

## Chapter 2. Evidence-Based Practice

### Multiple Choice

Identify the choice that best completes the statement or answers the question.

- \_\_\_\_\_ 1. The nurse working in a radiation oncology outpatient clinic wants to reduce the incidence of skin breakdown in patients who receive beam radiation. Which question should the nurse use to guide a literature search on this topic?
1. How often do patients with beam radiation experience skin breakdown?
  2. Why do patients who get radiation beam therapy have skin breakdown?
  3. What nursing actions minimize the occurrence of skin breakdown in patients receiving beam radiation?
  4. How does the rate of skin breakdown in our clinic patients receiving beam radiation compare to other institutions in the city?

ANS: 3

Chapter: Chapter 2. Evidence-Based Practice

Objective: 4. Describe the EBP process.

Page: 11

Heading: Step 1: Ask the Burning Question

Integrated Process: Clinical Problem-Solving Process (Nursing Process)

Client Need: SECE: Coordinated Care

Cognitive Level: Application (Applying)

Concept: Evidence-Based Practice

Difficulty: Difficult

	Feedback
1	The frequency of skin breakdown and why patients develop skin breakdown does not help identify ways to prevent skin breakdown.
2	The frequency of skin breakdown and why patients develop skin breakdown does not help identify ways to prevent skin breakdown.
3	Asking a burning clinical question is the first step in the evidence-based practice (EBP) process. It is important to include related factors in the question and to focus on nursing interventions and care. In this situation, the nurse should focus on nursing care that may reduce the occurrence of skin breakdown for the specific patient population of interest.
4	Information on statistics from other organizations will not help the nurse identify ways to prevent skin breakdown.

PTS: 1

CON: Evidence-Based Practice

2. A licensed practical nurse (LPN) working in a pediatric clinic is interested in improving patient outcomes for children with asthma by preventing the need for hospitalization. Which clinical question would best guide the nurse’s next steps?
1. How many patients with asthma have a pet dog or cat?
  2. What is the monthly admission rate of patients with asthma to the hospital?
  3. What patient education materials are available that address prevention of asthma attacks in pediatric patients?
  4. How has the occurrence rate of asthma in children under the age of 5 changed since the clinic instituted a no smoking policy?

ANS: 3

Chapter: Chapter 2. Evidence-Based Practice

Objective: 4. Describe the EBP process.

Page: 11

Heading: Step 1: Ask the Burning Question

Integrated Process: Clinical Problem-Solving Process (Nursing Process)

Client Need: SECE: Coordinated Care

Cognitive Level: Application (Applying)

Concept: Evidence-Based Practice

Difficulty: Moderate

Feedback	
1	Information about pets, admission rates of patients with asthma, and asthma occurrence since the implementation of a no smoking policy will not help improve patient outcomes for children with asthma.
2	Information about pets, admission rates of patients with asthma, and asthma occurrence since the implementation of a no smoking policy will not help improve patient outcomes for children with asthma.
3	Asking a burning clinical question is the first step in the EBP process. It is important to include related factors in the question and to focus on nursing interventions and care. For this scenario, the nurse would focus on nursing care that affects patient outcomes for the specific patient population of interest. Patient education is a critical component of nursing care.
4	Information about pets, admission rates of patients with asthma, and asthma occurrence since the implementation of a no smoking policy will not help improve patient outcomes for children with asthma.

PTS: 1

CON: Evidence-Based Practice

3. The nurse is working on a committee to update the policy on best practices when delivering oral care to a patient receiving tube feedings. Which resource will provide the most accurate information?
1. An internet search engine like Google
  2. A nursing literature database like CINAHL
  3. Surveying the nurses who perform oral care to determine what they think
  4. Surveying patients who are receiving tube feedings to determine what they prefer

ANS: 2

Chapter: Chapter 2. Evidence-Based Practice

Objective: 4. Describe the EBP process.

Page: 11

Heading: Step 2: Search for and Collect the Most Relevant and Best Evidence Available

Integrated Process: Clinical Problem-Solving Process (Nursing Process)

Client Need: SECE: Coordinated Care

Cognitive Level: Application (Applying)

Concept: Evidence-Based Practice

Difficulty: Moderate

	Feedback
1	An internet search does not always provide EBPs and it is difficult to filter what is accurate from what is not.
2	To find the best available evidence, you must search multiple databases for systematic reviews, research studies, and journal articles. One well-known database for nursing literature is the Cumulative Index to Nursing and Allied Health Literature (CINAHL).
3	Surveying fellow nurses will not provide best practices to drive care. Nurses' opinions are often based on outdated practices.
4	Patients' preferences are important when providing care, but not when writing policies.

PTS: 1

CON: Evidence-Based Practice

4. The nurse is reviewing four articles for research and notes the evidence presented in one article is weaker than the others. Which level of research is the nurse most likely reviewing?
1. Level I
  2. Level II
  3. Level III
  4. Level IV

ANS: 4

Chapter: Chapter 2. Evidence-Based Practice

Objective: 3. Explain how to identify nursing evidence that should be put into practice.

Page: 10

Heading: Identifying Nursing Evidence

Integrated Process: Clinical Problem-Solving Process (Nursing Process)

Client Need: SECE: Coordination of Care

Cognitive Level: Comprehension (Understanding)

Concept: Evidence-Based Practice

Difficulty: Easy

	Feedback
1	The rating scale used to level the quality of evidence ranges from level I (strongest) to level VII (weakest).
2	The rating scale used to level the quality of evidence ranges from level I (strongest) to level VII (weakest).
3	The rating scale used to level the quality of evidence ranges from level I (strongest) to level VII (weakest).
4	The rating scale used to level the quality of evidence ranges from level I (strongest) to level VII (weakest).

PTS: 1

CON: Evidence-Based Practice

- \_\_\_\_\_ 5. The nurse working in an ostomy clinic wants to know if it is best practice to change an ostomy wafer daily or weekly. What action should the nurse take first?
1. Ask the nurse practitioner what they think is best.
  2. Ask the patient what their preference is.
  3. Develop a research question to guide a literature search.
  4. Continue performing the procedure per clinic policy.

ANS: 3

Chapter: Chapter 2. Evidence-Based Practice

Objective: 4. Describe the EBP process.

Page: 11

Heading: Step 1: Ask the Burning Question

Integrated Process: Clinical Problem-Solving Process (Nursing Process)

Client Need: SECE: Coordinated Care

Cognitive Level: Application (Applying)

Concept: Evidence-Based Practice

Difficulty: Moderate

	Feedback
1	Nurse practitioners do not determine best practice.
2	The patient's preference may not be reflective of what is best practice.
3	The nurse should formulate a question to guide a literature search to determine the best practice for cleaning a central line.

<b>4</b>	The nurse should not take no action, as the current practice may not be the best practice.
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PTS: 1

CON: Evidence-Based Practice

- \_\_\_\_\_ 6. A group of nurses in a long-term care facility conducted a pilot study about implementing a team to turn patients every hour to prevent skin breakdown. The results proved the intervention to be a success and skin breakdown rates decreased. What step should the nurses take next to implement this process throughout the facility?
1. Educate individuals in the facility about implementing the change agency-wide.
  2. Collect evidence to support implementation of a turn team.
  3. Plan another pilot study to determine if implementing a turn team will reduce skin breakdown.
  4. Propose the change to a policy and procedure committee.

ANS: 1

Chapter: Chapter 2. Evidence-Based Practice

Objective: 4. Describe the EBP process.

Page: 13

Heading: Step 5: Make it Happen

Integrated Process: Clinical Problem-Solving Process (Nursing Process)

Client Need: SECE: Coordinated Care

Cognitive Level: Application (Applying)

Concept: Evidence-Based Practice

Difficulty: Moderate

Feedback	
<b>1</b>	Because turning a patient is an independent nursing intervention, a literature review has been conducted, and a pilot study has been implemented where results have been proved to be successful, the next step is to educate other nurses in the facility about how to implement the turn team.
<b>2</b>	A literature review has already been done.
<b>3</b>	A pilot study has already been conducted.
<b>4</b>	Because turning patients is an independent nursing intervention, it is not required to go to a committee for policy and procedure change.

PTS: 1

CON: Evidence-Based Practice

- \_\_\_\_\_ 7. A nursing student asks the nurse preceptor why EBP is important. How should the nurse respond to the student?

1. EBP makes nursing more professional.
2. EBP helps ensure we can demand more pay.
3. EBP helps validate the difference nurses really make.
4. EBP guides nursing decisions to improve patient outcomes.

ANS: 4

Chapter: Chapter 2. Evidence-Based Practice

Objective: 2. Discuss why EBP should be used.

Page: 10

Heading: Reasons for Using EBP

Integrated Process: Clinical Problem-Solving Process (Nursing Process)

Client Need: SECE: Coordinated Care

Cognitive Level: Application (Applying)

Concept: Evidence-Based Practice

Difficulty: Moderate

Feedback	
1	EBP is not used to support professionalism in nursing or as a mechanism to increase nurses' salaries.
2	EBP is not used to support professionalism in nursing or as a mechanism to increase nurses' salaries.
3	EBP is not used to validate the importance of nursing care.
4	EBP is much more than just evaluating research studies to determine what results to apply to nursing practice. EBP is a systematic process that utilizes current evidence to make decisions about the care of patients, including evaluation of quality and applicability of existing research, patient preferences, costs, clinical expertise, and clinical settings. The use of EBP allows nurses to give patients the best care possible with improved patient outcomes.

PTS: 1

CON: Evidence-Based Practice

- \_\_\_\_\_ 8. The nurse is reviewing a proposal for changing the type of fall-resistant slippers that are used in a long-term care facility to reduce the number of patient fall injuries. How should this purposed change be studied?
1. Plan a pilot study.
  2. Integrate the new slippers system-wide and monitor patient falls.
  3. Perform a randomized clinical trial and cite it as evidence to support a change proposal.
  4. Compare fall injuries with another long-term care facility in town.

ANS: 1

Chapter: Chapter 2. Evidence-Based Practice

Objective: 4. Describe the EBP process.

Page: 13

Heading: Step 4: Measure Outcomes Before and After Change

Integrated Process: Clinical Problem-Solving Process (Nursing Process)

Client Need: SECE: Coordinated Care

Cognitive Level: Application (Applying)

Concept: Evidence-Based Practice

Difficulty: Difficult

	Feedback
1	A small pilot study is typically done before an institute-wide change is made.
2	To implement a change system-wide, a pilot study should be performed first to save cost if the slippers are ineffective.
3	A study like this is not needed for a minor change.
4	Comparison data of falls is not helpful to evaluate the effectiveness of a single product change.

PTS: 1

CON: Evidence-Based Practice

9. The nurse is planning a Quality and Safety Education for Nurses (QSEN) project to focus on informatics. Which would the nurse include in this project?
1. Collecting data on repeat admissions
  2. Implementing a medication barcode system
  3. Collaborating with a pharmacist about medication reconciliation
  4. Including the patient in a care plan meeting

ANS: 2

Chapter: Chapter 2. Evidence-Based Practice

Objective: 8. Describe how the Quality and Safety Education for Nurses (QSEN) project can promote safe patient care.

Page: 14

Heading: Quality and Safety Education for Nurses Project

Integrated Process: Clinical Problem-Solving Process (Nursing Process)

Client Need: SECE: Coordination of Care

Cognitive Level: Comprehension (Understanding)

Concept: Evidence-Based Practice

Difficulty: Easy

	Feedback
1	Collecting data on repeat admissions is an example of quality improvement.
2	Implementing a medication barcode system is an example of informatics.
3	Collaborating with a pharmacist about medication reconciliation is an example of teamwork and collaboration.
4	Including a patient in a care plan meeting demonstrates patient-centered care.

PTS: 1  
 CON: Evidence-Based Practice

10. The nurse is teaching a group of students about implementing EBP to control pain. Which statement by a student best describes an understanding of evidence-based care?
1. I saw a commercial for pain medication that works well.
  2. The patient has chronic pain and will need more medication.
  3. We could give this patient morphine every 4 hours. It works for the other patient.
  4. There are studies that prove nonpharmacological methods can relieve pain.

ANS: 4  
 Chapter: Chapter 2. Evidence-Based Practice  
 Objective: 1. Define evidence-based practice (EBP) and evidence-informed practice.  
 Page: 10  
 Heading: Reasons for Using EBP  
 Integrated Process: Clinical Problem-Solving Process (Nursing Process)  
 Client Need: SECE: Coordinated Care  
 Cognitive Level: Application (Applying)  
 Concept: Evidence-Based Practice  
 Difficulty: Moderate

	Feedback
1	Watching a commercial does not demonstrate an understanding of evidence.
2	Not all patients who experience chronic pain need more medication. This statement does not demonstrate an understanding of evidence.
3	Just because a drug regimen works for one patient does not mean it will work for another. This statement does not demonstrate evidence.
4	Basing care on studies demonstrates an understanding of evidence.

PTS: 1  
 CON: Evidence-Based Practice

11. A licensed practical nurse/licensed vocational nurse (LPN/LVN) reads a journal article about insertions of indwelling urinary catheters. The article provides evidence that supports that the balloon should not be inflated before insertion, yet her agency policy states to test the balloon before inserting the catheter. Which action should the nurse take?
1. Continue to test the balloon per agency policy.
  2. Refuse to insert a catheter until policy is changed.
  3. Conduct a literature search and present the literature to the policy committee.
  4. Begin the practice of not testing the balloon when inserting urinary catheters.

ANS: 3

Chapter: Chapter 2. Evidence-Based Practice

Objective: 4. Describe the EBP process.

Page: 11

Heading: Step 2: Search for and Collect the Most Relevant and Best Evidence Available

Integrated Process: Clinical Problem-Solving Process (Nursing Process)

Client Need: SECE: Safety and Infection Control

Cognitive Level: Application (Applying)

Concept: Evidence-Based Practice

Difficulty: Difficult

	Feedback
1	The nurse is not practicing using evidence if nothing is done differently.
2	The patient needs an indwelling urinary catheter, so refusing to complete the procedure is not beneficial to the patient.
3	The nurse should review the literature and present the literature to the policy review committee for an update to the current policy.
4	The nurse still needs to follow policy and should first present information to the policy committee.

PTS: 1

CON: Evidence-Based Practice

- \_\_\_\_\_ 12. The nurse has identified a clinical question. Which step of the EBP practice process should occur next?
1. Make it happen.
  2. Measure outcomes before and after change.
  3. Evaluate the practice change.
  4. Search for and collect the most relevant evidence available.

ANS: 4

Chapter: Chapter 2. Evidence-Based Practice

Objective: 4. Describe the EBP process.

Page: 11

Heading: The EBP Process

Integrated Process: Clinical Problem-Solving Process (Nursing Process)

Client Need: SECE: Coordinated Care

Cognitive Level: Comprehension [Understanding]

Concept: Evidence-Based Practice

Difficulty: Easy

	Feedback
1	Step 5, make it happen, occurs after outcomes are measured.
2	Step 4, measuring outcomes, occurs after thinking critically.

3	Step 6, evaluate the practice change, occurs last.
4	This is Step 2 and should occur after the question is asked.

PTS: 1

CON: Evidence-Based Practice

- \_\_\_\_\_ 13. The nurse wants to conduct a pilot study on frequency of readmission for patients with heart failure. Which question should the nurse use to guide a literature review?
1. What can nurses do to improve hospital readmission rates for patients with heart failure?
  2. What causes patients with heart failure to have repeat admissions?
  3. Why do patients with heart failure have a high incidence of readmission?
  4. How often are patients with heart failure readmitted?

ANS: 4

Chapter: Chapter 2. Evidence-Based Practice

Objective: 4. Describe the EBP process.

Page: 11

Heading: Step 1: Ask the Burning Question

Integrated Process: Clinical Problem-Solving Process (Nursing Process)

Client Need: SECE: Coordinated Care

Cognitive Level: Application (Applying)

Concept: Evidence-Based Practice

Difficulty: Moderate

Feedback	
1	The nurse wants to look at frequency of readmission rates for patients with heart failure. Asking what nurses can do to improve rates of readmission does not relate to frequency of readmission.
2	A question asking about the cause of readmission rates for patients with heart failure does not relate to frequency of readmissions.
3	A question asking why patients have a high incidence of readmission does not relate to frequency of readmissions.
4	A question asking how often patients with heart failure are readmitted is an appropriate question.

PTS: 1

CON: Evidence-Based Practice

- \_\_\_\_\_ 14. While reviewing a patient care assignment with unlicensed assistive personnel (UAP), the nurse explains the reason for turning and repositioning a patient every 2 hours. Why did the nurse include this information?