

# Evidence-based practice

Anoka Technical College Library workshop

NURS 1420

## What is it?

Evidence-based practice (EBP) can be defined as a nurse's decision-making process using the **best available research evidence**, clinical expertise, and patient preferences (DiCenso, Cullum, & Ciska, 1998). Additionally, the research should be current, **within 10 years**.

Types of research evidence:

- Studies
- Randomized control trials
- Systematic reviews
- Certain summaries, trials, EBP journal articles

## Tool: CINAHL

Use CINAHL from the library website to access EBP literature. These tips will save you time:

(Note: From off-campus, CINAHL requires a login. Use your StarID/password or your student ID card.)

- Tips:
- AND (to combine concepts)
  - OR (to produce an either/or set of results)
  - \* (to represent various possible word endings)
  - **Evidence-based practice limit**
  - Date limit
  - Subject term search (medical headings)

Review the results: Briefly read article titles and abstracts for an information match. Select an article to read its introduction and conclusion. **Does it answer your clinical question?**

## Citing your source

A "citation" is a properly formatted list of the source's bibliographic information. *Whew! Really?*

Yes, this is easy with CINAHL! Use the **Cite** icon to generate a **References** (full) citation. Select the **APA (American Psychological Association)** style citation, then copy/paste. **The format is:**

Author last name, first initial, middle initial. (year). Title. Source, Vol(issue), page range.

To cite a source **within the text** of a paper, end the idea you are borrowing with parentheses and the **author(s) last name and year**. For an example, see the definition at the top of this handout, which cites a source with three authors.

**For more information** See Anoka Technical College Library's  
**Research help** section: **Evidence-based practice** and/or **Citation**.