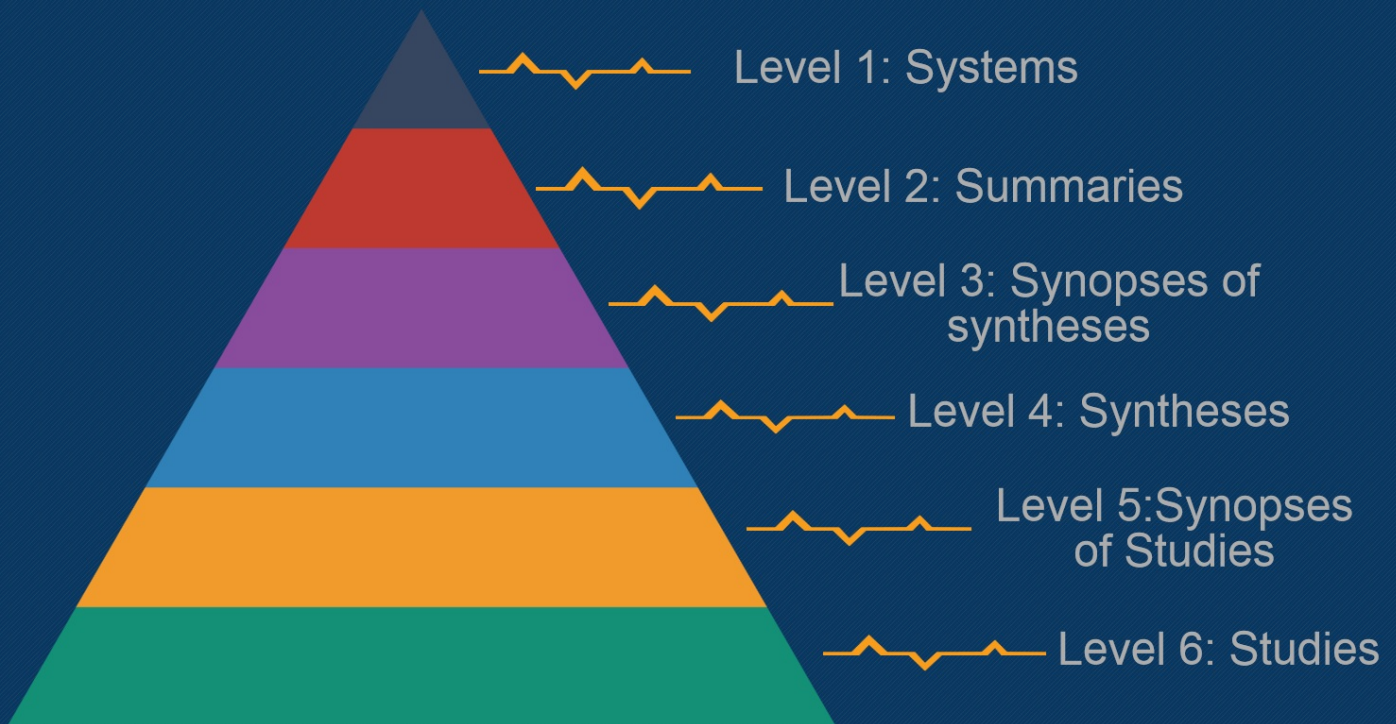


# Finding information to support Evidence-Based Nursing

Evidence-based nursing (EBN) incorporates evidence from research, clinical expertise, patient preferences and other resources into decision-making process to optimize patient care outcomes and improve clinical practices.

## 1 EBN Empirical Framework

An evidence-based nursing practice typically sees the nurses starting to look for evidence at the first level.



6S Hierarchy of Pre-Appraised Evidence  
(Modified from DiCenso et al., 2009)

## 6 Levels of Evidences

The best evidence is usually found in clinically relevant research that has been conducted using sound methodology. (Sackett, D., 2002)

Level 1: Systems





A computerized clinical information decision-support system that integrates clinical evidence with patient records and is updated regularly.

### **Level 2: Summaries**

Clinical pathway, clinical practice guidelines, textbook summaries that integrate evidence based information



### **Level 3: Synopses of Syntheses**

Brief overviews of systematic reviews, with commentary

### **Level 4: Syntheses**

Systematic reviews or meta-analyses: "a comprehensive summary of all the research evidence related to a focused clinical question." (DiCenso et al., 2009)



### **Level 5: Synopses of Individual Studies**

Brief overviews of single studies, with commentary

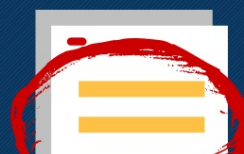
### **Level 6. Individual Studies**

Single, peer reviewed original studies



## **6 Types of Resources**

Building towards level 1, each level is an increase in effectiveness to finding the best evidence. Start with level 1 type resources and work down to find evidence to support the inquiry. The resources suggested below are University of Calgary subscribed databases.





There are very few computerized clinical information systems available currently.

CMA Infobase: Clinical Practice Guidelines  
National Guidelines Clearinghouse  
NICE Clinical Guidelines  
Nursing Best Practice Guidelines



Cochrane Database of Systematic Reviews  
EPC Evidence Reports  
Worldviews on Evidence-Based Nursing

Database of Abstracts of Reviews of Effects (DARE)  
Evidence-Based Medicine  
Evidence-Based Nursing



Cancer Treatment Reviews  
Evidence-Based Medicine  
Evidence-Based Nursing


CINAHL  
Cochrane Central Register of Controlled Trials  
EMBASE  
Medline (limit your search to Clinical Queries)  
PubMed

Evidence !!!



## **SOURCES :**

Brought to you by:  
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DiCenso, A., Bayley, L., and Haynes, R.B. (2009). Accessing pre-appraised evidence: fine-tuning the 5S model into a 6S model. *Evidence Based Nursing*. 12(4): 99-101.

Sackett, D. (2000). *Evidence-based Medicine: How to Practice and Teach EBM*. 2nd edition. Churchill Livingstone.