

Nursing Research and Evidence-Based Practice: Advancing Patient Care

Nursing research is the systematic investigation of nursing practice, patient outcomes, and health care delivery. It is essential for improving patient care because it provides evidence that nurses can use to make informed decisions about their practice. Evidence-based practice (EBP) is a process that uses research evidence to guide nursing care. It is a systematic approach to decision-making that helps nurses to provide the best possible care for their patients.

Nursing research is important for several reasons. First, it provides evidence that can be used to improve patient care. Research studies can help to identify the most effective nursing interventions, and they can also help to identify factors that contribute to patient health. Second, nursing research helps to advance the profession of nursing. It provides nurses with the knowledge and skills they need to provide high-quality care, and it also helps to promote the development of new nursing theories and models. Third, nursing research helps to inform health care policy. It can provide evidence that can be used to make decisions about how to allocate resources and how to improve the quality of health care.

The EBP process is a systematic approach to decision-making that uses research evidence to guide nursing care. It involves five steps:

Nursing Research and Evidence-Based Practice: Ten Steps to Success (Keele, Nursing Research & Evidence-Based Practice) by Rebecca Keele

★★★★☆ 4.1 out of 5



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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 276 pages



1. **Ask a clinical question.** The first step is to identify a clinical question that you are interested in. This question should be specific, measurable, attainable, relevant, and time-bound.
2. **Search for evidence.** The next step is to search for evidence that can help you to answer your clinical question. This evidence can be found in a variety of sources, including research articles, textbooks, and clinical practice guidelines.
3. **Appraise the evidence.** Once you have found some evidence, you need to appraise it to determine its quality. This means evaluating the study design, the methods used, and the results.
4. **Apply the evidence to your practice.** The final step is to apply the evidence to your nursing practice. This means making changes to your care based on the evidence that you have found.

There are many examples of how nursing research and EBP have been used to improve patient care. For example, research has shown that:

- **Early ambulation after surgery can reduce the risk of complications.** A study published in the journal JAMA Surgery found that patients who were able to get out of bed and walk within 24 hours

of surgery had a lower risk of developing complications, such as pneumonia and blood clots.

- **Pain management can be improved by using a multimodal approach.** A study published in the journal *Pain* found that patients who received a multimodal approach to pain management, which included a combination of medications and non-pharmacological therapies, experienced less pain than patients who received only one type of pain medication.
- **Nurse-led care can improve outcomes for patients with chronic conditions.** A study published in the journal *Diabetes Care* found that patients with diabetes who received nurse-led care had better blood sugar control and fewer hospitalizations than patients who received traditional care.

These are just a few examples of how nursing research and EBP have been used to improve patient care. As the body of nursing research continues to grow, nurses will be able to use this evidence to provide even better care for their patients.

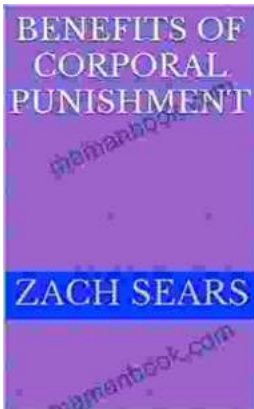
Nursing research and EBP are essential for improving patient care. Nursing research provides the evidence that nurses need to make informed decisions about their practice, and EBP is a process that uses this evidence to guide nursing care. By using nursing research and EBP, nurses can provide the best possible care for their patients.

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