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## Section 4 Evidence Component

### EBP Process, Quality Improvement, System Redesign and Research

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#### Overview

In this module, the EBP process methodology is compared to quality improvement (QI), system redesign (SR), and research.

#### Objectives

- Compare the EBP process methodology with quality improvement (QI), research, and system redesign (SR).
- Describe the role of the Institutional Review Board (IRB).
- Recognize when practice change projects require IRB approval.

#### Key Points

- Once you ask a practice question, you need to make a decision on how best to move forward. A number of approaches (EBP process, QI, SR and research) are available to address practice questions.
- Success depends on selecting the best approach for addressing the clinical questions or issue. A key in making this decision relates to the purpose of the project. Start by asking *what is the purpose* or *why* am I doing this? For more information, see handouts: (1) Key Definitions for Nursing Inquiry; (2) Project Method Decision Algorithm.
- Even when you understand the purpose of the your project, differentiating EBP, QI, SR, and research can still be muddled and challenging as they all involve, to some degree, collecting and analyzing data.
- EBP, QI and SR projects are usually considered non-research operations activities; however, there are times when these projects meet the definition of research. Federal regulations outline procedures required to conduct research – this includes obtaining Institutional Review Board (IRB) approval. You may not conduct research without strictly adhering to these regulations.
- It is imperative that nurses adhere to the policies and regulations for obtaining approval to conduct non-research and research activities within the organization.

Evidence-Based Practice



#### Suggested Activities

##### Practice Application Exercise

Distinguishing between EBP, QI and Research Activity:

1. Pose a case scenario that illustrates a clinical problem or question. Discuss ways to address the problem from EBP, QI, SR, and research perspectives.
2. Divide the group into the following teams (EBP, QI, SR, and Research). Present other practice scenarios and have each team talk about how they would approach the issue based on their assigned method. If available, invite individuals from your organization that are method experts to participate.
3. If available, invite a member of the IRB to talk about policies/guidance for conducting research and non-research operation activities in your organization.

##### Personal Commitment to EBP Exercise

1. Ask the participants to share some of the important take-home points that they have learned in this session.
2. How will you use what you learned today in your practice?

**Materials** are available through the provided hyperlink:

##### Handouts

1. [Key Definitions for Nursing Inquiry](#)
2. [Project Methodology Decision Algorithm](#)

**Suggested Time** 30 minutes