

NRS 101

(week 6)

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Reading Hospital School of Health Sciences Nursing Program

NRS 101 Professional Nursing Communication

Evidence Based Practice- Class Participation

Name Rebecca Gross Number 7

Answer the following questions:

Taylor Ch. 2

1) What is evidence-based practice?

Evidence-based practice is nursing care that is supported by sound scientific rationale. EBP is needed to expand the knowledge base and promote safe, best practice within the nursing profession. It is a problem-solving approach to making clinical decisions, and its components include: integrating best research and other forms of evidence to guide practice; viewing clinical expertise as a component of care effectiveness; and considering patients' preferences, values, and engagement in care decisions as essential to providing optimal evidence-based care.

2) What is a PICO question?

A PICOT question is a format in which clinical questions are asked, and is one of the steps of evidence-based practice.

3) What are the components of PICO? [Table 2-7, pg. 41]

The components of PICOT questions are:

- Patient, population, or problem of interest
- Intervention of interest
- Comparison of interest
- Outcome of interest
- Time