"But we’ve always done it that way."
How do we get Evidence Based Practice to the bedside?

By Lisa A. Clark, MSN, RN, PCCN
Educator II, Medical Cardiology Step-Down
Mission Hospital, Asheville, NC

Debbie Skolnik, MLS, Librarian
Library and Knowledge Services
Mountain Area Health Education Center
Asheville, NC

What exactly is Evidenced Based Practice?
Evidence based practice (EBP) replaces the usual way nurses care for patients with practice that is guided by rigorous outcome-oriented research, ideally involving randomized controlled trials. EBP also makes practice less subjective and raises it to a higher level of accountability. EBP is associated with efforts to identify best practices in nursing and other disciplines (Baumann SL, 2010).

Evidence Based Nursing/Practice has been defined as “An integration of the best evidence available, nursing expertise, and the values and preferences of the individuals, families, and communities who are served” (Worrall PS, 2009). Nurses are an integral part of the healthcare team. Nurses advocate for patients and families. Nurses provide care 24/7 and have the best opportunity to assess patient and family needs and to evaluate practice outcomes.

How do nurses find and use the most recent evidence to provide the best care possible?
The challenges may be many for bedside nurses who want to keep his/her practice up to date. With the increasing complexity of hospitalized patients, how do nurses find the time to integrate best practices into their care? Electronic resources give quick access to current information and expand the knowledge base of nurses.

What Mission Health resources help nurses incorporate up to date evidence into their practice?
The North Carolina Area Health Education Center (AHEC) Digital Library, Micromedex and the Learning Management System are available and are detailed below.
Evidence Based Practice Resources

1. **The AHEC Digital Library**, available to all Mission Health employees, is accessible on Mission on Demand ([link via in-house computers only](http://missionondemand.com)) and from anywhere with Internet access ([AHEC Digital Library internet link](http://ahec.org)). Your personalized user name and password are required and can be requested [here](http://library@mahec.net). Just complete the membership form, and under the Annual Membership Fee, click $0 Mission Health employee and enter your badge #.

**Nursing Special Collection** (many nursing-specific resources located here)

**Clinical Resources**
- Search the Medical Literature
- Nursing Journals- Alphabetical List
- Books
- Evidence-Based Nursing Practice
- Drug Information
- Patient Education Materials

**Professional Development**
- Style Manuals
- Credentialing & Licensure
- Professional Associations
- Continuing Education
- NC Nursing Programs
- Nursing Students

**Nursing Specialties**
- Acute & Surgical Nursing
- Administration & Policy
- Community, School & Public Health
- Diabetes Management
- Geriatrics
- Home, Chronic & End of Life Care
- Mental Health
- OB-GYN/Women's Health
- Pediatrics

Take special note of a great *trial* resource, **The Nursing Reference Center** (found under the link **Search The Medical Literature**), which contains information on diseases and conditions, skills and procedures, evidence-based care sheets, patient education materials, and drug information. It interfaces with **CINAHL**, the primary nursing literature database, and brings you full text of many articles.

Also note the **Evidence-Based Nursing Practice** link, which contains a variety of resources on evidence-based nursing.

For more information about anything you see here, please contact the **MAHEC Library and Knowledge Services** by phone (828-257-4444) or via email ([library@mahec.net](mailto:library@mahec.net)). The librarians there can help you choose the right resource for your purpose, help with literature searches, help you find the articles and books you need, and offer individual and group training in the use of these resources.
2. **Micromedex 2.0 and CareNotes™ System**  
   (available in several Mission Health hospitals)

Evidence based information from **Micromedex**, found on the Mission on Demand site under the pharmacy quick link and nursing (**open here via in-house computers only**), includes referenced information about drugs, toxicology, diseases, acute care, and alternative medicine needed to make informed clinical diagnosis and treatment decisions.

**CareNotes™** provides your patients with complete, easy-to-understand information about all aspects of their care, medications, and health, in English or Spanish. To learn more there are several short video tutorials under the Micromedex Gateway tab that walk you through the process of searching for the information you need.

3. **Learning Management System Modules-----Sign up in LMS**  
   (available in several Mission Health hospitals)

- Evidence Based Practice Introduction 2011  
  Online Module  
  Introduction to definitions and use of evidence-based practice in Nursing

- Evidence Based Practice Literature Search 2011  
  Online Module  
  Overview process for completing a literature search for nursing evidence based practice and research

**References**
