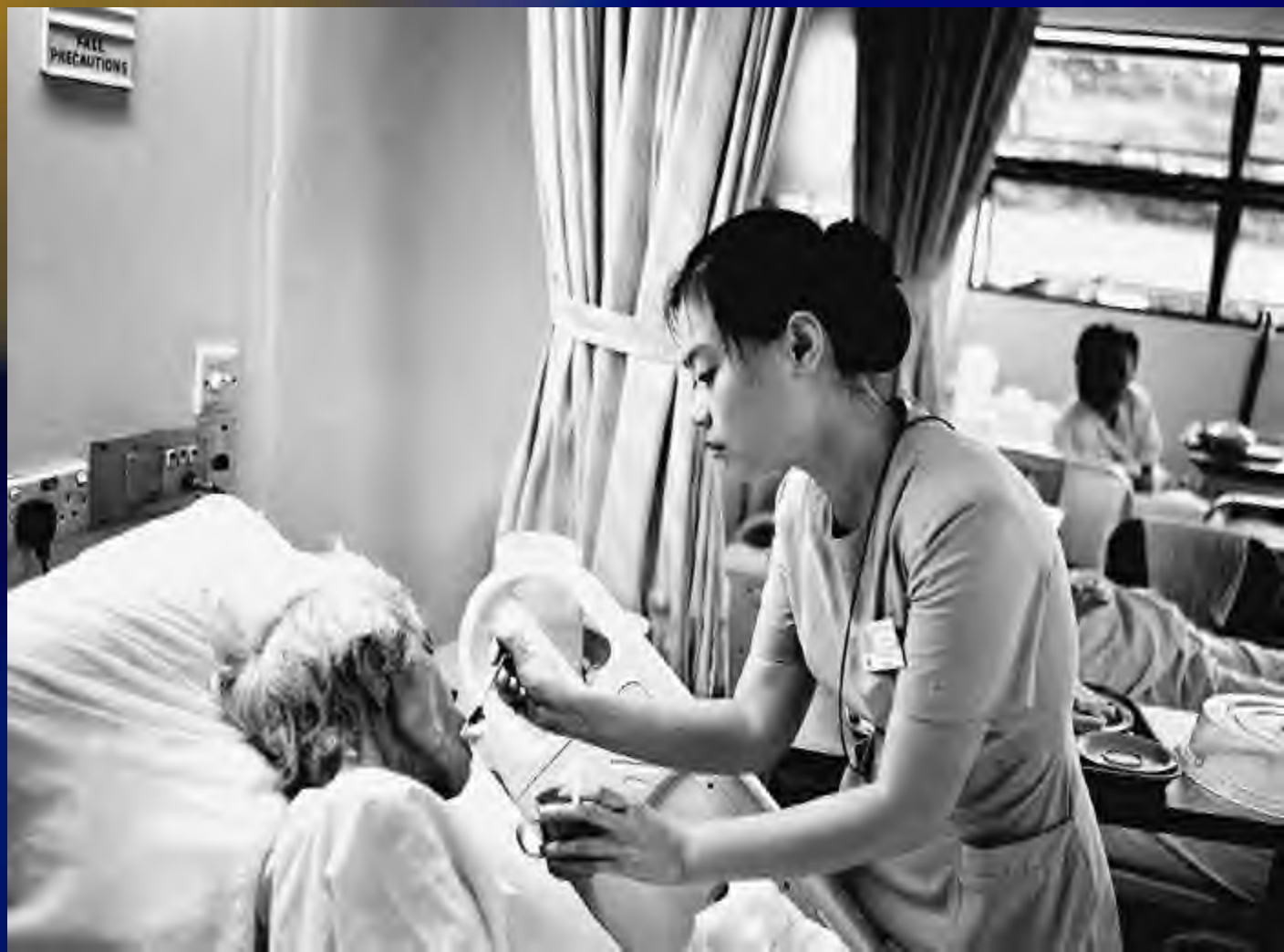
# Remembering Our Past....





# The legacy of caring continues





Providing evidence-based  
nursing care, one nurse at a  
time.....



Asking questions,  
seeking answers  
that lead to  
better patient  
outcomes – part  
of our day-to-day  
practice

Let's celebrate who we are, what we've accomplished, and what we will accomplish in the future. The journey continues.....