

Evidence based (asthma)



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Evidence Based Paper (Asthma) Evidence-based practice (EBP) in nursing refers to one of the newly emerging paradigms or methodologies employed in clinical practice in nursing. Also known as empirically-supported treatment (EST), evidence-based practice has acquired great relevance in nursing practice in the United States and EBP has been emphasized by the leading professional organizations in the world such as the American Psychological Association, the American Nurses Association, and the American Occupational Therapy Association. “ Evidence-based practice is the integration of best research evidence with clinical expertise and patient values to facilitate clinical decision making.” (DiCenso, Guyatt, and Ciliska, 2005, p. 4). Therefore, evidence-based practice in nursing makes use of the best research evidence in clinical practice, i. e. methodologically sound and clinically relevant research. Evidence-based practice has been defined as “ the conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients.” (Sackett, Richardson, Rosenberg, & Hayes, 1997, p. 5). Most notably, evidence-based practice stresses the use of research and evidence to guide clinical decision making and it is empty of intuitions and unsystematic observations. In other words, evidence-based practice in nursing requires clinicians to acquire the skill of applying the research evidence in clinical practice. In nursing, evidence-based practice emphasizes best research evidence relating to the effectiveness and safety of nursing interventions, the accuracy of nursing assessment measures, and the meaning of illness and patient experiences. It is important to recognize that evidence-based practice hypothesizes a hierarchy of evidence to guide clinical decisions, and personalizing the evidence to blend in a specific patient’s circumstances is central to evidence-

based clinical decision. (DiCenso, Guyatt, and Ciliska, 2005, p. 4). In short, it is fundamental to realize that “ evidence-based practice combines the current research-based evidence with clinical expertise and patient preferences to make a decision about a specific patient.” (Simon, 1999).

References DiCenso, Alba., Guyatt, Gordon., and Ciliska, Donna. (2005). Evidence Based Nursing: A Guide to Clinical Practice. Elsevier Health Sciences. p. 4. Sackett, D. L., Richardson, W. S., Rosenberg, W. M. C., & Haynes, R. B. (1997). Evidence-Based Medicine: How to Practice and Teach EBM. Edinburgh: Churchill Livingstone. p. 5. Simon, Jolene M. (1999). “ Evidence-Based Practice in Nursing.” Nursing Diagnosis. Retrieved 04 February, 2011, from http://findarticles.com/p/articles/mi_qa3836/is_199901/ai_n8830933/