

Evidence-Based Practice (EBP) Toolkit January 2014
EBP/Research Council

I / We want to do an Evidence-Based Practice Project How to Get Started?

THINGS TO CONSIDER

Take the Lead

- Who is going to lead this project? Project Lead keeps on track and resolves problems.
- Do you have participants?
- Do you have leadership support?
- Is it a priority/goal for your unit or the organization?

FORMULATE YOUR EBP QUESTION

Use PICO. Example below:

- P:** Who is the patient or what is the clinical issue?
- Patients receiving Cardiac Catheterization in catheterization lab
- I:** What main intervention are you considering?
- Applying transparent dressing post procedure
- C:** Compare Intervention: What is the main alternative compare with the intervention?
- Are vascular complications rates maintained below benchmark as compared to bulky pressure dressings?
 - Do patients have less complications of skin?
- O:** What is the expected outcome?
- Improved patient satisfaction
 - Reduction in skin complications
 - Vascular complications maintained below benchmark rate of 0.9

If you want to view some articles about PICO click these:

<http://huntingtonhospital.libguides.com/loader.php?type=d&id=561683>

<http://huntingtonhospital.libguides.com/loader.php?type=d&id=561679>

<http://huntingtonhospital.libguides.com/loader.php?type=d&id=561696>

FORMULATE YOUR EBP PROJECT:

[Use the Evidenced Based Practice Tracking Tool](#), which is based on the **IOWA Model of EBP** and located on SharePoint. You MUST log in as yourself to start entering project information in the tracking tool. This will enable you to edit and add information to your project in the future.

You and/or your team may need advice, guidance, or consultation to complete the plan.

Use the “IOWA Model project plan” form as a guide to organizing your project. This will help keep you on track as you work through the EBP process.

<http://huntingtonhospital.libguides.com/loader.php?type=d&id=914023>

Contact the EBP/NRC Council for assistance:

EBPResearchCouncil@huntingtonhospital.com

The plan starts with identifying your practice issue or problem? You have formulated your question using PICO; now develop your practice change by using the steps of the IOWA model:

Locate IOWA Model resources on the Nursing Research Center located on SharePoint! <http://huntingtonhospital.libguides.com/content.php?pid=385960&sid=3163066>

Also use the following link:

IOWA Model Educational PowerPoint presentation:

<http://huntingtonhospital.libguides.com/loader.php?type=d&id=846533>

1. Identify the Trigger: Ask yourself:

What triggers the need for change? Is it practice or knowledge related? Obtain background data related to problem. What is your source? Are there benchmarks? What triggers the need for change? Is it practice or knowledge related? Obtain background data related to problem. What is your source? Are there benchmarks?

Also take this time to determine your measurable outcome!

2. Determine if the Problem is an Organizational Priority:

Contact the EBP/NRC council for help if needed:
EBPResearchCouncil@huntingtonhospital.com

3. Form a Multidisciplinary Team:

Form a team of colleagues that share interest in creating the change

4. Assemble Relevant Research:

Utilize library resources or perform your own literature search. If you have a well formulated question and variables, you don't need to search yourself, you can ask the librarian for help.

<http://huntingtonhospital.libguides.com/home>

To make an appointment to receive assistance in doing your literature review
http://huntingtonhospital.libguides.com/survey.php?survey_id=6284

5. Synthesize Best Evidence:

Critique and rate the evidence using the Forsyth Nurse Scale and Glossary for evidence rating: <http://huntingtonhospital.libguides.com/loader.php?type=d&id=913994>

Summarize the quality using Research Article Summary Template:
<http://huntingtonhospital.libguides.com/loader.php?type=d&id=913997>

6. Determine if there is a Sufficient Research Base

If **No**, then go back and review other topics/evidence or conduct research.
If **Yes**, then pilot the evidence-based change in your practice.

7. **Pilot the Change:**

Use EBP guidelines based on your research to design your practice change. Develop an action plan with a timeframe and state your measurable outcome. The following link will provide resources to help you develop your implementation action plan:

<http://huntingtonhospital.libguides.com/loader.php?type=d&id=914021>

At this time, you and/or your team must present your EBP project plan to the EBP/NRC Council. Continue updating information in the EBP Project Tracking Tool.

8. **Determine if the Change is Appropriate for Practice:**

Where the results of the pilot positive? Is it feasible to implement as a permanent practice change?

Ask yourself: Will nurses be able to handle any extra workload? Do the benefits gained from the project justify the costs?

9. **Implement and Monitor:**

If you answered **No** to those questions, then continue to look for evidence-based methods to improve practice and gain knowledge

If you answered **Yes**, then expand the pilot and institute the change into practice

To maintain change remember to periodically assess the desired outcomes (determined in step 1) and make sure those affected understand and follow the implemented practice change.

10. **Disseminate Results:**

Share your work and results with other professionals!

Check out the Abstract Writing and Poster Design Workshop at:

<http://huntingtonhospital.libguides.com/loader.php?type=d&id=604288>

To answer any questions or tie up loose ends, contact:

EBPResearchCouncil@huntingtonhospital.com

Now you can update your finished project information in the EBP tracking tool