EVIDENCE-BASED PRACTICE in Nursing & Healthcare

A GUIDE TO BEST PRACTICE

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Second Edition

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I dedicate this book to my loving, understanding, and supportive family: my husband, John, and my three daughters, Angela, Megan, and Kaylin, as well as to my father, who always taught me that anything can be accomplished with a spirit of enthusiasm and determination.

Bernadette Mazurek Melnyk

The second edition of this book is dedicated to my precious family, Wayne and Rachael, who are my inspiration; to my Mom, Virginia Fineout, who believes in me and what we are trying to accomplish; and in loving memory of my Dad, Arthur J. Fineout, who taught me to think critically, apply what I learned, and never give up.

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As the first decade of the new millennium comes to a close, our nation is struggling to deal with a mounting disease and economic burden that is unsustainable and largely preventable. Embedded within the greatest science and technology the world has ever seen is an antiquated anachronistic inefficient “sick” care system in desperate need of evidence-based transformation. From practitioners who are rewarded to care for your illnesses episodically but not to keep you healthy to citizens who either by choice or by circumstance engage in behaviors deleterious to their health that ultimately adds to the national preventable disease and economic burden, we have no choice at this juncture but to embrace the best evidence-based practices in order to create a true health-care system focused on the citizen/patient with the value proposition being providing the best prevention strategies and care to all citizens at the least cost.

My colleagues in nursing are leaders and equal partners in this evidenced-based journey that should put us on a path to optimal health and wellness as well as cost-effective quality care for all. Like many of you, I have appreciated health care through a range of experiences and perspectives. As someone who has delivered care as a Special Forces combat medic, paramedic, registered nurse, trauma surgeon, and also as a Health System CEO and as Surgeon General of the United States, I know and embrace the power of evidence-based practices.

Dean Melnyk and Professor Fineout-Overholt have once again assembled a world class group of academic and clinical nurse leaders who have authored a state-of-the-art delineation of the pathway needed to scientifically dissect and decipher best practices as well as translate them into practice.

This book transcends nursing and will benefit all health practitioners whose aim is to pursue excellence in their practices.

The future is upon us and nursing continues to lead and shape our health future both clinically and academically.

Richard H. Carmona, MD, MPH, FACS
17th Surgeon General of the United States
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As clinicians, we all aspire to providing the best healthcare possible for our patients, and evidence-based practice (EBP) is an essential tool in pursuing this aspiration. Healthcare practitioners who provide evidence-based care can be confident that the health and longevity of their patients will benefit. For nurses, EBP must be implemented with fidelity to the culture of compassion and caring that is fundamental to clinical practice. I believe this book provides guidance for practice that optimizes both critical elements of health care.

One of the goals of EBP is to reduce practice pattern variation. Some skeptics have faulted this aspect of EBP as being oriented toward saving costs by not providing care. However, fully implementing EBP more often translates to providing more care to more individuals and achieves cost savings through the appropriate use of the care we know works, while discouraging care that does not work, that has minimal impact on health status, or for which we have insufficient evidence of efficacy.

Healthcare technology continues to move faster than the research needed to evaluate its value. Our current healthcare system often supports the use of new technologies well before the evidence is in, and often we are later proven wrong. But EBP should not be viewed as “just stand there—don’t do something”; it is assuring that first and foremost, we do the right thing.

There is ample evidence that the healthcare system does not always do the right thing, even when well supported by evidence. For example, of the 2.5 million annual deaths in the United States, at least half of them could be addressed directly by evidence-based preventive services. The potential of delaying more than a million deaths a year by implementing just what we know now, without any new technologies, provides an imperative that we as healthcare providers must not continue to ignore.

This second edition of Evidence-Based Practice in Nursing & Healthcare: A Guide to Best Practice by Melnyk and Fineout-Overholt continues to provide a landmark reference to EBP for health care students, practitioners, researchers, and faculty. I applaud the work of each of the contributors and support the translation of the principles outlined in this book into nursing practice.

Ultimately our education, training, and life-long learning are rooted in science, so a commitment to EBP is the only logical course of action. I hope that all users of this book go on to become active EBP providers, as well as EBP zealots. Our patients will clearly benefit.

Ned Calonge, MD, MPH
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There are many published interventions/treatments that have resulted in positive outcomes for patients and healthcare systems that are not being implemented in clinical practice as well as many qualitative findings that are not incorporated into care. It is our continued desire to accelerate the rate at which research findings are translated into practice that stimulated our decision to revise *Evidence-Based Practice in Nursing & Healthcare*. There has been some progress in the adoption of evidence-based practice (EBP) as the standard of care over the past few years; however, there is still much work to be done for this paradigm to be used daily in practice by point-of-care providers. The daunting statistic that it takes an average of 17 years to move research findings into practice is still a reality in many healthcare institutions across the globe. Therefore, increased efforts are needed to provide the tools that point-of-care clinicians need in order to use the best evidence from research and their practices to improve their system, practitioner, and patient outcomes.

We still, and will always, believe that anything is possible when you have a big dream and believe in your ability to accomplish that dream. It was the vision of transforming healthcare with EBP, in any setting, with one patient-clinician encounter at a time and the belief that this can be the daily experience of both clients and practitioners, along with our sheer persistence through many “character-building experiences” during the writing and editing of the book, that culminated in this user-friendly guide that assists all healthcare professionals in the delivery of the highest quality, evidence-based care in order to produce the best outcomes for their patients.

This second edition of *Evidence-Based Practice in Nursing & Healthcare* was revised to assist healthcare providers with implementing and sustaining EBP in their daily practices and to foster a deeper understanding of the principles of the EBP paradigm and process. In working with healthcare systems and clinicians throughout the nation and globe, we have learned more about successful strategies to advance and sustain EBP. Therefore, you will find new material throughout the book, including new chapters and tools to advance EBP.

This second edition also cultivates a foundational understanding of the steps of EBP, clarifies misperceptions about the implementation of EBP, and provides readers with practical action strategies for the implementation of evidence-based care so that widespread acceleration of EBP at the point of care will continue across the country and globe until the lived experience of practicing from the EBP paradigm becomes a reality.

This second edition of *Evidence-Based Practice in Nursing & Healthcare* contains key, usable, and relatable content for all levels of practitioners and learners, with many exemplars that bring to life the concepts within the chapters. For those who want to build their knowledge and skills, this book contains the foundational steps of EBP. For those clinicians who desire to stimulate or lead a change to EBP in their practice sites, this book has information and practical strategies/models on how to introduce change, how to overcome barriers in implementing change, and how to conduct an outcomes assessment of that change. For those in advanced roles or educational programs, the chapters on generating quantitative and qualitative evidence as well as how to write a successful grant proposal will be of particular interest. For educators in the clinical and academic settings, we have included specific chapters on teaching EBP in those settings. The most important issue for teaching others about EBP is to make the paradigm and process understandable for the learner. With that goal in mind, we believe that this book will continue to facilitate a change in how research concepts and critical appraisal are being taught in clinical and academic professional programs throughout the country.
Features

We are huge proponents of cognitive-behavior theory, which contends that how people think directly influences how they feel and behave. We believe that how an individual thinks is the first step toward or away from success. Therefore, new inspirational quotes are intertwined throughout our book to encourage readers to build their beliefs and abilities to actively engage in EBP and accomplish their desired goals.

With the rapid delivery of information available to us, web alerts direct readers to helpful Internet resources and sites that can be used to further develop EBP knowledge and skills.

New to This Edition

New chapters include

- **Chapter 10** Focuses on the role of evaluating practice outcomes.
- **Chapter 12** Details how to create a vision to motivate a change to best practice.
- **Chapters 17 and 18** Provide step-by-step principles for generating both qualitative and quantitative evidence when little evidence exists to guide clinical practice.
- **Chapter 20** Addresses the ethics of evidence use and generation.

New content includes

- **“real-life” examples** to assist the reader in actualizing important concepts and overcoming barriers in the implementation of evidence-based care
- **unique evidence hierarchies for different clinical questions** because one hierarchy does not fit all questions
- **successful strategies for finding evidence**, including new resources such as evidence summaries and synopses
- **rapid critical appraisal checklists, evaluation tables, and synthesis tables** that provide efficient critical appraisal methods for both quantitative and qualitative evidence
- information about how to **factor in a clinician’s expertise and patient preferences/values when making decisions** about patient care
- **the role of the EBP mentor**, a key factor in the sustainability of an EBP culture, including evaluation of the role with the valid and reliable EBP beliefs, implementation, and organizational culture and readiness scales
- discussion of **EBP models by their original creators** to assist learners as they build a culture of EBP
- information on how to **write a successful grant proposal** to fund an EBP implementation project or research study
- information on how to **disseminate evidence to other professionals, the media, and policy makers**
- Multiple appendices with many tools that will help healthcare providers implement EBP

Resources for Students and Instructors

A variety of ancillary materials are available to support students and instructors.

**Resource CD-ROM.** A variety of tools are available on the accompanying CD-ROM to assist students, clinicians, and educators in their quest for delivering evidence-based care to achieve best outcomes.

Additional resources for students can be found online at thePoint.LWW.com/Melnyk2e.
Instructor’s Resource CD-ROM. This comprehensive resource includes the following:

- A Test Generator, containing 300 multiple choice questions
- PowerPoint presentations
- An Image Bank, containing images from the text in formats suitable for printing, projecting, and incorporating into Web sites
- And more!

Resources for Instructors are also available online at thepoint.LWW.com/Melnyk2e

A Final Word from the Authors

Finally, we want to thank each of you who have shared valuable feedback to us on the benefits and challenges you have had in learning about and applying knowledge of EBP. We continue to believe in constructive feedback and would welcome any readers of our book to convey to us what was most helpful for them and what can be done to improve a future edition.

It is important to remember that a spirit of inquiry and lifelong learning are foundational to practicing based on the EBP paradigm. These principles underpin the EBP process so that this problem-solving approach to practice can cultivate an excitement for implementing the highest quality of care. As you travel on your EBP journey, remember that it takes time and becomes easier when the principles of this book are placed into action with enthusiasm on a consistent, daily basis.

Whether you are first learning the steps of the EBP process, leading a successful EBP change effort, or generating evidence to make a difference at the point of care, we want to encourage you to keep the dream alive and, in the words of Les Brown, “Shoot for the moon. Even if you miss, you land among the stars.” We hope you are inspired by and enjoy the following EBP RAPP.

Evidence-based practice is a wonderful thing.
Done with consistency, it makes you sing.
PICOT questions and learning search skills;
Appraising evidence can give you thrills.
Medline, CINAHL, PsychInfo are fine,
But for Level I evidence, Cochrane’s divine!
Though you may want to practice the same old way
“Oh no, that’s not how I will do it” you say.
When you launch EBP in your practice site,
Remember to eat the elephant, bite by bite.
So dream big and persist in order to achieve and
Know that EBP can be done when you believe!

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This book could not have been accomplished without the support, understanding, and assistance of many wonderful colleagues, staff, family, and friends. I would first like to acknowledge the outstanding work of my coeditor and cherished friend, Ellen—thank you for all of your efforts, wonderful friendship, attention to detail, and ongoing support throughout this process. I could not have accomplished this revised edition without you. Since the first edition of this book, I have grown personally and professionally through the many opportunities that I have had to teach and mentor others in EBP across the globe—the lessons I have learned from all of you have been incorporated into this book. I thank all of my mentees for their valuable feedback and all of the authors who contributed their time and valuable expertise to this book. Along with my wonderful husband and daughters, I am appreciative for the ongoing love and support that I receive from my mother, Anna May Mazeck, my brother and sister-in-law, Fred and Sue Mazeck, and my sister, Christine Warmuth, whose famous words to me “Just get out there and do it” have been a key to many of my successful endeavors. I also would like to thank my wonderful colleagues and staff at the Arizona State University College of Nursing and Health Innovation for their support, understanding, and ongoing commitment to our projects and their roles throughout this process. Finally, I would like to acknowledge Helen Kogut for her assistance with and dedication to keeping this project “on track.”

Bernadette Mazeck Melnyk

My goal for this second edition of the book is for more students, clinicians, clinical educators, faculty, and researchers to adopt the EBP paradigm as their own. Ownership of practice is imperative for healthcare to be transformed. I want to thank each of you who have shared with me personally the value of the first edition of this book to your learning and to the difference you have made in patients’ lives and experiences with their health and healthcare. It has been my privilege to hear your enthusiasm for changing for the better how “it has always been done.” You have inspired me to continue to keep our dream alive for healthcare transformation, one client–clinician relationship at a time.

I could not have written and edited this second edition of the book without the support of my family. The love and laughter of my dear husband, Wayne, and my precious 9-year-old daughter, Rachael, have kept me focused. They are and always will be my inspiration for what I do. Through her support in the writing of this and the first edition, my mother, Virginia (Grandginny), has become more of an evidence-based consumer, which is what I wish for all of us. My brother, John, and his family, Angela, Ashton, and Aubrey, have provided me with many inspirational moments, particularly in their music. To have had the privilege of working with Bern for these past 20 years has been a pleasure. Together we have helped each other grow and achieve goals that neither of us could have accomplished individually—that is a partnership that is worth preserving. All of these and many others have prayed for me throughout this journey, for which I am truly grateful.

In addition, I would like to thank the folks at Lippincott Williams & Wilkins for helping us to live our dream. I so appreciate the many wonderful contributors to this work and the common goal that binds us together—improving healthcare. I am very grateful for their investment throughout the writing of this second edition.

Finally, as I walk this path, working with sole focus to assist others in improving healthcare outcomes through sustainable evidence-based practice, I realize even more that I am sustained through my relationship with my Savior and Friend, who always has my best in mind, for which I am eternally grateful.

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unit one  Steps Zero, One, Two: Getting Started  1
1 Making the Case for Evidence-Based Practice and Cultivating
   a Spirit of Inquiry  3
2 Asking Compelling, Clinical Questions  25
3 Finding Relevant Evidence to Answer Clinical Questions  40

unit two  Step Three: Critically Appraising Evidence  71
4 Critically Appraising Knowledge for Clinical Decision Making  73
5 Critically Appraising Quantitative Evidence for Clinical
   Decision Making  81
6 Critically Appraising Qualitative Evidence for Clinical
   Decision Making  135

unit three  Steps Four and Five: Moving from Evidence to Action  165
7 Patient Concerns, Choices, and Clinical Judgment in Evidence-Based
   Practice  167
8 Advancing Optimal Care With Clinical Practice Guidelines  186
9 Implementing Evidence in Clinical Settings  205
10 The Role of Outcomes in Evaluating Practice Change  226

unit four  Creating and Sustaining a Culture for Evidence-Based Practice  239
11 Models to Guide Implementation of Evidence-Based Practice  241
12 Creating a Vision and Motivating a Change to Evidence-Based Practice
   in Individuals, Teams, and Organizations  276
13 Teaching Evidence-Based Practice in Academic Settings  291
14 Teaching Evidence-Based Practice in Clinical Settings  330
15 ARCC Evidence-Based Practice Mentors: The Key to Sustaining
   Evidence-Based Practice  344

unit five  Step Six: Disseminating Evidence and Evidence-Based Practice
   Implementation Outcomes  353
16 Disseminating Evidence Through Publications, Presentations,
   Health Policy Briefs, and the Media  355

unit six  Next Steps: Generating External Evidence  395
17 Generating Evidence Through Quantitative Research  397
18 Generating Evidence Through Qualitative Research  435
19 Writing a Successful Grant Proposal to Fund Research and
   Evidence-Based Practice Implementation Projects  449
20 Ethical Considerations for Evidence Implementation
   and Evidence Generation  474