WHAT IS EVIDENCE-BASED PRACTICE?

Evidence-Based Practice (EBP) is a Clinical decision-making model that combines the best research evidence with clinical expertise and patients’ values.

VALUES OF EVIDENCE-BASED PRACTICE

EBP involves moving away from traditional “We’ve always done it this way!” clinical practices to more effective, scientifically-supported practices.2

When evidence-based care is provided within the context of patient-centered care and supported by the clinical environment, clinicians make the best decisions and produce the best outcomes for their patients.1

The Institute for Medicine recommends that, by 2020, 90% of healthcare decisions are evidence-based.8

The Hopkins process for EBP relies on three elements, Practice Question, Evidence, and Translation, and is known as the PET Process.

To develop a practice question, we use the P-I-C-O method.

- **P** = patient, population, problem
- **I** = Intervention
- **C** = Comparison
- **O** = Outcome

**PICO question example:**
In critical care patients (P) are Allevyn foam dressings (I) more effective than Mepilex foam dressings (C) at preventing sacral pressure ulcers (O)?
The Munn Center provided training classes in a program entitled “Advancing Evidence-Based Practice,” which included:

- Introduction to EBP
- Relationship Between EBP, QI and Research Overview of the Johns Hopkins EBP Model
- Developing an Answerable PICO Question
- Conducting a Systematic Literature Review
- Searching for Internal and External Evidence
- Appraising the Literature: Level & Quality of Evidence

The Power Point presentations from these classes are accessible on the Evidence-Based Practice page of the EED portal: http://www.mghpcs.org/eed_portal/EED_evidence-based_practice.asp

Future classes to be announced. Classes are available to all PCS staff.

**Appendix G: Individual Evidence Summary Tool**

<table>
<thead>
<tr>
<th>Article #</th>
<th>Author &amp; Date</th>
<th>Evidence Type</th>
<th>Sample, Sample Size &amp; Setting</th>
<th>Study Design that help answer the EBP question</th>
<th>Limitations</th>
<th>Evidence Level &amp; Quality</th>
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**Appendix F: Non-Research Evidence Appraisal Tool**

- Evidence Level & Quality:
  - Document:
  - Source:
  - Journal:
  - Article Title:
  - Reference Date:

**Appendix E: Research Evidence Appraisal Tool**

- Evidence Level & Quality:
  - Document:
  - Source:
  - Journal:
  - Article Title:
  - Reference Date:

**References**


**MGH EBP Resources**


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After reviewing and evaluating the evidence, a recommendation can be made regarding the best practice related to your clinical question.

Examples of practice recommendations from EBP projects: