

Contents

UNIT

1

Steps 0, 1, and 2: Getting Started 1

Chapter 1 Making the Case for Evidence-Based Practice and Cultivating a Spirit of Inquiry 7
Bernadette Mazurek Melnyk and Ellen Fineout-Overholt

Chapter 2 Asking Compelling Clinical Questions 37
Ellen Fineout-Overholt and Shelly J. Johnson

Chapter 3 Finding Relevant Evidence to Answer Clinical Questions 62
Tami A. Hartzell, Ellen Fineout-Overholt, and Cyndi B. Kelley

Unit 1 Making EBP Real: A Success Story. Improving Outcomes in Intensive Care Through Adherence to an Evidence-Based Sedation Protocol 105

UNIT

2

Step 3: Critically Appraising Evidence 115

Chapter 4 Critically Appraising Knowledge for Clinical Decision Making 153
Ellen Fineout-Overholt

Chapter 5 Clinician Expertise and Patient-Valued Preferences as Context for Critical Appraisal for Evidence-Based Decision Making 171
Ellen Fineout-Overholt, Gina M. Nickels-Nelson, and Lisa English Long

Chapter 6 Critically Appraising Quantitative Evidence for Clinical Decision Making 189
Dónal P. O'Mathúna, Ellen Fineout-Overholt, Debra B. Graham, and Amanda Canada

Chapter 7 Critically Appraising Qualitative and Mixed Methods Evidence for Clinical Decision Making 266
Mikki Meadows-Oliver and Chaluza Kapaale

Chapter 8 Advancing Optimal Care With Robust Clinical Practice Guidelines 302
Doris Grinspun, Bernadette Mazurek Melnyk, Ellen Fineout-Overholt, Shanoja Naik, and Katherine Wallace

Unit 2 Making EBP Real: A Success Story. Diabetic Foot Care in Hispanic Females With Type II Diabetes: An Evidence-Based Quality Improvement Initiative 327

Steps 4 and 5: Moving From Evidence to Sustainable Practice Change 343

- Chapter 9** Key Strategies for Implementing Evidence in Real-World Clinical Settings 347
Lynn Gallagher-Ford, Kevin P. Browne, Amanda Shrout, and Bernadette Mazurek Melnyk
- Chapter 10** The Role of Quality Improvement and Evidence-Based Quality Improvement in Practice Change 365
Ellen Fineout-Overholt, Tracy L. Brewer, Deana Hays, and Dana Tschannen
- Chapter 11** Implementing the Evidence-Based Practice Competencies in Clinical and Academic Settings to Enhance Healthcare Quality, Safety, and Patient Outcomes 394
Bernadette Mazurek Melnyk, Lynn Gallagher-Ford, and Cindy Zellefrow
- Chapter 12** Leadership Strategies for Creating and Sustaining Evidence-Based Practice Organizations 410
Lynn Gallagher-Ford, Penelope F. Gorsuch, Bernadette Mazurek Melnyk, and Jacalyn S. Buck
- Unit 3 Making EBP Real: A Success Story. Improving Outcomes for Depressed Adolescents With the Brief Cognitive Behavioral Skills Building COPE Intervention Delivered in 30-Minute Outpatient Visits 429**

Creating and Sustaining a Culture and Environment for Evidence-Based Practice 435

- Chapter 13** Innovation and Evidence: A Partnership in Advancing Best Practice and High-Quality Care 441
Kathy Malloch and Timothy Porter-O'Grady
- Chapter 14** Models to Guide Implementation and Sustainability of Evidence-Based Practice 466
Sandra L. Dearholt, Kim M. Bissett, Bernadette Mazurek Melnyk, Ellen Fineout-Overholt, Jennifer Yost, Laura Cullen, Cassandra Fowler, Kirsten Hanrahan, June H. Larabee, Sarah C. Hunter, Alison Kitson, Alyce A. Schultz, Cheryl B. Stetler, and Kathleen R. Stevens
- Chapter 15** Implementation Science to Clinical Practice Settings: Accelerating the Uptake of Evidence Into Practice for Best Outcomes 519
Sharon Tucker and Molly McNett
- Chapter 16** Evidence-Based Practice Mentors: The Key to Sustaining Evidence-Based Practice in Clinical and Educational Settings 536
Ellen Fineout-Overholt and Bernadette Mazurek Melnyk

- Chapter 17** Creating a Vision and Motivating a Change to Evidence-Based Practice in Individuals, Teams, and Organizations 548
Bernadette Mazurek Melnyk and Ellen Fineout-Overholt
- Chapter 18** Teaching Evidence-Based Practice in Academic Settings 566
Ellen Fineout-Overholt, Alice E. Dupler, and Heather Carter-Templeton
- Chapter 19** Teaching Evidence-Based Practice in Clinical Settings 615
Ellen Fineout-Overholt, Marcella Upshaw, and Kathleen M. Williamson
- Unit 4 Making EBP Real: A Success Story. Skilled Nursing Facility Readmissions: An Evidence-Based Telemedicine Innovation Project** 634

PART 5

5

Step 6: Disseminating Evidence and Evidence-Based Practice Implementation Outcomes 645

- Chapter 20** Using Evidence to Influence Health and Organizational Policy 649
Todd E. Tussing, John C. Welch, and Jacqueline M. Loversidge
- Chapter 21** Disseminating Evidence Through Presentations, Publications, Health Policy Briefs, and the Media 664
Cecily L. Betz, Kathryn A. Smith, Bernadette Mazurek Melnyk, and Philip J. Saken
- Unit 5 Making EBP Real: A Success Story. Taking a Moment: Evaluating Perceptions of Burnout and Wellbeing in Bone Marrow Transplant Nurses Using a Mindfulness Smartphone App** 718

PART 6

6

Generating External Evidence and Writing Successful Grant Proposals 727

- Chapter 22** Generating Evidence Through Quantitative and Qualitative Research 731
Bernadette Mazurek Melnyk, Dianne Morrison-Beedy, and Denise Cote-Arsenault
- Chapter 23** Writing a Successful Grant Proposal to Fund Research and Evidence-Based Practice Implementation Projects 777
Bernadette Mazurek Melnyk and Ellen Fineout-Overholt
- Chapter 24** Ethical Considerations for Evidence Implementation and Evidence Generation 806
Dónal P. O'Mathúna, Joanne Cleary-Holdforth, and Ellen Fineout-Overholt
- Unit 6 Making EBP Real: A Success Story. COPE/Healthy Lifestyles TEEN: A School-Based RCT** 827

Appendix A Question Templates for Asking PICOT Questions 834

Appendix B PICOT Question to Systematic Search Strategy: Development and Use
Worksheet Example 836

Appendix C General Appraisal Overview for All Studies 842

Appendix D Evaluation Table Template and Synthesis Table Examples for
Critical Appraisal 847

Appendix E ARCC® Model Timeline for an EBP Implementation Project 851

Appendix F Sample Instruments to Evaluate EBP in Educational Settings 854

Appendix G Title Short Versions of Instruments to Evaluate EBP in Clinical Settings 863

Appendix H Instruments to Assess the EBP Competencies and EBP Mentorship in
Any Setting 866

Glossary 870

Index 889 