Evidence-based practice is a clinical decision-making model that combines the best research evidence with clinical expertise and patients’ values. It involves moving away from the, “We’ve always done it this way,” mindset to practices that are more effective and scientifically supported. Experts tell us that when evidence-based practices are used within the context of patient-centered care and supported by the clinical environment, clinicians make better decisions and produce better outcomes for patients. The Institute for Medicine recommends that 90% of healthcare decisions be evidence-based by 2020.

Patient Care Services has launched a new initiative, Advancing Evidence-Based Practice, and on June 28, 2016, Meg Bourbonniere, RN, and Virginia Capasso, RN, co-leads of the initiative, hosted a four-hour training session for 50 interprofessional participants. Phase I of this comprehensive, multi-dimensional program sought to:

- update the inter-disciplinary team’s knowledge of evidence-based practice based on a conceptual framework adapted from the Johns Hopkins Nursing Program
- introduce the PET Project wherein inter-professional teams in consultation with PCS mentors explore questions related to a patient or patient population derived from clinical practice or the practice setting (P=Practice question, E=Evidence, T=Translation)
- sustainably hard-wire evidence-based practice as the PCS model for clinical decision-making

Program faculty included Tam Nguyen, RN, assistant professor, Boston College, and Lisa Liang Philpotts, RN, knowledge specialist for Research & Instruction, Treadwell Virtual Library.

The program featured:
- an introduction to evidence-based practice
- discussion about the relationship between evidence-based practice, quality-improvement, and research
- an overview of the Johns Hopkins program
- the creation of a PICO question (P=Patient/Population, I=Intervention, C=Comparison, O=Outcome)
- practice in searching, appraising, and summarizing evidence
- instruction on how to translate evidence-based practice recommendations into practice

During the program, unit- and service-based teams drafted PICO questions. Following the session, several teams stayed to strategize about how to proceed with their PET Projects. Over the next four months, Capasso, Bourbonniere, Nguyen, Philpotts, and other nurse scientists and evidence-based-practice experts will work with teams to formulate, operationalize, and disseminate the results of their PET Projects.

Phase II of the Advancing Evidence-Based Practice initiative will commence in November; the next training program is scheduled for November 18, 2016. For more information call Ginger Capasso at 617-726-3836, or Meg Bourbonniere at 617-726-1989.