

Reading Hospital School of Health Sciences Nursing Program
NRS 101 Professional Nursing Communication
Evidence Based Practice- Class Participation

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Answer the following questions:

What is evidence-based practice?

Evidence based practices the collection, interpretation, and integration of valid research evidence combined with clinical expertise and an understanding of patient and family values and preferences to inform clinical decision making. Evidence based practice is important because it aims to provide the most effective care that is available with the aim of improving patient outcomes.

What is a PICO question?

Pico is a mnemonic used to help you clarify your clinical questions. It acts as a framework to describe the four elements of a good clinical foreground question.

P=Population/Patient/Problem

I=Intervention

C= Comparison

O= Outcome

What are the components of PICO?

P=Population/Patient/Problem- How would I describe the problem or a group of patients somewhere to mind?

I=Intervention -what main intervention, prognostic factor or exposure am I considering?

C= Comparison- Is there an alternative to compare with the intervention?

O= Outcome -What do I hope to accomplish, measure, and prove or affect?