IN ORDER TO UNDERSTAND WHERE WE’RE GOING...

- We need to know where we’ve been!

HISTORICAL UNDERPINNINGS

- Archie Cochrane
  - British epidemiologist and founder of the Cochrane database for Medicine
  - Argued in 1979 that since healthcare resources are limited, existing resources should be used to provide care that has demonstrated desirable outcomes
  - He emphasized the importance of the Randomized Control Trial (RCT)

TRADITIONAL HIERARCHY OF EVIDENCE

HISTORY CONT'

- In the 1980’s, the term “evidence based medicine” was coined at McMaster University Medical School in Canada
- The Cochrane Collaboration was formed in 1993, focusing on evidence based medicine
- In the mid 1990’s, application of evidence based medicine core principles was adapted by nursing and the broader healthcare community as evidence based practice or EBP
- The Joanna Briggs Institute (JBI) was founded in 1996

UPDATED HIERARCHY OF EVIDENCE

From Nursetopia.net, 2011
WORDS, WORDS, WORDS!

UCSF CLINICAL INQUIRI MODEL
UCSF Clinical InQuERI Model: Quality Improvement
• Defined as the deliberate application and/or implementation of knowledge in local settings that has been previously discovered

UCSF Clinical InQueri Model: Evidence-Based Practice at the Point of Care
• Defined as the utilization of all types of current evidence to guide decision making in health care
• Sources of evidence include data from research, expert consensus, and expert opinion

RESEARCH
• Can take many forms, depending on the discipline and research question
• Divided into two major categories
  • Primary Research
  • Secondary Research

Primary Research
• Primary research is a systematic process that is discovery-oriented

Secondary Research
• Involves the summary & analysis or synthesis of existing research
• Secondary analysis
• Systematic review
• Because no human subject contact is involved, IRB approval is not necessary

WHAT IS A SYSTEMATIC REVIEW?
• The identification, selection, appraisal, and summary of primary (or single) studies addressing a focused clinical question using methods to reduce the likelihood of bias
• Formal SRs are incredibly rigorous!
• The SR is a form of research--frequently referred to as secondary research
**ONLINE DATABASES OF SYSTEMATIC REVIEWS**

- Cochrane Collaboration: quantitative health science reviews
- Oxford, United Kingdom
- Campbell Collaboration: quantitative social science reviews
- Oslo, Norway
- Joanna Briggs Institute: qualitative & quantitative health science reviews
- Adelaide, Australia
- Centre for Reviews & Dissemination (CRD): quantitative reviews for the UK government
- York, United Kingdom

**COMMON THEME…**

**5 STEPS TO EBP**

- Identify the problem
- Access the evidence
- Critically appraise the evidence
- Use the evidence
- Evaluate the practice change
IDENTIFYING THE PROBLEM

Quantitative Problem
• P = Population
• I = Intervention
• C = Comparison
• O = Outcome

Qualitative Problem
• PI = Phenomenon of Interest
• Co = Context

ACCESSING THE EVIDENCE

1ST STOP: ASPAN WEBSITE!

BE SURE TO LOGIN!

ASPN EBP MAIN SCREEN

JBI MAIN SCREEN
JBI CONTENT
• Evidence-based Recommended Practices
• Evidence Summaries
• Best Practice Information Sheets
• Systematic Reviews
• Consumer Information Sheets
• Systematic Review Protocols
• Technical Reports

BEST AVAILABLE EVIDENCE AT THE POINT OF CARE!
Oliver Tremblay, RN, UCSF Medical Center

ASPN EXTERNAL RESEARCH LINKS

APPRASING THE EVIDENCE

ASPN CRITICAL APPRAISAL TOOL: SYSTEMATIC REVIEW

ASPN CRITICAL APPRAISAL TOOL: EXPERIMENTAL STUDY
ASPN CRITICAL APPRAISAL TOOL: COHORT/CASE CONTROL STUDY

ASPN CRITICAL APPRAISAL TOOL: DESCRIPTIVE/CASE STUDY

ASPN CRITICAL APPRAISAL TOOL: QUALITATIVE STUDY

ASPN CRITICAL APPRAISAL TOOL: PERFORMANCE IMPROVEMENT PROJECT

USE THE EVIDENCE

EVALUATE THE PRACTICE CHANGE
SUMMARY

• EBP is a pressing movement in healthcare today
• With computer access and ASPAN membership, access to EBP resources are just a few clicks away!
• EBP can be practiced daily using the 5 steps:
  • Identify the problem
  • Access the literature
  • Critically appraise the literature
  • Use the evidence
  • Evaluate the practice change (if applicable)

QUESTIONS?

Thank you!

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