Evidence-Based Practice

- Meets the demand for accountability
- Provides a means for cost containment
- Enables streamlining of psychiatric care

Evidence-Based Practice - continued

- Evidence-based practice is the integration of:
  - Clinical expertise
  - The best available clinical evidence from systematic research
  - Client preference
Strength of Research Evidence

- The strongest evidence is a systematic review of all relevant randomized control trials.
- The weakest evidence is a case series.

Strength of Research Evidence - continued

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Formats for Translating Research Findings into Evidence-Based Practice

- Practice guidelines
- Critical pathways
- Clinical algorithms
Critical Pathways

- Each pathway applies to a particular diagnostic entity.
- The pathway lists stepwise outcomes with detailed corresponding interventions at each step.
- Each set of outcomes is assigned a time frame.

Practice Guidelines

- Each practice guideline applies to a particular diagnostic entity, practice, or issue.
- Each guideline is a detailed statement of relevant evidence-based practices mandated for the practitioner.

Clinical Algorithms

- Each algorithm applies to a particular diagnostic entity, practice, or issue.
- Clinical algorithms are decision trees.
- They list logical progressions of decisions that standardize care.
Evidence-Based Practices

- Educating families about psychiatric illness to improve patient outcomes in a family member
- Social skills training to improve patient outcomes
- Nursing interventions to increase odds of smoking cessation in psychiatric clients
- Reducing risk of metabolic syndrome from atypical antipsychotics with nutrition and exercise interventions

What are “Best Practices”? 

- Broad consensus statements about values, attitudes, skills, knowledge, and approaches
- They may be research-based, or
- They may be based on traditions, customs, trial and error, clinical judgment, accrediting agencies or third-party payer regulations.

Changing to Evidence-Based Practice-2 models

- Prochaska Transtheoretical Model for Change (TTM)
- Rosswurm and Larrabee Model for Change to Evidence-Based Practice
Transtheoretical Model (TTM)

- There are five stages of change which people progress through in a spiral movement:
  1. Precontemplation
  2. Contemplation
  3. Preparation
  4. Action
  5. Maintenance

Transtheoretical Model (TTM) - continued

- Movement through the stages of change waxes and wanes throughout the spiral that represents the progression of human behavior.
- Slipping back into familiar patterns of previous behaviors—and to a previous stage of change—is expected, especially during times of stress.

Rosswurm and Larrabee’s Model

1. Assess the need for change in practice.
2. Link problem interventions and outcomes.
4. Design practice changes.
5. Implement and evaluate the change in practice.
6. Integrate and maintain the change.
Clinical Environments that Support Change to Evidence-Based Practice

- Have ready access to research evidence.
- Encourage critical thinking.
- Ensure that nurses have the authority to change practice.
- Provide interdisciplinary support for suggested changes.

Steps to Evidence-Based Practice

1. Find meaningful research evidence.
2. Critique research findings.
3. Summarize studies.
4. Implement a system for change to evidence-based practice in your organization.
5. Evaluate and document the impact of changes.

Research Principles

- Respect for person: autonomy and freedom from coercion
- Beneficence: inflict no harm
- Justice: fairness and protection of vulnerable populations
**The Research Process**

1. Establish your research question.
2. Determine the best approach to answer your question.
3. Write a research proposal and apply to IRB or EC for permission to proceed.
4. Conduct your study.
5. Communicate with IRB/EC throughout your study.
6. Publish your results.

**Quantitative vs. Qualitative**

- Quantitative studies look at outcomes that are measured with numerical data, e.g. temperature, anxiety level, medication dose.
- Qualitative studies examine the qualities of an experience for people in a specific situation.

**Finding the best evidence**

- Evidence-based journals, e.g. *Journal of Nursing Scholarship*
- Websites, e.g. The Joanna Briggs Institute, [www.joannabriggs.edu.au](http://www.joannabriggs.edu.au)
- Online research listings, e.g. clinicaltrials.gov
Criteria for Evaluating Research Evidence

1. Is the purpose of the study clear and important?
2. Is the problem stated in a way that is researchable?
3. Is the literature review adequate and current?
4. Is there a match among the study purpose, design, and methods?

Criteria for Evaluating Research Evidence - continued

5. Are the sampling procedures and sample well described and appropriate?
6. Has the investigator used the correct analytic procedures?
7. Are the findings clear and supported by the research data?

Evaluating Research Evidence

- Psychiatric nurses must become intelligent consumers and evaluators of the growing body of research in our field.
- We must conduct, locate, read, understand, critique, and synthesize research before we can apply it to practice.
Resources

- http://www.centerwatch.com
  CenterWatch offers information about clinical research, including clinical trial listings, new drug therapies in research, and those recently approved by the FDA.
- http://www.evidencebasednursing.com
  The Journal of Evidence-Based Nursing is an international online journal of nursing research.

Resources - continued

- http://hiru.mcmaster.ca/epc
  The Evidence-based Practice Center at McMaster University in Canada promotes research supporting the development and application of evidence to clinical practice and policy, and student understanding of the role of evidence in health care decision-making.
  The National Institute of Nursing Research is a center for nursing research at the National Institutes of Health.

Resources - continued

- http://www.hhs.gov/ohrp
  The OHRP is a federal agency that supports and strengthens the nation’s system for protecting volunteers in research conducted or supported by the U.S. Department of Health and Human Services (HHS).