SO MUCH TO READ, SO LITTLE TIME
DISCLAIMER

• This speaker has obtained funding from CCI to present this educational session.
OBJECTIVES

1. Identify common search engines and databases to retrieve evidence-based information.
2. Formulate key words to guide the literature search.
3. Develop a search strategy to locate the best evidence related to the clinical question.
THE HISTORY OF NURSING, PART I

Nurses have historically based their practice on:

- Opinions
- Traditions
- Rituals
ARE OR NURSES THE POSTER CHILDREN FOR RITUALISTIC BEHAVIOR?
EBP—WHAT IS IT?

“The conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients”

Sackett, 1996
EBP According to Nursing

• Evidence-based practice (EBP) is a problem-solving approach to the delivery of health care that integrates the best evidence from studies and patient care data with clinician expertise and patient preferences and values. (Fineout-Overholt, E. 2010)

Figure.
Components of evidence-based practice (EBP).
5 EASY STEPS TO IMPROVE PRACTICE

• Ask a question
• Find the best evidence to answer the question
• Critique the evidence
• Integrate the evidence with clinical expertise and patient perspective
• Evaluate the effectiveness
Choose a Source

- CINAHL (Cumulative Index to Nursing and Allied Health Literature)
- PUBMED
- OVID
- SCIENCE DIRECT
- AORN JOURNAL
- Organization websites
  - AHRQ National Guideline Clearinghouse
  - Nursing Specialty Organizations
REFINE YOUR SEARCH

- Use key words
- Look for full text less than 5 years old
- Use peer-review journals
- Choose primary research
- Use “and” “or” or “not” (known as Boolean operators)
- Truncations *. Shows different derivatives of same word stem, for example nurs* will pick up nurse, nurses, nursing, nursed.
- Many ways to narrow the search
For this session, our focus is on how to find the evidence

1. Develop a question
2. Select database
3. Choose terms to enter (can use from PICOT question)
   In surgical patients undergoing procedures longer than three hours (P), how does forced air warming for 30 minutes in the pre-operative period (I), compared to warm blankets only (C), effect the incidence of hypothermia in the immediate post-operative unit (O) over a six month period (T)?
4. Select literature
5. Search the literature
LET’S CHECK IT OUT!

- Go to aorn.org
- AORN Journal
- Access full-text articles
- Put in your user name and password
- Click on “Advanced Search”
LET’S CHECK IT OUT!

• AHRQ National Guideline Clearinghouse
  http://www.guideline.gov/
  Click on Organizations at bottom of page
  Scroll to find AORN
  Select from the list to review a specific guideline
Questions

• Thank for spending this time with us today