

**TSNRP**  
Fostering Excellence in Military Nursing

# An Introduction to EVIDENCE-BASED PRACTICE (EBP)



# Disclaimer

The work is supported by funding from the TriService Nursing Research Program, USU Award HU0001230091. This project was sponsored by the TriService Nursing Research Program, Uniformed Services University of the Health Sciences; however, the information or content and conclusions do not necessarily represent the official position or policy of, nor should any official endorsement be inferred by, the TriService Nursing Research Program, the Uniformed Services University of the Health Sciences, the Department of Defense, or the U.S. Government.

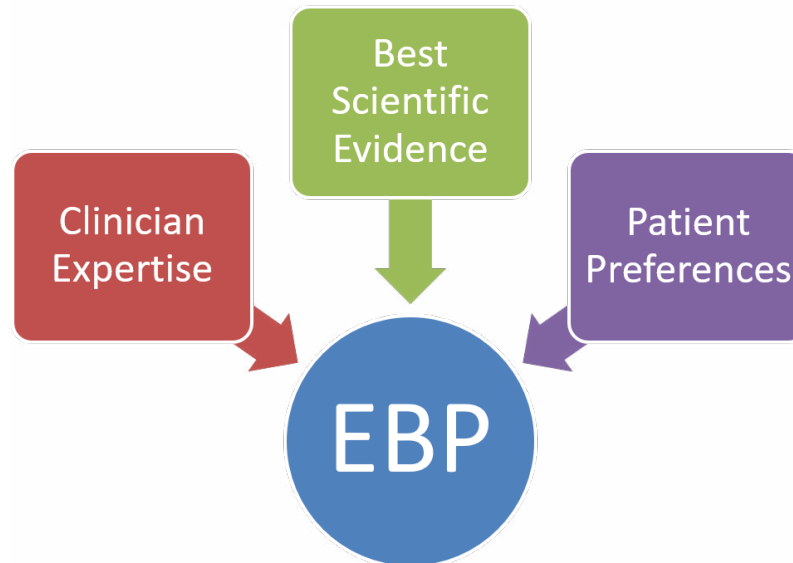




# Notes

# What is Evidence-Based Practice (EBP)?

EBP is a **problem-solving process** that incorporates the best **scientific evidence, clinical expertise, and patient preferences.**





# Notes



# Why Use EBP?

- New research findings provide evidence for safer, more efficient, cost-effective, patient-centered nursing practice
- Improves healthcare and clinical outcomes.

(Melnyk & Fineout-Overholt, 2023)





# Notes



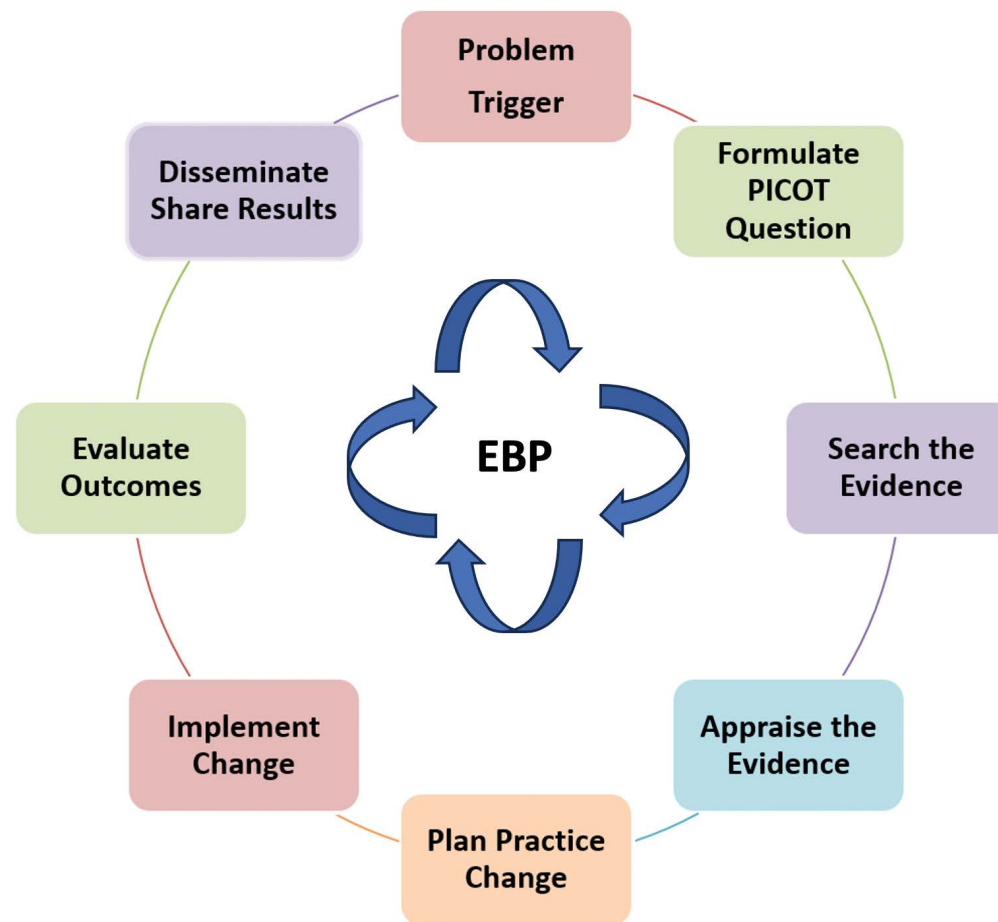




# Notes

# Getting Started: The EBP Process

Most EBP Models include these key processes:





# Notes

# What is a PICO(T) Question?

P

PROBLEM

In \_\_\_\_\_ (P)

I

INTERVENTION

how does \_\_\_\_\_ (I)

C

COMPARISON

compare to \_\_\_\_\_ (C)

O

OUTCOME

affect \_\_\_\_\_ (O)

T

TIME

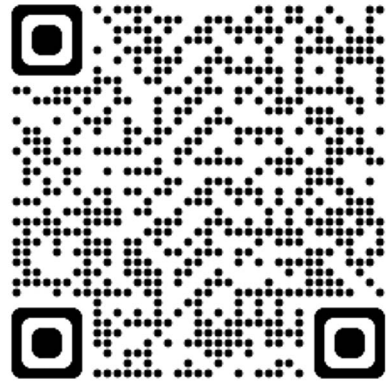
within \_\_\_\_\_ (T)



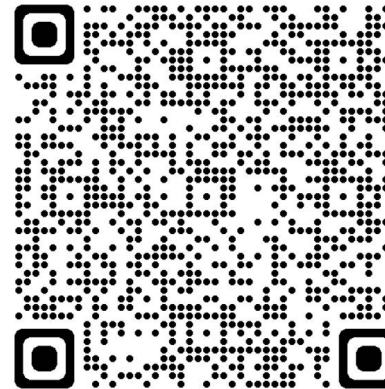


# Notes

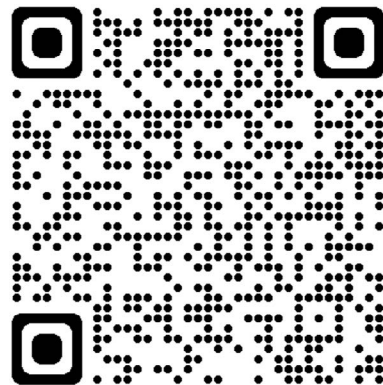
# EBP Models & Centers



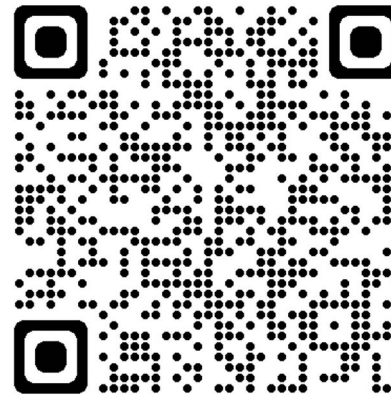
Joanna Briggs Center for  
Evidence Based Healthcare



Johns Hopkins Center  
for Nursing and EBP



University of Iowa  
Nursing and EBP



Fuld Institute at Ohio State  
Center for Nursing







# Notes

# Choosing a Pathway for Your Clinical Journey

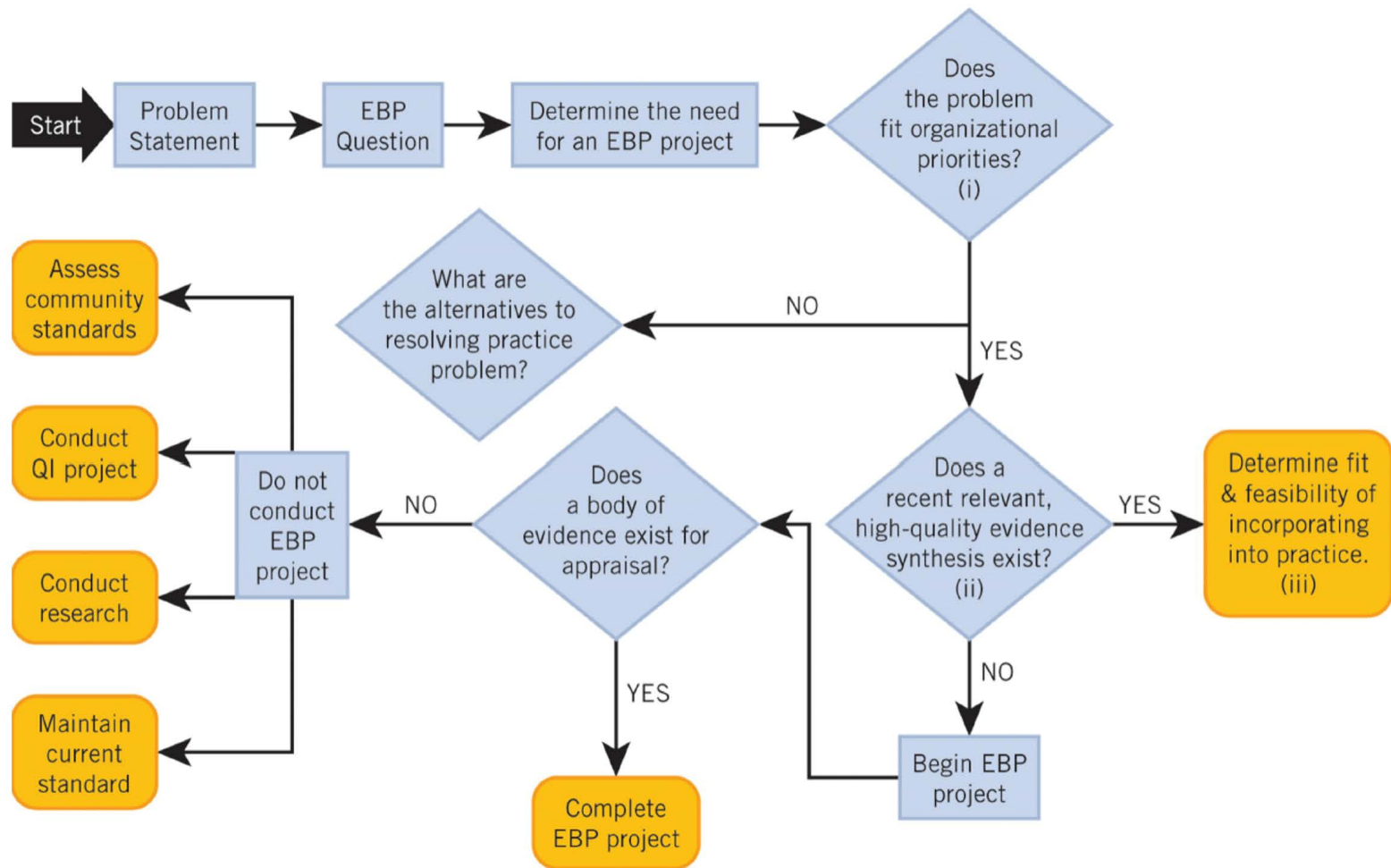




# Notes

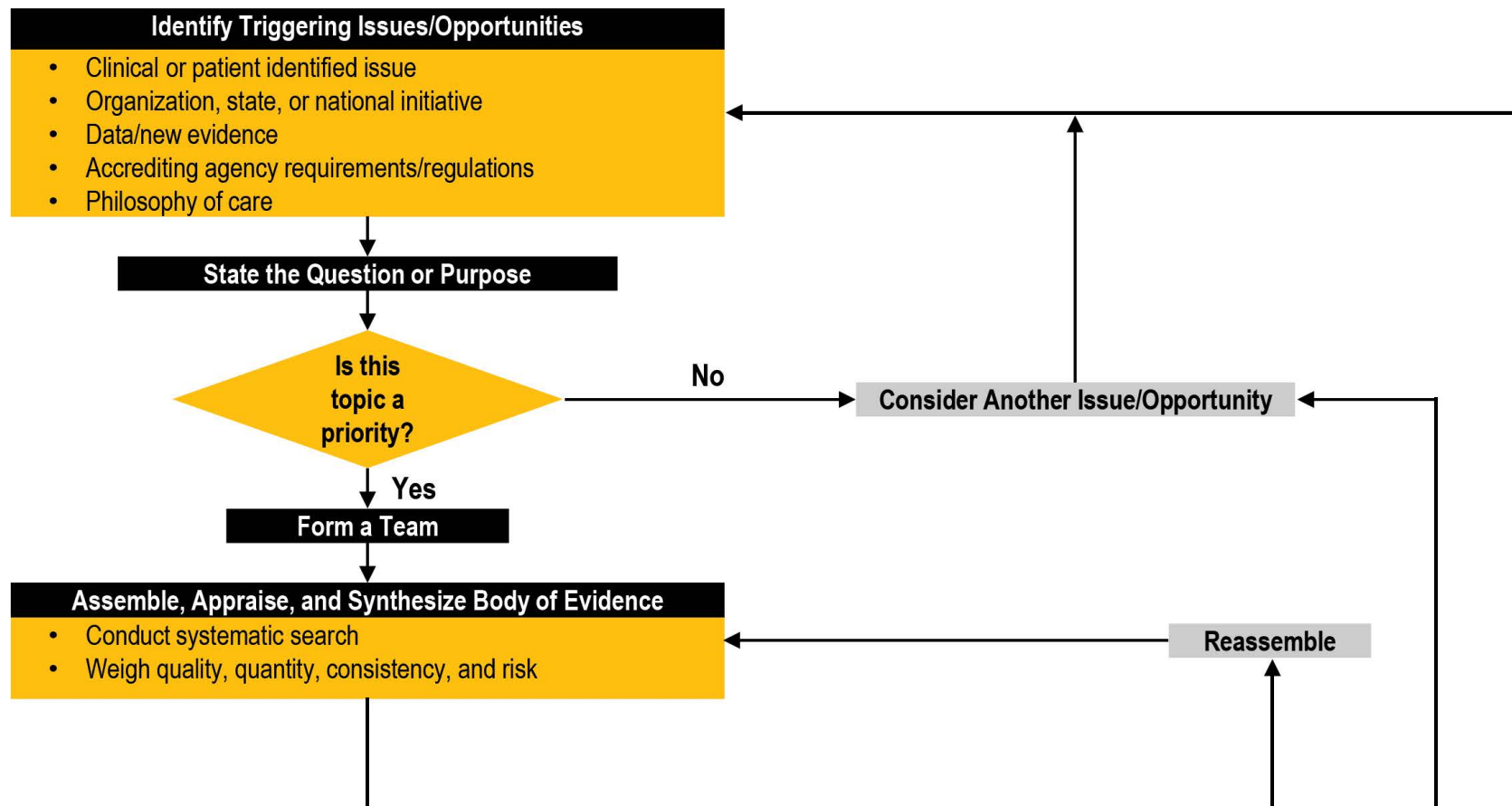
# Is a Practice Change Appropriate?

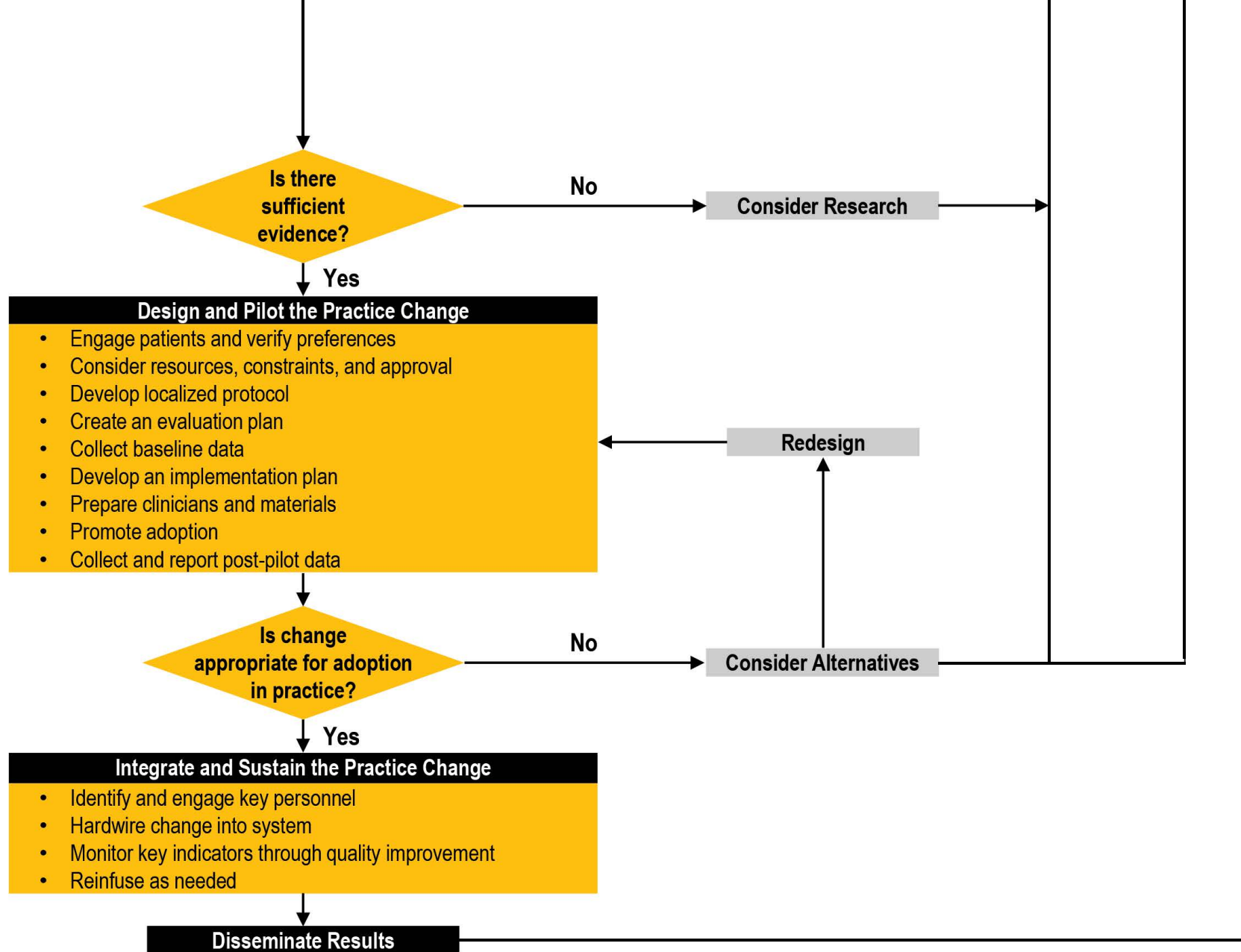
Johns Hopkins EBP Model Translation and Action Planning Tool v.2022



# Is a Practice Change Appropriate?

## The Iowa Model Revised: Evidence-Based Practice to Promote Excellence in Health Care





◆ decision point

DO NOT REPRODUCE WITHOUT PERMISSION

©University of Iowa Hospitals & Clinics, Revised June 2015

To request permission to use or reproduce go to <https://uihc.org/evidence-based-practice/>





# Notes



# TSNRP EBP Facilitators

**Mentor and coach** nurses through the EBP process:

- EBP Facilitator consult is required to apply for TSNRP Mini EBP Award
- Identify or address clinical problems.
- Develop a searchable PICO(T) question.
- Review and synthesize published literature.
- Select appropriate outcome measures.
- Analyze and evaluate outcomes.
- Share results of EBP changes (conferences, posters, published articles).





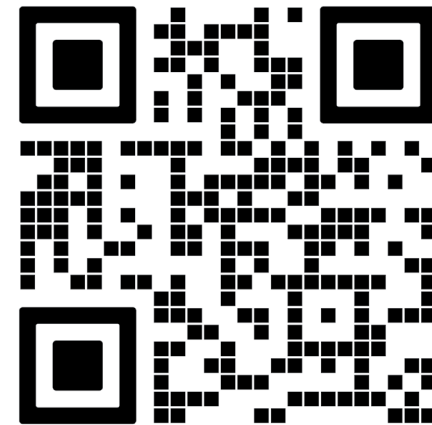
# Notes

# EBP Options for Your Site

Request a TSNRP EBP Facilitator:

[triservicenurse.org/request-ebp-facilitator](https://triservicenurse.org/request-ebp-facilitator)

- EBP Project Consults
- Mentoring for EBP Projects
- On-Site EBP Workshops
- Virtual EBP Workshops
- EBP Council Development



**TSNRP EBP**





# Notes

# TSNRP Funding

- Mini EBP awards = **Up to \$10,000**
- TSNRP EBP Awards = **\$250,000**

## TSNRP GRANTS DATABASE:

<https://www.tsnrpgrants.com/ords/f?p=100>



Note: EBP award amounts are pending TSNRP available funding and the operational evidence-based merit of the proposed project.





# Notes

# TSNRP Mini EBP Award Checklist

- Write clinical problem for inquiry.
- Consult local contact(s) and mentor(s).
- Advise TSNRP Grants of intent to apply.
- Consult with assigned EBP Facilitator.
- Download guide/forms from TSNRP Grants Portal:  
[www.tsnrpgrants.com/ords/f?p=100](http://www.tsnrpgrants.com/ords/f?p=100)
- Assemble team/stakeholders and assign roles.
- Draft and review PICO(T) question(s).
- Consult medical librarian, site experts, and EBPF to review current best practices.
- Draft timeline of milestones (Gantt chart or similar).
- Obtain letters of support for assistance needed for the project (e.g., IT, unit, director, space, engineering, etc.).
- Create budget (line item for final with S/H/tax).
- Compile evidence appraisal and synthesis tables.







# Notes

# TSNRP Mini EBP Award Checklist

## cont'd

- Identify outcomes and measurement tools to be used.
- Develop project summary (TSNRP and/or DHA focus areas, military nursing relevance, sustainment plan).
- Submit project to eIRB. (DHA guidance states EBP must submit to eIRB review).
- Confirm contact(s) (email & phone) for project related questions from TSNRP.
- Verify contact(s) shipping address and phone number for equipment delivery.
- Conduct final review with mentor(s) and EBPF before submission to TSNRP.
- Submit application submission and receive email confirmation receipt.
- Follow up quickly with any requested stipulation items or questions.
- Send confirmation email upon receipt of award equipment, and track condition and location for inventory reporting.
- Complete and submit Interim and Final Reports.





# Notes

# References

Augustino, L. R., Braun, L., Heyne, R. E., Shinn, A., Lovett-Floom, L., King, H., Brackett, C., Migliore, L., & Hatzfeld, J. (2020). Implementing Evidence-Based Practice Facilitators: A Case Series. *Military medicine*, 185(Suppl 2), 7–14.  
<https://doi.org/10.1093/milmed/usz460>

Cullen, L., Hanrahan, K., Farrington, M., Tucker, S., & Edmonds, S. (2022). *Evidence-based Practice in Action: Comprehensive Strategies, Tools, and Tips from University of Iowa Hospitals & Clinics*. Sigma Theta Tau.

Dang, D., Dearholt, S. L., Bissett, K., Ascenzi, J., & Whalen, M. (2022). *Johns Hopkins evidence-based practice for nurses and healthcare professionals: Model and guidelines*. Sigma Theta Tau

Iowa Model Collaborative, Buckwalter, K. C., Cullen, L., Hanrahan, K., Kleiber, C., McCarthy, A. M., Rakel, B., Steelman, V., Tripp-Reimer, T., Tucker, S., & Authored on behalf of the Iowa Model Collaborative (2017). Iowa Model of Evidence-Based Practice: Revisions and Validation. *Worldviews on evidence-based nursing*, 14(3), 175–182.  
<https://doi.org/10.1111/wvn.12223>

JBI. (2024, January 30). Homepage. <https://jbi.global/>

Johns Hopkins Medicine Nursing Center for Nursing Inquiry. (2024, January 30). Evidence-Based Practice. <https://www.hopkinsmedicine.org/nursing/center-nursing-inquiry/nursing-inquiry/evidence-based-practice>

Melnyk, B. M., & Fineout-Overholt, E. (2023). *Evidence-based practice in nursing & healthcare: A guide to best practice*. Lippincott Williams & Wilkins.

The Ohio State University College of Nursing Helen Fuld Trust National Institute for Evidence-Based Practice in Nursing and Healthcare. (2024, January 30). About Fuld National Institute for EBP. <https://fuld.nursing.osu.edu/>

University of Iowa Hospitals and Clinics. (2024, January 30). Evidence-Based Practice. <https://uihc.org/evidence-based-practice>





## **Collaboration, Mentorship & Education for Military Nurses**

[triservicenurse.org](http://triservicenurse.org)