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## Evidence Based Practice

- Evidence-based practice is the explicit use of current best evidence, from research, to make nursing practice decisions.
- For hospitals, reimbursement is based on Medicaid and Medicare compliance with evidence-based practice.

## EBP Process

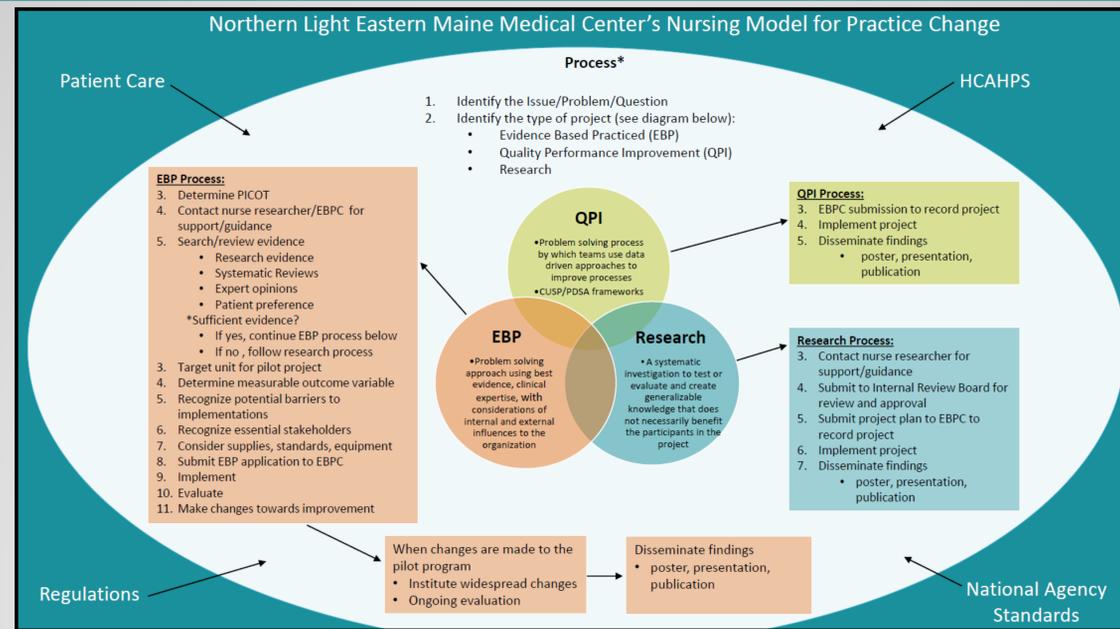
1. Develop a PICOT question
2. Review current evidence and existing research
3. Determine cohort for change
4. Determine measurable variables/outcomes
5. Identify study limitations
6. Recognize affected parties (Hospital staff, patients)
7. Consider necessary supplies and resources
8. Submit EBP application
9. Implement
10. Evaluate findings
11. Implement changes for improvement

## Why EBP?



**EBP** allows Northern Light to utilize the most up to date information to implement changes to allow for safe and quality care for our patients

## NLEMMC Model for Practice Change



## Research



**Research** provides “a significant body of knowledge to advance nursing practice, shape health policy, and impact the health of people in all countries”

## Quality Improvement (CUSP)

# of Staff Participating on CUSP Teams	191
# of Roles/Departments Participating on CUSP Teams	18
# Who Completed CUSP Facilitator/Champion Training	31
# of Quick Wins or Projects Completed	28
# of Quick Wins or Projects Currently in Progress	26

**CUSP** is a unit-based safety culture program that is designed to:

- Educate and improve awareness about patient safety and quality of care
- Empower staff to take charge and improve safety in their workplace
- Create hospital/unit partnerships designed to improve culture and better allocate resources
- Provide tools to identify and learn from defects with a goal of implementing positive change

## Integrating the Processes

**Evidence-based practice is a fluid process that is designed to improve patient care and outcomes through:**

- Acknowledging areas of needed improvement within the hospital or with current practice
- Defining a PICOT question that aligns with an EBP model and establishes a measurable goal
- Using the PICOT question to guide research through professional peer-reviewed sources
- Integrating research findings into a structured format for professional practice review
- Converting research into implemented strategies to drive patient-focused, science-driven care
- Utilizing Quality Improvement measures (e.g., CUSP) to continually review, identify, and improve practice at the unit, hospital, and system levels on an ongoing basis

## Conclusion

- Healthcare is a continuously evolving field that requires the frequent application of current evidence-based research to ensure the provision of high-quality care
- Research and quality improvement serve as revolving cycles centered around the delivery of evidence-based nursing care