Evidenced Based Practice Process and Structure:

Question/Problem to the Be Solved:

1) Determine if the problem you have identified is in fact a problem.
   o Talk with your nurse clinician, nurse manager or hospital (unit) experts on the topic.
   o Check the available hospital / unit policy
     • When was it written?
     • What is the supporting evidence?
   o Check for available protocols or practice guidelines on the topic
   o Check for systematic reviews/meta-analysis that addresses the topic

2) Develop and refine the EBP question / Search for Background Information
   o Do some brief searches of the literature to determine what is out there on the topic and use this information to improve your question.

3) Determine who the stakeholders are for the project and determine scope of project
   o May need to talk with stakeholders to obtain buy in to insure the success of the project.
   o Also may need some of those who will be affected by the project to be members of the interprofessional team because of their expertise.

4) Recruit Team Members and Determine Responsibilities
   o Need to form a team that is interprofessional in nature in order to insure buy in and to utilize the skills/strengths of each discipline.

5) Establish a Meeting Schedule & Timeline to Complete Tasks

Search for Evidence & Evaluate what is Found

1) Determine what unit or hospital evidence is available that could be useful in answering your question.

2) Search the literature for evidence.
   o Need to search at least two databases. One of these cannot be Google Scholar or Up to Date.
   o Utilize a librarian/information professional when possible.

3) Appraise the Level and Quality of Evidence & Summarize

4) Determine the overall strength and quality of the evidence
   o If the strength and quality of the evidence is not adequate, the project may become a research project.

5) Develop recommendations based on the evidence found
   o Is the Evidence:
     ▪ Strong: evidence available address the topic with consistent results in the literature
- Good: evidence available but results not as consistent or there are some conflicts according to the literature.
- No Evidence/Insufficient
  - Project may move from being an EBP project to a research project.

**Translation / Dissemination**

1) Determine how feasible recommendations
   - Consider buy-in by unit, administration, and other stakeholders
   - Does the organization have the money and other resources needed to carry out recommendations?
2) Determine how recommendations could best be adapted to the unit or care environment.
3) Create an Implementation Plan
   - Timeline with Dates
4) Secure Support and Resources Needed to Carry out the Plan
5) Gather Pre-Intervention / Project Data
6) Implement Plan & Evaluate at Different Points Established in the Plan
   - Adjust plan based on this data
7) Gather Post-Intervention Data
8) Report Outcomes to Stakeholders & Determine Next Steps
9) Disseminate findings both internally and externally