



Evidence Based Practice

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Introduction

Rapid growth and development in science and technology has largely influenced the need for research in health care. Research is a crucial enterprise for building an evidence base for practice by the doctors & nurses.

Evidence based medicine is the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients. The practice of evidence based medicine encompasses integrating individual clinical expertise with the best available external clinical evidence from systematic research

The advent of Evidence Based Practice in early 90's marked the beginning of significant impact on healthcare and policies governing health care practices. The Evidence Based Movement was so catalytic and dramatic that it burgeoned as global phenomenon transcending national and professional boundaries. EBP in medicine has led to methodologic innovations that are relevant to all healthcare research. High-quality evidence is a product of researcher's decisions in designing and executing a study.

An empirical as well as more fact based research should be conducted in order to ascertain more scientific, appreciable and trustworthy evidence. Once an empirical scientific data is generated by

standard statistical techniques more appropriately by systematic reviews and meta-analysis, it can be ascertained with more certainty and authenticity what actually is the real time evidence.

Like medicine, the Evidence Based Movement equally transformed the nursing practice as well.

There is a need to emphasize the importance of ability to read, interpret critically appraise, and synthesize research so that this evidence can be utilized to make clinical decisions and changes in practice to achieve a major goal of professional nursing and health care i.e. the delivery of evidence based care.

Evidence Based Nursing is an approach to making quality decisions and providing nursing care based upon personal clinical expertise in combination with the most current, relevant research and patient values. With the entry of Evidence Based Nursing, there has been a very vividly observable paradigm shift in nursing practice. The Evidence Based Nursing Practice has enabled and empowered the nurses to critically think about what they do in terms of their research findings as well as in context of improved patient outcomes and values.

Hence, the quality research can provide best evidence to be utilized along with advance knowledge for provision of best possible care to the patients and families for the best health care services.