# Evidence-Based Practice, Quality Improvement and Nursing Research

<table>
<thead>
<tr>
<th>Definition</th>
<th>Performance Improvement</th>
<th>Evidence Based Practice</th>
<th>Nursing Research</th>
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</table>
|            | • Process by which individuals work together to improve systems and processes with the intention to improve outcomes (Newhouse, 2007).  
• A data-driven systematic approach to improve care locally (Newhouse, 2007).  
• It is a cyclic process designed to evaluate work flow and work processes (Hedges, 2006). | • Best available evidence to guide decision-making in clinical practice. The use of knowledge gained from rigorous, systematic randomized clinical trials (RCTs), so that study results can be translated into practice (Krugman, 2008). | • Generate new knowledge or test an intervention or concern based on theory and uses rigorous methods (Hedges, 2006). |
| Purpose    | • Improve internal processes and practices within a specific patient group or organization (Hedges, 2006).  
• To compare the organization to standards or benchmarks.  
• To increase cost-effectiveness. | • Evaluate the evidence along a continuum to identify the strongest or best evidence to guide nursing practice within an organizational setting and with a specific patient population (Hedges, 2006.) | • To generate new knowledge within the broader scientific community to produce knowledge that is generalizable beyond the study sample (Hedges, 2006).  
• Answer a research question. |
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<table>
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<tr>
<th>Problem-Solving System</th>
<th>Plan-Do-Study-Act (PDSA)</th>
<th>Plan-Do-Check-Act (PDCA)</th>
<th>PICO or PICOTT</th>
<th>Scientific method</th>
<th>Research question/hypothesis methods</th>
<th>Interpretation of data</th>
<th>Dissemination of findings</th>
<th>Qualitative and Quantitative Research</th>
</tr>
</thead>
<tbody>
<tr>
<td>IRB</td>
<td>No</td>
<td>No/Yes</td>
<td>Yes</td>
<td></td>
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<tr>
<td>Data Sources</td>
<td>Local practice assessment</td>
<td>Critical appraisal of internal and external sources of data</td>
<td>Primary/secondary data</td>
<td></td>
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<td>Resources/Support</td>
<td>Clinician (local), performance improvement, department (health system), Nursing Quality Outcomes Council (nursing level)</td>
<td>EBP mentors and EBP Translation Committee</td>
<td>Clinician (local), nursing research facilitator, Nursing Research Advisory Council, SON</td>
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<tr>
<td>Impact on Practice</td>
<td>Improve patient care processes</td>
<td>Improve processes in unit and organization</td>
<td>Incorporates the new knowledge</td>
<td>Change practice</td>
<td>Impact practice</td>
<td>Translates the knowledge</td>
<td>Generate new knowledge for practice</td>
<td>Add to professional literature/knowledge base</td>
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## Evidence-Based Practice, Quality Improvement and Nursing Research

### Translation of Findings
- Standardization of practices, products, and treatment
- Publications, poster, and podium presentations
- Recommendations disseminated at the nursing unit level, throughout VCUHS, and at local and national professional meetings.
- Professional publications
- May be applied locally at the nursing unit level, throughout VCUHS, and at local and national professional meetings.
- Professional publications

### Resources for Presentation/Dissemination of Findings
- Performance Improvement Poster Template
- EBP Poster Template
- Magnet Empirical Outcomes template
- Research Poster Template
- VCUHS Abstract Template

### Examples
- Improvement of the discharge times of patients.
- Decreasing infections associated with central venous catheters.
- Improving patient satisfaction.
- Decreasing pressure sores with the use of pressure dressings.
- Best practice for tracheostomy dressing.
- Positioning in the OR to prevent pressure ulcers.
- Early mobilization to prevent pneumonia.
- Do women delay reporting symptoms of heart attack more than men?
- Does location from the hospital impact follow up treatment for breast cancer patients?
- Does quality of life outcomes in heart transplant patients from pre-transplant to 5 years post-transplant differ?
References:

