

# Evidence-based practice essay sample

[Law](#), [Evidence](#)



## **Discussion**

Instruction

Discussion 4 Question 1

Evidence based practice is a process which is used to describe research strategies by using the best evidence available to guide clinical decision-making. These strategies for research allow nurses to collate the latest knowledge, which enables them to make decisions about the care of individual patients (Nieswiadomy, 2012). Evidence based practice is considered to be a useful approach in the improvement of medicine and health care provided to patients. Use of scientific evidence in nursing helps in improving patient care and outcomes. Clinical practices become outdated quickly; therefore, it is vital that new evidence be drawn up to allow growth within the health care setting. During the process of decision-making, patient preferences should also be taken into account as it enables the patient to make a good choice about the care options available to them (Ellis, 2010). Many sources of evidence-based practice highlight the fact that a considerate use of individual patient's rights and preferences should unavoidably be taken into account during the process of research.

Evidence-based practice is an essential tool in nursing as it helps nurses work to the best of their ability and knowledge in ensuring that the patient is receiving or has been advised about the best available treatment to them. Some patients may decide to decline the medication or treatment offered to them; although their autonomy should always be respected, they should always be informed of their choices. Professionally, Evidence based practice

is paramount to nursing staff to enable them to achieve clinical effectiveness, which in turn allows the patient to receive the best possible outcome, whenever possible.

When a researcher wants to measure something then quantitative approaches should be used. These may include; drug trials, experiments, and epidemiology among others. However, if the researcher is going to examine the meaning of something, then qualitative approaches will be a necessary method. Quantitative approaches usually include the use of numbers and percentages, whereas qualitative approaches do not use measurement, but would apply words and descriptions. A qualitative research is used when the subject has not already been researched. Both quantitative and qualitative approaches are acceptable methods and can sometimes be used collectively to provide comparison and evaluation.

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### **Noticeable gaps**

These gaps include unanswered questions concerning gender, age, and ethnicity, characteristics of health care facilities, geographic locations and differences in disease outcomes. The knowledge base for nursing practice contributes towards making nursing practice credible and achieving patient outcomes. However, this was not exhaustively illustrated in on the literature. The literature did not elaborate on the nature and characteristics of the health care facilities. Furthermore, gender and age of the nurses are not indicated in the literature. These should give emphasis on quality care based on research and evidence in all areas of health care (Holloway, 2010). The nurses have a challenge to determine the interrelationship of nursing

research to evidence-based practice. A solid research base is needed to offer evidence of the nursing actions that are necessary for promoting positive patient outcomes. This will help in using the best evidence available to guide clinical decision-making.

In conclusion, evidence-based practice is an essential skill in nursing; however, it must be acknowledged that there are barriers in the forefront, which include the fact that the process can prove to be a very difficult and time-consuming task. The research established that there is much information available to suggest that evidence-based practice is an important tool and plays a vital role within all elements of the healthcare setting.

## **References**

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Holloway, I., Wheeler, S., & Holloway, I. (2010). Qualitative research in nursing and healthcare. Chichester, West Sussex, U. K: Wiley-Blackwell.

Nieswiadomy, R. M. (2012). Foundations of Nursing Research. Boston: Pearson. Prentice Hall.