**DISCUSSION BOARD 5**

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

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An evidence-based approach is used in the clinical practices to promote a certain type of behavior or solving a particular problem through means of the scientific method and the available information and knowledge(Ellis, 2016). I am working as a nurse in hospital from the 2 years. Our hospital provides all the facilities up to the mark to its patients but still, the patient dissatisfaction levels were really high in the hospital. Nurses and doctors were providing all the treatment to patients but the confidence levels in the nurses were really low. Personally, I always used to feel underconfident while providing care to the patient. I used to feel that my patients are not really satisfied with my care skills. This further used to lower my confidence levels.

In order to improve the patient care to increase their satisfaction levels, the data was collected by the senior doctors, which was later investigated to formulate appropriate evidence based practice. Studies also prove that implementing cultural change in the hospital environment is essential for patient satisfaction. Also, nurses need to get educated in the EBP practices the nurses reduces knowledge regarding EBP. The training was provided to the nurses in the evidence-based approach regarding increasing the patient's satisfaction level by providing high levels of care to satisfy not only their medical needs but also their emotional needs by providing them support regarding their issues. Research proves that EBP education increases the nurse's confidence levels, this outcome was observed in our hospital after training(Crabtree, Brennan, Davis, & Coyle, 2016).

After attending workshops regarding the evidence-based practice, I have felt the change in my confidence level when I am treating a patient. These techniques have helped me in building a good relationship with my patients. My communication level with the patients is also improved. I have felt the change in my patient’s satisfaction regarding care after implementing the evidence-based strategies of patient care.

**References**

Crabtree, E., Brennan, E., Davis, A., & Coyle, A. (2016). Improving Patient Care Through Nursing Engagement in Evidence-Based Practice. *Worldviews on Evidence-Based Nursing*, *13*(2), 172–175. https://doi.org/10.1111/wvn.12126

Ellis, P. (2016). *Evidence-based Practice in Nursing*. Learning Matters.