

# Practitioner Guide To Using Research For Evidence Based Practice

Evidence-based practice (EBP) is a systematic approach to healthcare that uses the best available evidence to make decisions about patient care. Research plays a vital role in EBP, providing healthcare practitioners with the knowledge and tools they need to make informed decisions about patient care. This guide provides a step-by-step approach to using research for EBP in various healthcare settings.

## Step 1: Identify a Clinical Problem

The first step in using research for EBP is to identify a clinical problem that you are interested in addressing. This could be a problem that you have encountered in your own practice, or it could be a problem that you have identified through your reading or research.



## Practitioner's Guide to Using Research for Evidence-Based Practice by Allen Rubin

★★★★☆ 4.5 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
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## Step 2: Develop a Research Question

Once you have identified a clinical problem, you need to develop a research question that will help you to find the best available evidence to address the problem. Your research question should be specific, focused, and answerable.

### **Step 3: Conduct a Literature Search**

The next step is to conduct a literature search to find the best available evidence to answer your research question. There are a number of different ways to conduct a literature search, including using online databases, searching through professional journals, and contacting experts in the field.

### **Step 4: Evaluate the Evidence**

Once you have found some evidence to answer your research question, you need to evaluate the quality of the evidence. This involves assessing the study design, the methods used, and the results of the study. You should also consider the relevance of the evidence to your clinical practice.

### **Step 5: Implement the Evidence**

The final step in using research for EBP is to implement the evidence into your clinical practice. This involves making changes to your practice based on the best available evidence. It is important to note that implementing new evidence into practice can be challenging, but it is essential for providing the best possible care for your patients.

Using research for EBP is a complex process, but it is essential for providing the best possible care for your patients. This guide provides a step-by-step approach to using research for EBP in various healthcare

settings. By following these steps, you can improve your patient outcomes and provide the best possible care.

## Additional Resources

- Agency for Healthcare Research and Quality (AHRQ): Evidence-Based Practice
- National Center for Biotechnology Information (NCBI): A Guide to Evidence-Based Practice
- American Nurses Association (ANA): Evidence-Based Practice



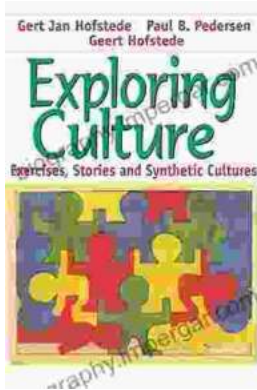
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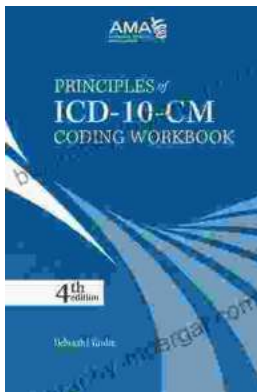
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