Why Evidence Based Practice?
Research is constantly being done to help improve all aspects of health care, whether it be patient care, care of the family, or improving the workplace environment. Even with all of this great research out there, however, it doesn’t always get used. Many times we just continue to use what has always worked in the past or what we learned in school without considering that something better may have come along. This is where Evidence Based Practice can help.

What is Evidence Based Practice (EBP)?
Evidence based practice means that when making a decision (whether for patient care or workplace issues) we look for research and other evidence based resources to help guide us. This information cannot be used alone. You need to combine the information you have just found with the knowledge you have as a nurse and then look at the individual needs of the patient or situation before making a decision.

What kind of sources can be used as EBP?
Evidence can be found in all types of sources: journals, books, websites, etc…But there are different levels of evidence. There is very strong evidence and then there is very weak evidence, with different levels in between. When making a decision, you want to try and find the best evidence that you can. The best evidence usually means a strong study that was not biased and looked at a large amount of data. Weaker evidence may be taken from research that looked at only one person (case study) or research that was conducted with a small limited amount of data, more probability of bias etc..

Types of EBP Research:
**Systematic Review:** Researchers come up with a topic they want to study. They break it down into keywords and search multiple online databases for research studies that have been done on this topic. They put all of those research studies together and compare the results of those studies. They then write up the results. If this type of study is done well, it is the highest level of evidence.

**Meta-Analysis:** Same as a systematic review, but they take all of the studies and combine the results together as if they were one big study and see what the results are. If done well, this is also a high level of evidence.

**Randomized Controlled Trial:** Conducts a study with a control group and an experimental group. Participants are randomly placed into either group and neither the researcher nor the participants know if they are control or experimental. Again, if this is done well, it is a high level of evidence.

**Practice Guidelines (based on EB research):** A guideline that is created based on EB research is a high level of evidence.

**Cohort Study:** Study that follows a group of people that have something in common (same exposure to something, same affliction) over time to see what happens. They also follow a similar group of people that were not exposed or do not have the affliction to compare them to. (Good evidence, but can be biased due to other factors affecting the people being studied). Good for prognosis questions.

**Case Control Studies:** Study that looks at a group that have a disease or affliction and a group that does not (control) and then goes back in time to see what may have caused it to happen. Good evidence also, but can be biased.

**Case Series:** Study looks at many people that have an exposure or affliction and have been treated and looks at what the outcome was. (More opportunities for bias, so weaker evidence.)

**Case Report:** Looks at a single case, treatment, or outcome. Weaker evidence since it is based on a single case.

Then you are down to Editorials, opinions, animal research, laboratory research, textbooks and research articles. All of these are weaker evidence due to chance of bias, lack or data, quality of information, etc…
How can I find Evidence Based Practice, research or literature review articles?

1. Go to the library website.
2. Click on “Online Databases.”
4. Find the database you want to use and click on the name. If off campus, click on “Off-campus access.”
5. Enter keywords for your topic in the search box.
6. Topic Suggestions: Perinatal ethics; Perinatal substance abuse; Pregnancy; Neonatal; Fetus; Fetal; breastfeeding; labor; delivery; Add key word of ethics; legal; law; or leave off and see what you get.
7. Make sure it is American and that it is a nursing journal. Also, make sure it is evidence based, research, or a literature review.

**CINAHL with Full Text:** Covers over 3,000 nursing journals. (Includes limiters for evidence based practice.)
- Enter keywords for your topic in the search box.
  - Sample Keywords: perinatal and ethics
  - For EBP, Checkmark: Evidence-Based Practice; under date put 2010 (Optional: Journal subset: nursing)
  - For Research, Checkmark: Research Article; under date put 2010; (Optional: Journal subset: nursing)
- Click on the title of any article you would like to read.
- Click on pdf full text or html full text on the side to see complete article. Can save, print, or e-mail.

**Proquest Nursing and Allied Health Source:** Covers over 875 full-text journals
- Enter keywords for your topic in the search box.
- Click on Advanced- - Advanced Search at the top of the page
- **Topic: Neonatal ethics (Try a topic or any of the words listed above)**
  - Keywords: neonatal and ethics and nursing
  - Checkmark: under date range, select “Specific Date Range” and put 2010 under start date;
- **Topic: Neonatal legal issues**
  - Keywords: neonatal and legal and nursing
  - Checkmark: under date range, select “Specific Date Range” and put 2010.
- This database has a limiter for evidence based practice but leads you to the Joanna Briggs Institute which is good evidence, but does not include journal articles which is what you need for this assignment.
PubMed: Provides over 21 million citations journals, books, etc... (Includes limiters for evidence based practice.)
(When you click on PubMed from the database listing, you will get a page where you need to click on "PubMed" again. This will take you into the database.)

- Enter keywords for your topic in the search box. Click on “Go.”
- Topic: Abortion and legal issues
  - Click on the word “Limits” at the top of the screen.
    - Dates: Limit to 2 years.
    - Subsets: If need to limit to nursing journals, checkmark “Nursing Journals.”
    - Type of Article: If you want evidence based, can choose Meta-Analysis; Practice Guideline; Randomized Controlled Trial; Systematic Review is found under “Subsets” (CHOOSE ONLY ONE OF THESE)
      - For research article, don’t limit to type of article, just look through the list.

Most of the articles have only the citation and abstract. If you want to find the full-text for any of them, you will need to check to see if EPCC subscribes to the print or electronic version of the journal needed.

- Topic: Abortion and Ethics
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    - Dates: Limit to 2 years.
    - Subsets: If need to limit to nursing journals, checkmark “Nursing Journals.”
    - Type of Article: If you want evidence based, can choose Meta-Analysis; Practice Guideline; Randomized Controlled Trial; Systematic Review is found under “Subsets” (CHOOSE ONLY ONE OF THESE)
      - For research article, don’t limit to type of article, just look through the list.

Google Scholar: Google provides a way to search for journal articles and organizational technical papers and websites using google.

- Go to www.google.com
  - Click on the word “more” at the top.
  - Click on “Scholar.”
- Enter keywords for your topic in the search box. Click on “Search.” (You can add keywords such as Nursing; Systematic review; Randomized Controlled Trial; etc... to limit search or you can just read the article to see if it is evidence based, research, or a literature review.)
- Limits: Date at the top (Anytime can be changed to “since 2010.”)
- If you are on campus when you access an article, it might recognize that we are EPCC and have the full-text available for you. If not you will again need to check to see if EPCC subscribes to the journal needed.

Other Databases to try:
- Academic Search Complete
- Health Source: Nursing/Academic Edition
- Stat!Ref (Books and EBP resources, no journal articles)
- Natural and Alternative Treatments
- Micromedix
- Ebsco Search (searches all Ebsco databases at once)

Check if EPCC owns a particular journal:

In Print:
- Go to the library homepage.
- Click on “Library Catalog.”
- Right side of page, click on “Magazines/Journals/Newspapers”
- Enter the journal title needed.
- If owned, will show you at which campus and the years owned.

In Electronic Format:
- Go to the library homepage.
- Click on “Online Databases”
- Click on “Alphabetical List of Databases”
- Click on letter “A”
- Click on “A to Z Index.” (off-campus available also)
- Enter title of journal in search box.
- If owned, will give you name of database, click on it.