

Bringing Evidence to Practice: A Clinician's Guide

Advancing and Adopting

Share your results within the organization and beyond.

Consider adopting new practice in the organization.

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?

Applying

Outline the practice to be changed.

- Consider costs, resources, risks and benefits and 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

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?**

The Catalyst

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

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?

Asking

Develop a focused question using:

P = Patient population

I = Intervention / Interest Area

C = Comparison Intervention

O = Outcome

In ___ does ___ or ___ effect ___.

Acquiring

Your PICO question will guide your search for the best evidence.

- **Start** with SumSearch or Trip database, the "Google" for EBP.
- **First** look for systematic reviews, meta-analyses and clinical practice guidelines.
- **Next** search CINAHL and PubMed.
- **Consult** a librarian.