

## **BRINGING EVIDENCE-BASED PRACTICE TO THE BEDSIDE: WHAT WORKS?**

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Current governmental and private insurance reimbursements for healthcare activities are changing. Healthcare providers and organizations face financial constraints and are searching for ways to provide the highest quality care while meeting budgetary limitations. Evidenced- based practice allows nurses to provide care based on interventions with demonstrated effectiveness, thus saving money and assuring quality. Our Research and Evidence-based Nursing Practice Council (REBNPC) took on the challenge to develop a method for healthcare providers to incorporate the latest evidence-based practice (EBP) in a way that made good use of time and resources.

Based on the work of Valente (2005), we developed a one-page fact sheet that incorporated a problem statement, review and summary of literature. We concluded the fact sheet with "pearls" of wisdom related to how the information could be incorporated into practice. Our first completed fact sheet was distributed to nurses and a post-distribution survey was conducted. Survey responses indicated that nurses were pleased with content and formatting of the information.

Additional fact sheets have addressed pain assessment, consequences of unrelieved pain, complementary techniques for pain management, patient pre-procedure hygiene, patient/family readiness for discharge, patient positioning following lumbar puncture, and a guideline for evaluating web-based information sources. The feedback from nurses about the fact sheets continues to be favorable.

Although many acknowledge that use of evidence in practice is important, barriers exist in making such efforts a reality. By developing a brief, easy-to-use sheet summarizing research, we have addressed at least one of the EBP barriers. As nurses have access to the data and knowledge about credible internet-based information, it will become much easier for the nurse to incorporate the current evidence into practices.