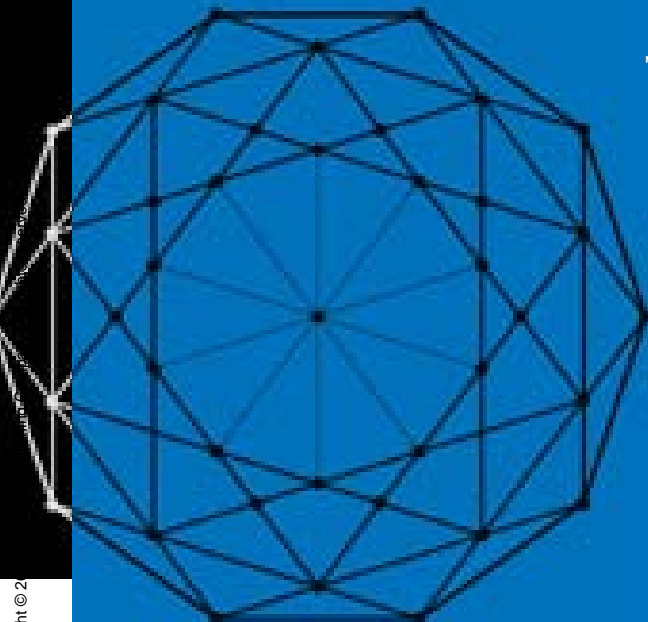


Fast Facts

for
EVIDENCE-BASED
PRACTICE
IN NURSING

Third Edition



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Maryann Godshall

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FAST FACTS for
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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.

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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

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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.

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Fast Fact for Evidence-Based Practice in Nursing

