

EBP Components Defined

- Evidence based practice (EBP) is ultimately about our nursing practice. A practice grounded in EBP encompasses how we go about caring for our patients; where the integration of best available evidence, clinical expertise, and patient preferences at the point of care is the dynamic and motivating mindset of each nurse.



Best Available Evidence: Evidence comes from a variety of sources and can be categorized as research or non-research. Because all evidence is not created equally, some types of evidence are considered to be more believable and credible. The “best available evidence” implies that a rigorous appraisal of the full body of evidence has been completed by a group of experts in the area.

Clinical Expertise: Clinical expertise entails the proficiency, judgment, critical reasoning and wisdom acquired through one’s own professional experience.

Patient Preferences: Every patient is has a unique set of values and beliefs – shaped by a variety of personal, cultural and religious influences. Patients differ in terms of their experiences (past and present), means, individual abilities, and social support networks. All of these factors impact the way a patient responds to health and illness; and ultimately affect the patient’s health-related goals and decisions. The patient preference component encompasses the sum total of these considerations.