

---

## Section 1 Evidence-Based Practice Overview

### EBP as a Foundation of Nursing Practice

---

#### Overview

For this module, evidence-based practice as a requisite for professional nursing practice is discussed.

#### Objectives

- Describe how evidence-based practice serves as a foundation for nursing practice.

#### Key Points

- The American Nursing Association Scope & Standards of Practice defines the “who, what, where, when, why, and how of nursing practice” (ANA, 2010, pg 2). Woven throughout our scope (set forth in the standards of practice & performance) is the view that evidence-based practice is fundamental to the profession of nursing. See for example page 16: “Evidence-based practice (EBP) is a scholarly and systematic problem-solving paradigm that results in the delivery of high-quality health care. In order to make the best clinical decisions using EBP, external evidence from research is blended with internal evidence (i.e., practice-generated data), clinical expertise, and healthcare consumer values and preferences to achieve the best outcomes for individuals, groups, populations, and healthcare systems”.
- Other organizations support the essential role of evidence-based practice in the provision of high-quality nursing care. For example, the Future of Nursing report identifies evidence-based practice as one of the “requisite competencies” for the delivery of high quality nursing care (The Future of Nursing Leading Change, Advancing Health, IOM Brief Report October 2010, pg 2).

#### Suggested Activities

##### Practice Application Exercise

Have participants reflect on their nursing practice and discuss the following:

1. What does EBP mean for your nursing practice?
2. Give examples of how the EBP paradigm serves as a foundation to your nursing practice.

---

#### Evidence-Based Practice



#### Document Search Exercise

Have participants use your local VA library or the [VHA National Desktop Library](#)

to locate and review the following documents:

1. ANA (2010) Nursing: Scope and Standards of Practice, 2<sup>nd</sup> edition
2. ANA (2010) Nursing’s Social Policy Statement, 2010 edition
3. ANA (2015) Code of Ethics for Nurses with Interpretive Statements
4. IOM (2010) The Future of Nursing Leading Change, Advancing Health, IOM Brief Report

#### Personal Commitment to EBP Exercise

1. Ask the participants to share some of the important take-home points that they have learned in this lesson.
2. How will you use what you learned today in your practice?
3. Have the participants write down their vision for EBP and personal goals for achieving their vision.

**Other Resources** Bring copies of the following documents to share with the group:

- ANA Nursing Scope & Standards of Practice, 2<sup>nd</sup> edition (2010)
- [The Future of Nursing Leading Change, Advancing Health, IOM Brief Report October 2010](#)

**Suggested Time** 20 minutes