

Evidence-based Nursing Tutorial



Learning objective: To practice selecting effective **search terms** and authoritative **evidence-based resources** in order to address a clinical question.

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Why evidence-based practice?

“Evidence-based practice is a way for nurses to examine nursing practices, analyze alternative and contradictory data, and make sound nursing care decisions **supported by the best available research evidence**. This systematic approach to nursing practice enhances the likelihood that patients will receive the best nursing care possible” (Schirm, 2011).

Schirm, V. (2011). A Letter From Dr. Schirm. Retrieved from http://www.library.psu.edu/guidetutorials/ebp/schirm_letter.html

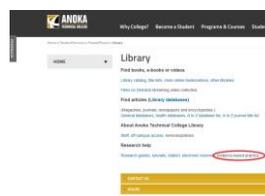
Understanding the professional literature

To effectively research evidence-based practice, students must know how to **access** the literature, gain proficiency in **setting search limits and selecting sources**, and devote adequate **time** to the research question.



Evidence-based practice page:

From the college website, scroll down to **Student Services** **Library**, then **Research help – evidence-based practice**



Evidence-based practice (EBP) journal abstracts:

- **Abstracts** (summaries) of EBP journal articles often provide detailed summaries that may answer a clinical question
- The college library offers online access to abstracts of EBP journals



CINAHL:

- The **largest** index to nursing and allied health literature, CINAHL stands for *Cumulative Index to Nursing & Allied Health Literature*
- The college library **subscribes** to CINAHL, which enables **full-text** (complete) online access to many of the resources indexed

CINAHL:

- Each resource is professionally indexed with a variety of key words and “MeSH” (**medical subject headings**). A subject heading search leads to different results than a keyword search.
- For example, the medical subject heading for **health care workers** is **health personnel**.

Anoka Technical College off-campus access to CINAHL:

- Currently registered students use their library-activated **college ID** to gain off-campus access

CINAHL search limits:

Several search limits are available on the “**Show More**” search options page.

Use the **evidence-based practice search limit**.

Look for information published within the past **5 years**.

Leaving the **full-text** box checked will weed out results that do not have the article attached.

PubMed:

- A large, free medical database with resources organized by medical subject heading
- Some resources are full-text
- The **Clinical Queries** feature of the database automatically applies EBP-type search limits

Developing a search strategy:

- Break your PICO down to the **most important** terms
- Consider alternative terms or look up the **medical subject heading(s)**
- Use the evidence-based practice **search limits** for the database

Practice examples

Identify the most important component of this sample PICO question:

- What alternative treatments are available for patients with Chronic Fatigue Syndrome?

Identify the most important component of this sample PICO question:

- In an elderly man with a stroke, does admission to a stroke unit decrease the risk of death and dependency?

Identify the most important component of this sample PICO question:

- What are the best recommendations for GERD patients?

Evaluating your source(s):

- Does your source meet the concept of evidence-based practice?
- Is the evidence applicable to your patient type and situation?

Cite your source in APA format.

Use the Cite icon

