**Evidence Base Practice (EBP)**

**Introduction**

Evidence Base Practice is a key method used by contemporary nurses, concentrating on fusing the best available data, clinical experience, and patient preferences to provide high-quality care. EBP refers to the methodical and deliberate application of the most recent, strongest evidence in guiding healthcare decisions. By ensuring that treatments are supported by solid evidence, EBP improves nursing practise, resulting in better patient outcomes and the growth of the nursing profession. The main goal of Evidence Base Nursing is to provide a high quality and cost-efficient nursing care.

**Definitions**

Evidence-based practice is the conscious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients.

-Sackett, 1996

Evidence-based practice is a problem-solving approach to the delivery of health care that integrates the best evidence from studies and patient care data with clinician expertise and patient preferences and values.

- Fineout-Overholt E, 2010

**Scope of Evidence-Based Practise In nursing**

Evidence-Based Practise (EBP) includes the following activities in addition to assisting with patient care decisions:

* Identifying knowledge gaps
* Finding scientifically assessed knowledge
* Condensing the evidence to support clinical competence

**Steps in EBP**

***1. Develop a query that can be answered.***

Asking thoughtful, clinical questions is one of the key abilities needed for EBP. You may narrowly concentrate your attention on what matters by creating a question that can be answered. Typically, patient contacts result in inquiries concerning the diagnosis, treatment, prognosis, or aetiology, which in turn prompts these queries.

***2. Find the most convincing evidence.***

Finding the pertinent evidence is the second stage. In this step, you'll identify the search terms that will be contained in the carefully crafted question you created in step one, choose the resources you'll use for your search, such as PubMed and the Cochrane Library, and create an effective search strategy using a combination of MESH terms and the search parameters.

***3. Consider the evidence.***

Critical analysis skills are crucial so that you can further weed out research that could appear intriguing but are unreliable. Use a straightforward technique for critical evaluation to respond to these inquiries: What issue was covered by the study? The techniques worked? What are the outcomes? How do the findings affect your practise?

***4. Put the data into practise***

The best available data, your clinical knowledge, and the values of your patients can then be combined to make specific treatment judgements. Then, these clinical choices should be made in your practise, which may then be supported by the available data.

***5. Evaluate the results***

Evaluating your decision's efficacy and effectiveness in relation to your patient is the last phase in the process. Was the new knowledge effectively applied? Should the new information still be used in practise? The next time a decision-making issue is posed, how may any of the five clinical decision-making procedures possibly be made better?

**The significance of evidence-based nursing practise**

Given its potential to improve patient care, EBP has grown in importance within the nursing profession. Nurses may provide interventions that are efficient, safe, and specific to the requirements of each patient by relying on research results and clinical data. EBP supports nurses in avoiding antiquated or inefficient procedures, improving patient outcomes and lowering adverse occurrences.

A comprehensive study by Melnyk and Fineout-Overholt (2018) found that adopting EBP principles results in fewer medical mistakes, shorter hospital stays, and higher patient satisfaction in healthcare organisations. By reducing pointless procedures and treatments, EBP also supports the provision of care that is cost-effective.

**Patient outcomes and evidence-based practise:**

The favourable effects of EBP on patient outcomes across a range of healthcare settings have been demonstrated in several research. For instance, Pronovost et al.'s (2006) randomised controlled trial showed that using evidence-based methods for central line insertion significantly decreased the risk of central line-associated bloodstream infections by 66%.

Similar to this, Sibbald et al.'s (2018) meta-analysis found that using the best available information to guide wound care practises dramatically increased healing rates and decreased complications in patients with chronic wounds. Such research underlines the real advantages of EBP in improving patient outcomes.

**Research Evidence Integration into Nursing Practise:**

The incorporation of research evidence into nursing practise is crucial. Continuous professional growth and education are crucial for achieving this. The most recent research results should be kept up to date, and nurses should attend seminars and take part in evidence-based training programmes. Support from the organisation is essential in encouraging EBP among nurses. Healthcare organisations may create specialised EBP committees, give nurses access to reliable information, and reward them for actively participating in EBIs.

**Implementation challenges for evidence-based practise:**

While EBP has many benefits, putting it into practise may be difficult.

1. Unresponsive to modifications in nursing practise.

2. The constraints of time, workload, and conflicting priorities.

3. A lack of programmes for continued education.

4. Insufficient administrative support, a lack of professional coworker support, and a lack of faith in the research sector.

5. Lack of expertise in critical evaluation and research methodology.

6. There is an abundance of material in the literature that occasionally contradicts the results of study, which causes practitioners to become confused.

7. Research is lacking in several fields.

8. Nurses lack autonomy when implementing more recent initiatives.

Time restrictions have been recognised as a major impediment to EBP adoption among nurses in a research by Stokke et al. (2014). Leadership support, sufficient resource allocation, and a collaborative work environment that promotes EBP integration are necessary for removing these hurdles.

**Conclusion:**

Modern nursing is built on evidence-based practise, which has led to advances in patient care and outcomes. Nurses may improve patient outcomes, lower adverse events, and offer cost-effective care by using the best research-based evidence to their daily work. Nurses require continuing training, organisational support, and a willingness to change in order to effectively adopt EBP. The nursing field may develop and have a good influence on patients' well-being if it is committed to EBP principles.

**References:**

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