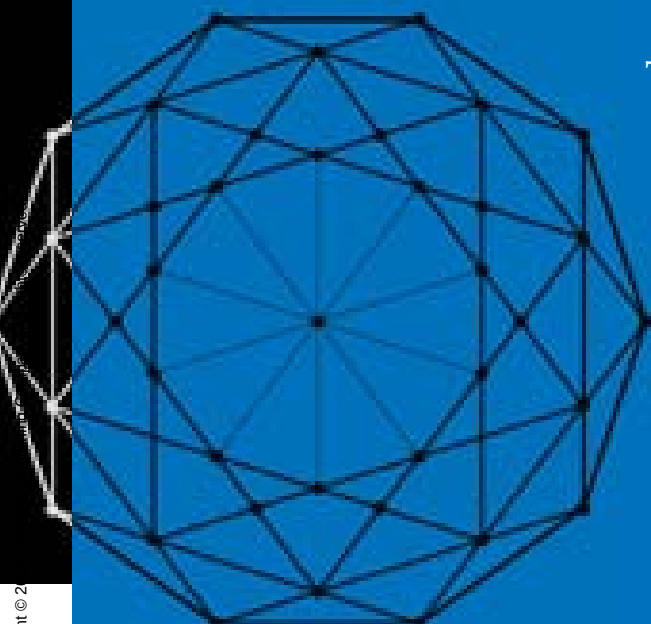


Fast Facts

for EVIDENCE-BASED PRACTICE IN NURSING

Third Edition



Maryann Godshall

OTHER FAST FACTS BOOKS

Fast Facts About PTSD: A Guide for Nurses and Other Health Care Professionals (*Adams*)

Fast Facts for the NEW NURSE PRACTITIONER: What You Really Need to Know in a Nutshell, Second Edition (*Aktan*)

Fast Facts for the ER NURSE: Emergency Department Orientation in a Nutshell, Third Edition (*Buettner*)

Fast Facts About GI AND LIVER DISEASES FOR NURSES: What APRNs Need to Know in a Nutshell (*Chaney*)

Fast Facts for the MEDICAL–SURGICAL NURSE: Clinical Orientation in a Nutshell (*Ciocco*)

Fast Facts on COMBATING NURSE BULLYING, INCIVILITY, AND WORKPLACE VIOLENCE: What Nurses Need to Know in a Nutshell (*Ciocco*)

Fast Facts for the NURSE PRECEPTOR: Keys to Providing a Successful Preceptorship in a Nutshell (*Ciocco*)

Fast Facts for the OPERATING ROOM NURSE: An Orientation and Care Guide, Second Edition (*Criscitelli*)

Fast Facts for the ANTEPARTUM AND POSTPARTUM NURSE: A Nursing Orientation and Care Guide in a Nutshell (*Davidson*)

Fast Facts for the NEONATAL NURSE: A Nursing Orientation and Care Guide in a Nutshell (*Davidson*)

Fast Facts Workbook for CARDIAC DYSRHYTHMIAS AND 12-LEAD EKGs (*Desmarais*)

Fast Facts About PRESSURE ULCER CARE FOR NURSES: How to Prevent, Detect, and Resolve Them in a Nutshell (*Dziedzic*)

Fast Facts for the GERONTOLOGY NURSE: A Nursing Care Guide in a Nutshell (*Eliopoulos*)

Fast Facts for the LONG-TERM CARE NURSE: What Nursing Home and Assisted Living Nurses Need to Know in a Nutshell (*Eliopoulos*)

Fast Facts for the CLINICAL NURSE MANAGER: Managing a Changing Workplace in a Nutshell, Second Edition (*Fry*)

Fast Facts for EVIDENCE-BASED PRACTICE IN NURSING: Implementing EBP in a Nutshell, Third Edition (*Godshall*)

Fast Facts for Nurses About HOME INFUSION THERAPY: The Expert's Best Practice Guide in a Nutshell (*Gorski*)

Fast Facts About NURSING AND THE LAW: Law for Nurses in a Nutshell (*Grant, Ballard*)

Fast Facts for the L&D NURSE: Labor & Delivery Orientation in a Nutshell, Second Edition (*Groll*)

Fast Facts for the RADIOLOGY NURSE: An Orientation and Nursing Care Guide in a Nutshell (*Grossman*)

Fast Facts on ADOLESCENT HEALTH FOR NURSING AND HEALTH PROFESSIONALS: A Care Guide in a Nutshell (*Herrman*)

Fast Facts for the FAITH COMMUNITY NURSE: Implementing FCN/Parish Nursing in a Nutshell (*Hickman*)

Fast Facts for the CARDIAC SURGERY NURSE: Caring for Cardiac Surgery Patients in a Nutshell, Second Edition (*Hodge*)

Fast Facts About the NURSING PROFESSION: Historical Perspectives in a Nutshell (*Hunt*)

Fast Facts for the CLINICAL NURSING INSTRUCTOR: Clinical Teaching in a Nutshell, Third Edition (*Kan, Stabler-Haas*)

Fast Facts for the WOUND CARE NURSE: Practical Wound Management in a Nutshell (*Kifer*)

Fast Facts About EKGs FOR NURSES: The Rules of Identifying EKGs in a Nutshell (*Landrum*)

Fast Facts for the CRITICAL CARE NURSE: Critical Care Nursing in a Nutshell (*Landrum*)

Fast Facts for the TRAVEL NURSE: Travel Nursing in a Nutshell (*Landrum*)

Fast Facts for the SCHOOL NURSE: School Nursing in a Nutshell, Second Edition (*Loschiavo*)

Fast Facts for MANAGING PATIENTS WITH A PSYCHIATRIC DISORDER: What RNs, NPs, and New Psych Nurses Need to Know (*Marshall*)

Fast Facts About SUBSTANCE USE DISORDERS: What Every Nurse, APRN, and PA Needs to Know (*Marshall, Spencer*)

Fast Facts About CURRICULUM DEVELOPMENT IN NURSING: How to Develop and Evaluate Educational Programs in a Nutshell, Second Edition (*McCoy, Anema*)

Fast Facts for the CATH LAB NURSE (*McCulloch*)

Fast Facts About NEUROCRITICAL CARE: A Quick Reference for the Advanced Practice Provider (*McLaughlin*)

Fast Facts for DEMENTIA CARE: What Nurses Need to Know in a Nutshell (*Miller*)

Fast Facts for HEALTH PROMOTION IN NURSING: Promoting Wellness in a Nutshell (*Miller*)

Fast Facts for STROKE CARE NURSING: An Expert Care Guide, Second Edition (*Morrison*)

Fast Facts for the MEDICAL OFFICE NURSE: What You Really Need to Know in a Nutshell (*Richmeier*)

Fast Facts for the PEDIATRIC NURSE: An Orientation Guide in a Nutshell (*Rupert, Young*)

Fast Facts About FORENSIC NURSING: What You Need to Know (*Scannell*)

Fast Facts About the GYNECOLOGICAL EXAM: A Professional Guide for NPs, PAs, and Midwives, Second Edition (*Secor, Fantasia*)

Fast Facts for the STUDENT NURSE: Nursing Student Success in a Nutshell (*Stabler-Haas*)

Fast Facts About RELIGION FOR NURSES: Implications for Patient Care (*Taylor*)

Fast Facts for CAREER SUCCESS IN NURSING: Making the Most of Mentoring in a Nutshell (*Vance*)

Fast Facts for the TRIAGE NURSE: An Orientation and Care Guide, Second Edition (*Visser, Montejano*)

Fast Facts for DEVELOPING A NURSING ACADEMIC PORTFOLIO: What You Really Need to Know in a Nutshell (*Wittmann-Price*)

Fast Facts for the HOSPICE NURSE: A Concise Guide to End-of-Life Care (*Wright*)

Fast Facts for the CLASSROOM NURSING INSTRUCTOR: Classroom Teaching in a Nutshell (*Yoder-Wise, Kowalski*)

Forthcoming FAST FACTS Books

Fast Facts About NEUROPATHIC PAIN: What Advanced Practice Nurses and Physician Assistants Need to Know (*Davies*)

Fast Facts in HEALTH INFORMATICS FOR NURSES (*Hardy*)

Fast Facts About NURSE ANESTHESIA (*Hickman*)

Fast Facts for the CARDIAC SURGERY NURSE, Third Edition (*Hodge*)

Fast Facts for the CRITICAL CARE NURSE: Critical Care Nursing, Second Edition (*Landrum*)

Fast Facts for the SCHOOL NURSE, Third Edition (*Loschiavo*)

Fast Facts on How to Conduct, Understand, and Maybe Even Love RESEARCH! For Nurses and Other Healthcare Providers (*Marshall*)

Fast Facts for DNP ROLE DEVELOPMENT: A Career Navigation Guide (*Menonna-Quinn, Genova*)

Fast Facts for MAKING THE MOST OF YOUR CAREER IN NURSING (*Redulla*)

Fast facts for the CLINICAL NURSE LEADER (*Wilcox, Deerhake*)

Visit www.springerpub.com to order.

FAST FACTS for **EVIDENCE-BASED PRACTICE IN NURSING**

Maryann Godshall, PhD, CCRN, CPN, CNE, is an associate clinical professor at Drexel University and a CCRN in the pediatric intensive care unit (PICU) at Lehigh Valley Health Network. At Drexel University, Dr. Godshall teaches adult critical care, pediatrics, pharmacology, and research. She has previously taught health and physical assessment, nursing concepts, evidence-based practice, and senior seminar. In addition, her responsibilities include syllabus development, management of course structure, administration of all grades, and facilitation of simulation experience. She previously taught at DeSales University, Cedar Crest College, Northampton Community College, and Lehigh County Community College. In addition to her clinical PICU experience at Lehigh Valley Health Network, Dr. Godshall currently works at Good Shepherd Inpatient Rehabilitation Hospital. Dr. Godshall has worked in PICU, pediatrics, pediatric home care, neonatal intensive care unit (NICU), and medical–surgical telemetry in a variety of hospital settings. She is one of the coeditors, with Dr. Ruth Wittmann-Price and Linda Wilson, of the *Certified Nurse Educator (CNE) Review Manual* (2017, Springer Publishing), for which she also authored a chapter. She has also written two chapters, “Caring for the Child With Cancer” and “Caring for the Child With a Chronic Condition or the Dying Child,” and coauthored the chapter “Caring for a Child With an Integumentary Condition” in *Maternal–Child Nursing Care: Optimizing Outcomes for Mothers, Children, and Families*, edited by Susan L. Ward and Shelton M. Hisley. She has written a chapter on pediatric disaster preparedness, “Special Populations in Disasters: The Child and Pregnant Woman,” in *Disaster Nursing: A Handbook for Practice*, edited by Deborah Adelman and Timothy J. Legg. She has published numerous journal articles and speaks both internationally and nationally on a variety of nursing topics. She has given three national poster presentations about both pediatric and nursing education topics. Her research topic was “Exploring Learning of Pediatric Burn Patients Through Storytelling,” which she presented at the World Federation of Critical Care Nurses’ 12th Congress in Brisbane, Australia, in 2016. She has also written NCLEX®-style questions in Kathryn Rudd and Diane Kocisko’s *Davis Edge for Pediatric Nursing*, Second Edition, and the pediatric chapter in *NCLEX-RN® EXCEL: Test Success Through Unfolding Case Study Review*, Third Edition.

Copyright © 2020 Springer Publishing Company, LLC

All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior permission of Springer Publishing Company, LLC, or authorization through payment of the appropriate fees to the Copyright Clearance Center, Inc., 222 Rosewood Drive, Danvers, MA 01923, 978-750-8400, fax 978-646-8600, info@copyright.com or on the Web at www.copyright.com.

Springer Publishing Company, LLC
11 West 42nd Street
New York, NY 10036
www.springerpub.com
<http://connect.springerpub.com>

Acquisitions Editor: Joseph Morita
Compositor: Amnet Systems

ISBN: 978-0-8261-6623-4
ebook ISBN: 978-0-8261-6624-1
DOI: 10.1891/9780826166241

19 20 21 22 / 5 4 3 2 1

The author and the publisher of this Work have made every effort to use sources believed to be reliable to provide information that is accurate and compatible with the standards generally accepted at the time of publication. Because medical science is continually advancing, our knowledge base continues to expand. Therefore, as new information becomes available, changes in procedures become necessary. We recommend that the reader always consult current research and specific institutional policies before performing any clinical procedure. The author and publisher shall not be liable for any special, consequential, or exemplary damages resulting, in whole or in part, from the readers' use of, or reliance on, the information contained in this book. The publisher has no responsibility for the persistence or accuracy of URLs for external or third-party Internet websites referred to in this publication and does not guarantee that any content on such websites is, or will remain, accurate or appropriate.

Library of Congress Cataloging-in-Publication Data

Names: Godshall, Maryann, author.
Title: Fast facts for evidence-based practice in nursing / Maryann Godshall.
Other titles: Fast facts for evidence-based practice
Description: Third edition. | New York, NY: Springer Publishing Company, [2019] | Series: Fast facts | Includes bibliographical references and index.
Identifiers: LCCN 2019006138 (print) | LCCN 2019006829 (ebook) | ISBN 9780826166241 (ebook) | ISBN 9780826166234 (alk. paper)
Subjects: | MESH: Evidence-Based Nursing—methods
Classification: LCC RT81.5 (ebook) | LCC RT81.5 (print) | NLM WY 100.7 | DDC 610.73—dc23
LC record available at <https://lccn.loc.gov/2019006138>

Contact us to receive discount rates on bulk purchases.
We can also customize our books to meet your needs.
For more information please contact: sales@springerpub.com

Publisher's Note: New and used products purchased from third-party sellers are not guaranteed for quality, authenticity, or access to any included digital components.

Printed in the United States of America.

Contents

Preface ix

Share: Fast Fact for Evidence-Based Practice in Nursing

1. Introduction to Evidence-Based Practice	1
2. Asking the Compelling Question	19
3. The Iowa Model of Evidence-Based Practice to Promote Quality Care	33
4. A Basic Understanding of Research	47
5. Quantitative Research	63
6. Qualitative Research	79
7. Finding the Evidence	95
8. Evaluating the Evidence	117
9. Barriers to Disseminating the Evidence	139
10. Evidence-Based Practice in the Nurse Residency Program	155
11. Examples of a PICOT Process	165

Glossary 177

Index 187

Preface

As a practicing nurse, I realize every day the importance of using the best evidence to deliver excellent-quality care to my patients. As an educator, I assist nurses in achieving their goal of obtaining their BSN. While teaching a course titled Evidence-Based Nursing Practice, I discovered that many of my students had never taken a basic research course. Indeed, they were fearful of research. I also had difficulty finding a suitable textbook that was written at the appropriate level and clearly explained the sometimes complex topics involved in research.

As a result, I decided to write my own book—one that nurses could use to understand basic research concepts, to assist them in obtaining “evidence” about their current daily practice, and to help them develop evidence-based practice (EBP) projects.

This book aims to assist both the experienced bedside nurse and the recent graduate in understanding EBP and in embracing its implementation as a means of improving the quality of patient care. For the bedside nurse, who may have significant clinical experience but may not have had the opportunity to take a research course, this book will serve as a guide to understanding the language and process of research. Alternatively, for the new nurse graduate, who may have taken a research course but may not have significant clinical experience, this book will serve as a useful reference in the workplace.

The book reviews the process of EBP, which involves defining a clinical situation of interest, formatting a good clinical question, conducting a literature search (i.e., finding the evidence), reading and critiquing research findings or published research reports (or both), and deciding if the evidence warrants a change in practice. This book also reviews basic research terms and principles.

The newly qualified nurse researcher may find this book useful in implementing new research to create evidence when none is yet available. It is my hope that this book will empower the reader to become comfortable with research reports and the research process and to embrace and use research to suggest enhancements to the quality of patient care in the clinical environment.

This book is organized to assist bedside nurses in understanding and developing EBP projects that relate to their patient populations. It delivers a wide scope of EBP content in the abbreviated style of the *Fast Facts* book series, developed by Springer Publishing. Short chapters offer key content using helpful headings and tables. “Fast Facts” boxes highlight important concepts and points in every chapter. Basic quantitative and qualitative research approaches are presented, as is an overview of EBP. This includes identifying the “compelling question,” finding and critiquing the evidence, and exploring the importance of disseminating what you have found to your colleagues and professionals throughout the world. This book also attempts to demystify systemic reviews and to explain how to conduct database searches. The book has been classroom tested and used in both live and online course formats.

Maryann Godshall

ACKNOWLEDGMENTS

I would like to acknowledge all the bedside nurses who continue to strive for excellence by looking for the best evidence to provide the best clinical practice we can. I also would like to acknowledge the RN-to-BSN students in my EBP course, who were the reason this book was developed. The goal was to develop an EBP book to meet the needs of the typical bedside nurse that was quick and easy to use. I would like to thank Margaret Zuccarini, publisher emerita at Springer Publishing, who listened to my idea and encouraged me to write this book. I would also like to thank Hannah Hicks, assistant editor, and Joe Morita, senior acquisitions editor, at Springer Publishing, for their assistance in preparing this third edition and making it the best it can be. I would like to acknowledge Gary Childs for his helpful reviewing and assisting with up-to-date information in Chapter 7. Without all of these people, this dream would not have become a reality. Thank you all.

Share

Fast Fact for Evidence-Based Practice in Nursing

