Evidence based practice

Name

Tutor

Course

Date

Evidence-based practice involves the active implementation of research findings in practice. It is, therefore, a valuable skill for all nurses to be in a position to analyze every research. In as much as the focus remains on the research findings, it is vital to consider the rigor of the research, a step that is achieved by measuring validity and reliability. Validity is the extent to which an idea has accurately been measured in a study while reliability is the accuracy of the used instrument (LoBiondo-Wood, 2005). The two, therefore, demonstrate the consistency extent of results if they are used in the same situation on many occasions.

The use of evidence to guide nursing practice is not a new concept and it is the expected standard of practice for healthcare organizations and even for individual nurses. Evidence-based practice is informed by clinical expertise, research findings, and patient's values and effective use can improve the patient's outcome (Burns, 2010). The evidence is just the beginning of a long chain of improving the process of care and the ability to use this knowledge in clinical decision making during treatment is important.

The provision of high-quality health care which sufficiently responds to the needs of the patients ensures lower costs of health services which meet the demands of individuals who are well informed depends on EBP (Melnyk, 2011). The need to make decisions which are backed up with reliable information will propel me towards carrying out investigations about the most current research findings in my profession which is likely to result in self and professional growth. Moreover, upholding of EBP will allow easy collaboration with my colleagues especially during patient referrals and shifts in operations. The process of implementing decisions which are recognized and measurable will motivate me and lead to more turnover.

Reference

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