Evidence-based Nursing Tutorial

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

Anoka Technical College
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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.libraries.psu.edu/psul/tutorials/ebpt/schirm_letter.html

Understanding the professional literature

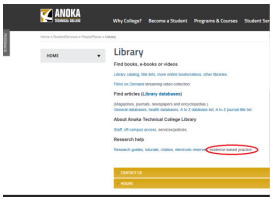
To effectively research evidence-based practice, students must know how to **access** the literature, gain proficiency in **setting search limits and selecting sources**, and devote adequate **time** to the research question.

Evidence-based practice (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

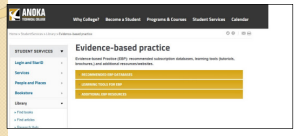
Evidence-based practice page:

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

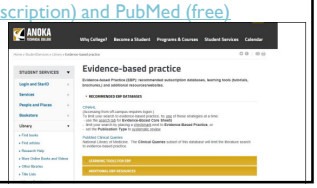


Evidence-based practice page:

RECOMMENDED EBP DATABASES tab



CINAHL (subscription) and PubMed (free)



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 "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**.

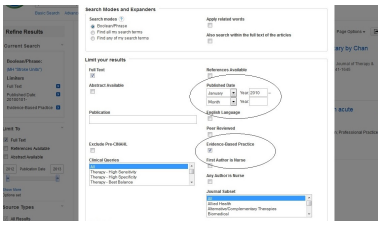
Anoka Technical College off-campus access to CINAHL:

- Currently registered students use their **Star ID & password** OR the barcode on their **college ID & last name** to gain off-campus access

CINAHL search limits

On the "**Show More**" search options page:

Check **evidence-based practice.**
Limit the **date** to within the past 10 **years.**

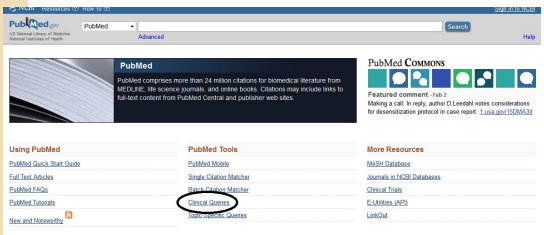


PubMed:

- A **large**, **free** medical database with authoritative resources
- Some resources are full-text
- Many articles have detailed abstracts

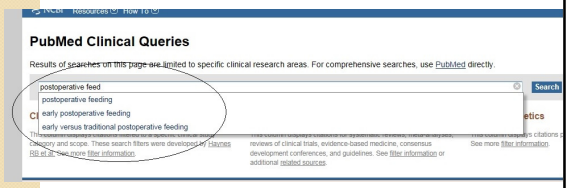
PubMed features:

- The **Clinical Queries** feature of PubMed automatically applies EBP-type search limits



PubMed features:

- Suggests search terms as you type



Developing a search strategy:

- Break your PICO down to the **most important** concepts
- 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:

- Is Vitamin C more effective than Echinacea in preventing the common cold?

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

Notes for completing the worksheet: