

## 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.