

MULTIPLE CHOICE

1. Evidence-based practice is a problem-solving approach to making decisions about patient care that is grounded in:
 - a. The latest information found in textbooks
 - b. Systematically conducted research studies
 - c. Tradition in clinical practice
 - d. Quality improvement and risk management data

ANS: B

The best evidence comes from well-designed, systematically conducted research studies found in scientific journals. Portions of a textbook often become outdated by the time it is published. Many health care settings do not have a process to help staff adopt new evidence in practice. And nurses in practice settings lack easy access to risk management data, relying instead on tradition or convenience.

Some sources of evidence do not originate from research. These include quality improvement and risk management data; infection control data, retrospective or concurrent chart reviews; and clinicians' expertise. Although non-research-based evidence is often very valuable, it is important that you learn to rely more on research-based evidence.

DIF: Cognitive Level: Comprehension REF: Text Reference: Page 3

OBJ: Discuss the benefits of evidence-based practice.

TOP: Evidence-Based Practice

KEY: Nursing Process Step: Assessment

2. When evidence-based practice is used, patient care will be:
 - a. Standardized for all
 - b. Unhampered by patient culture
 - c. Variable according to the situation
 - d. Safe from the hazards of critical thinking

ANS: C

Using your clinical expertise and considering patients' cultures, values, and preferences ensure that you will apply both ethically and appropriately the evidence available in practice. Even when you use the best evidence available, application and outcomes will differ; as a nurse, you will develop critical thinking skills to determine whether evidence is relevant and appropriate.

DIF: Cognitive Level: Comprehension REF: Text Reference: Page 3

OBJ: Discuss the benefits of evidence-based practice.

TOP: Evidence-Based Practice

KEY: Nursing Process Step: Assessment

3. When a "PICO" question is developed, the letter that corresponds with the usual standard of care is:
 - a. P
 - b. I
 - c. C

d. O

ANS: C

C = Comparison of interest. What is the usual standard of care or current intervention you use now in practice?

P = Patient population of interest. Identify your patients by age, gender, ethnicity, disease, or health problem.

I = Intervention of interest. What is the intervention you think is worthwhile to use in practice (e.g., treatment, diagnostic test, prognostic factor)?

O = Outcome. What result do you wish to achieve or observe as a result of an intervention (e.g., change in patient's behavior, physical finding, change in patient's perception)?

DIF: Cognitive Level: Knowledge

REF: Text Reference: Page 3

OBJ: Develop a PICO question.

TOP: PICO

KEY: Nursing Process Step: Implementation

4. A well-developed PICO question helps the nurse:
- Search for evidence
 - Include all four elements of the sequence
 - Find as many articles as possible in a literature search
 - Accept standard clinical routines

ANS: A

The more focused a question you ask is, the easier it is to search for evidence in the scientific literature.

A well-designed PICO question does not have to include all four elements, nor does it have to follow the PICO sequence. Do not be satisfied with clinical routines. Always question and use critical thinking to consider better ways to provide patient care.

DIF: Cognitive Level: Analysis

REF: Text Reference: Page 3

OBJ: Describe the six steps of evidence-based practice.

TOP: Evidence-Based Practice

KEY: Nursing Process Step: Implementation

5. The nurse is not sure that the procedure the patient requires is the best possible for the situation. Perhaps the quickest way for her to review the research on the topic would be to utilize:
- CINAHL
 - PubMed
 - MEDLINE
 - The Cochrane Library

ANS: D

The Cochrane Library Database of Systematic Reviews is a valuable source of **synthesized** evidence (i.e., preappraised evidence). The Cochrane database includes the full text of regularly updated systematic reviews and protocols for reviews currently happening. MEDLINE, CINAHL, and PubMed are among the most comprehensive databases and represent the scientific knowledge base of health care.

DIF: Cognitive Level: Synthesis

REF: Text Reference: Page 4

OBJ: Describe the six steps of evidence-based practice.

TOP: Evidence-Based Practice

KEY: Nursing Process Step: Implementation

6. The nurse is getting ready to develop a plan of care for a patient who has a specific need. The best source for developing this plan of care would probably be:
- The Cochrane Library
 - MEDLINE
 - The NGC
 - CINAHL

ANS: C

The National Guidelines Clearinghouse (NGC) is a database supported by the Agency for Healthcare Research and Quality (AHRQ). It contains **clinical guidelines**, systematically developed statements about a plan of care for a specific set of clinical circumstances involving a specific patient population. The NGC is a valuable source when you want to develop a plan of care for a patient. The Cochrane Library Database of Systematic Reviews, MEDLINE, and CINAHL are all valuable sources of **synthesized** evidence (i.e., preappraised evidence).

DIF: Cognitive Level: Synthesis

REF: Text Reference: Page 4

OBJ: Describe the six steps of evidence-based practice.

TOP: Evidence-Based Practice

KEY: Nursing Process Step: Implementation

7. The nurse has done a literature search and has found 25 possible articles on the topic that she is studying. To determine which of those 25 best fit her inquiry, the nurse should first look at:
- The abstracts
 - Literature reviews
 - The “Methods” sections
 - The narrative sections

ANS: A

The abstract is a brief summary of the article that quickly tells you if the article is research- or clinically-based. An abstract summarizes the purpose of the study or clinical query, the major themes or findings, and the implications for nursing practice.

The literature review usually gives you a good idea of how past research led to the researcher’s question. The “Methods” or “Design” section explains how a research study is organized and conducted to answer the research question or to test the hypothesis. The narrative of a manuscript differs according to the type of evidence-based article, either clinical or research.

DIF: Cognitive Level: Application

REF: Text Reference: Page 6

OBJ: Discuss elements to review when critiquing the scientific literature.

TOP: Randomized Controlled Trials

KEY: Nursing Process Step: Implementation

8. The nurse wants to determine the effects of cardiac rehabilitation program attendance on the level of postmyocardial depression for individuals who have had a myocardial infarction. The type of study that would best capture this information would be:
- A randomized controlled trial
 - A qualitative study
 - A case control study
 - A descriptive study

ANS: B

Qualitative studies examine individuals' experiences with health problems and the contexts in which these experiences occur. A qualitative study is best in this case of an individual nurse who wants to examine the effectiveness of a local program.

Randomized controlled trials involve close monitoring of control groups and treatment groups to test an intervention against the usual standard of care. Case control studies typically compare one group of subjects with a certain condition against another group without the condition to look for associations between the condition and predictor variables. Descriptive studies focus mainly on describing the concepts under study.

DIF: Cognitive Level: Synthesis

REF: Text Reference: Page 7

OBJ: Discuss ways to apply evidence in practice.

TOP: Randomized Controlled Trials

KEY: Nursing Process Step: Implementation

MULTIPLE RESPONSE

1. To use evidence-based practice appropriately, you need to collect the most relevant and best evidence and critically appraise the evidence you gather. This process also includes: (*Select all that apply.*)
 - a. Asking a clinical question
 - b. Applying the evidence
 - c. Evaluating the practice decision
 - d. Communicating your results

ANS: A, B, C, D

EBP comprises six steps (Melnik and Fineout-Overholt, 2005):

1. Ask a clinical question.
2. Collect the most relevant and best evidence.
3. Critically appraise the evidence you gather.
4. Apply or integrate evidence along with one's clinical expertise and patient preferences and values in making a practice decision or change.
5. Evaluate the practice decision or change.
6. Communicate your results.

DIF: Cognitive Level: Analysis

REF: Text Reference: Page 3

OBJ: Describe the six steps of evidence-based practice.

TOP: Evidence-Based Practice

KEY: Nursing Process Step: Implementation

2. Evidence-based practice has the ability to:
 - a. Improve the quality of care provided
 - b. Improve patient outcomes
 - c. Improve clinician satisfaction
 - d. Improve patients' perceptions

ANS: A, B, C, D

EBP has the potential to improve the quality of care that nurses provide, patient outcomes, and clinician satisfaction with their practice. Your patients expect nursing professionals to be informed and to use the safest and most appropriate interventions. Use of evidence enhances nursing, improving patients' perceptions of excellent nursing care.

DIF: Cognitive Level: Comprehension

REF: Text Reference: Page 8

OBJ: Discuss the benefits of evidence-based practice.

TOP: Randomized Controlled Trials

KEY: Nursing Process Step: Implementation

COMPLETION

1. _____ is a guide for making accurate, timely, and appropriate clinical decisions.

ANS:

Evidence-based practice

Evidence-based practice is a guide for making accurate, timely, and appropriate clinical decisions.

DIF: Cognitive Level: Knowledge

REF: Text Reference: Page 2

OBJ: Define the key terms listed.

TOP: Evidence-Based Practice

KEY: Nursing Process Step: Assessment

2. Evidence-based practice requires good _____.

ANS:

nursing judgment

Evidence-based practice requires good nursing judgment; it is not finding research evidence and blindly applying it.

DIF: Cognitive Level: Comprehension

REF: Text Reference: Page 3

OBJ: Discuss the benefits of evidence-based practice.

TOP: Evidence-Based Practice

KEY: Nursing Process Step: Assessment

3. While caring for patients, the professional nurse must question _____.

ANS:

what does not make sense

Always think about your practice when caring for patients. Question what does not make sense to you, and question what you think needs clarification.

DIF: Cognitive Level: Analysis

REF: Text Reference: Page 3

OBJ: Describe the six steps of evidence-based practice.

TOP: Evidence-Based Practice

KEY: Nursing Process Step: Implementation

4. A systematic review explains if the evidence that you are searching for exists, and whether there is good cause to change practice. In _____, all entries include information on systematic reviews. Individual randomized controlled trials (RCTs) are the gold standard for research.

ANS:

the Cochrane Library

A systematic review explains if the evidence that you are searching for exists, and whether there is good cause to change practice. In the Cochrane Library, all entries include information on systematic reviews. Individual randomized controlled trials (RCTs) are the gold standard for research.

DIF: Cognitive Level: Analysis

REF: Text Reference: Page 5

OBJ: Describe the six steps of evidence-based practice.

TOP: Evidence-Based Practice

KEY: Nursing Process Step: Implementation

5. _____ are the gold standard for research.

ANS:

Randomized controlled trials

Individual randomized control trials (RCTs) are the gold standard for research (Titler and others, 2001). An RCT establishes cause and effect and is excellent for testing therapies.

DIF: Cognitive Level: Knowledge

REF: Text Reference: Page 5

OBJ: Explain the levels of evidence in the literature.

TOP: Randomized Controlled Trials

KEY: Nursing Process Step: Implementation

6. The researcher explains how to apply findings in a practice setting for the type of subjects studied in the _____ section of a research article.

ANS:

“Clinical Implications”

A research article includes a section that explains if the findings from the study have “Clinical Implications.” The researcher explains how to apply findings in a practice setting for the types of subjects studied.

DIF: Cognitive Level: Application

REF: Text Reference: Page 6

OBJ: Discuss elements to review when critiquing the scientific literature.

TOP: Randomized Controlled Trials

KEY: Nursing Process Step: Implementation

7. _____ is the extent to which a study’s findings are valid, reliable, and relevant to your patient population of interest.

ANS:

Scientific rigor

Scientific rigor is the extent to which a study’s findings are valid, reliable, and relevant to your patient population of interest.

DIF: Cognitive Level: Application

REF: Text Reference: Page 7

OBJ: Define the key terms listed.

TOP: Randomized Controlled Trials

KEY: Nursing Process Step: Implementation