Bringing Evidence to Practice: A Clinician’s Guide

**Advancing & Adopting**
Share your results within the organization & beyond. Consider adopting new practice in the organization.

**THE CATALYST**
A problem, issue, or concern is identified in clinical practice.

**Analyzing**
Did you accomplish what you planned?
- Compare your results pre and post change and to the evidence.
- Were there any unintended consequences of your project?

**Assessing**
Why is this problem important?
- How do others perceive the issue?
- Who may help solve the problem?
- Are there regulatory requirements?
- What are the national and local standards?

**Applying**
Outline the practice to be changed.
- Consider costs, resources, risks and benefits & human subject protection (IRB)
- Incorporate patient perspective
- Develop materials needed

Identify outcomes to be attained
- Create tools for data collection
- Collect baseline data

Implement change in practice
Collect post implementation data

**Asking**
Develop a focused question using:
P = Patient population
I = Intervention / Interest Area
C = Comparison Intervention
O = Outcome

In___ does___ or ____ effect _______.

**Appraising**
How good is your evidence?
- What are the results?
- Are they reliable and valid?
- Do the results apply to your patients?

Are there themes in the literature?

Is there enough reliable evidence to change practice?

Summarize key evidence.

**Acquiring**
Your PICO question will guide your search for the best evidence.
Start with SumSearch or Tripdatabase, (the “Google” for EBP)
First look for systematic reviews, meta-analyses & clinical practice guidelines.
Next search CINAHL & PubMed.
Consult a librarian.

Evidence-Based Practice Institute Model ©2007 Caroline E. Brown & Laurie Ecoff
In collaboration with the Consortium for Nursing Excellence, San Diego - adapted from Hayward’s (2007) Evidence-based Information Cycle; Rosswurm & Larrabee’s (1999) EBP Model for Change.