

Enhancing Healthcare through Evidence-Based Practice: A Comprehensive Review

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DOI: [10.36348/sjnhc.2024.v07i01.001](https://doi.org/10.36348/sjnhc.2024.v07i01.001)

| Received: 30.11.2023 | Accepted: 08.01.2024 | Published: 16.01.2024

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Abstract

The integration of professional experience, patient preferences, and the best available evidence has become the cornerstone of evidence-based practice (EBP), which has been widely accepted in the field of healthcare. This review looks at the value of EBP, adoption tactics, implementation obstacles, and how it affects patient outcomes in different hospital settings. This review highlights the significance of EBP in enhancing healthcare quality, patient satisfaction, and cost-effectiveness through an examination of recent literature. It also covers the obstacles to implementing EBP and provides advice on how to get beyond them.

Keywords: Evidence Based Practice, health care, quality care, strategies.

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INTRODUCTION

The methodical blending of patient preferences, clinical experience, and the best available data when making decisions about patient care is known as evidence-based practice, or EBP. In order to achieve the best possible patient outcomes and economical use of resources, evidence-based practice (EBP) has become increasingly popular throughout time. In-depth discussions of EBP's importance, implementation tactics, difficulties, and effects on patient care in a range of healthcare settings are all part of this review, which attempts to explore the comprehensive nature of the practice.

Definition:

EBP is a "problem-solving approach that incorporates the best available scientific evidence, clinicians' expertise, and patients' preference and values."

Evidence-based medicine or practice- Refers to the thoughtful, explicit, and prudent use of the best available data when deciding how best to treat a specific patient (Rosenberg, 1996; Dr. David Sackett).

The goal of evidence-based practice, or EBP, is to:

1. Provide practicing nurses with evidence-based knowledge so they can provide high-quality care.
2. Look for a remedy in a health care setting.
3. Ascertain that the best possible care is given.
4. Promotes efficient decision-making by reducing disparities in nursing care.

Significance of Evidence-Based Practice:

In order to provide high-quality, patient-centered treatment, EBP adoption in the healthcare industry is essential. By ensuring that clinical decisions are grounded on the most recent data, it improves patient safety, treatment efficacy, and overall healthcare outcomes. EBP gives medical practitioners the ability to make decisions that are well-informed and specific to each patient's needs by combining research findings, clinical skills, and patient preferences.

The steps in EBP

1. **Ask a question:** Convert the knowledge required (about defence, detection, prognosis, treatment, causation, etc.) into an inquiry that has a solution.
2. **Locate details or proof to address the inquiry:** To back up your position, gather data or evidence. searching for the strongest evidence to address that query.

3. Critically assess the data and evidence: applying a critical eye to the data's relevance (use in our clinical practice), magnitude (size of effect), and dependability (truthfulness).

4. Combine evaluated data with your personal professional knowledge and the desires of the patient: combining the clinical knowledge, the critical evaluation, and the particular biology, values, and circumstances of each patient.

5. Evaluate: Analysing our performance in Steps 1-4 and looking for methods to make both more effective and efficient the next time.

Implementation Challenges and Strategies:

There are a number of obstacles to overcome while implementing EBP, including as time limits, reluctance to change, restricted access to evidence, and the requirement for continuous education. Promoting an environment of evidence-based practice (EBP), making dependable evidence databases accessible, providing ongoing education, and encouraging interdisciplinary teamwork among healthcare professionals are some methods to address these issues.

Impact on Patient Outcomes:

The benefits of EBP on patient outcomes have been shown in numerous research. Following evidence-based guidelines is associated with better patient outcomes, fewer readmissions to hospitals, higher rates of recovery, and improved disease control, ranging from managing chronic diseases to surgical procedures.

CONCLUSION

In conclusion, evidence-based practice continues to be a pillar of modern healthcare, providing a methodical approach that combines patient preferences,

clinical knowledge, and the evidence. Despite several obstacles, its application greatly enhances patient outcomes and the standard of healthcare. Healthcare systems may effectively leverage the benefits of evidence-based approaches to optimise patient care by eliminating barriers, investing in education, and developing a culture that prioritises EBP.

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