

Group work: Implement evidence-based practice with these simple tips

Editor's note: The following excerpt was adapted from HCPro's book [Evidence-Based Practice in Nursing: A Guide to Successful Implementation](#) by Suzanne C. Beyea, RN, PhD, FAAN and Mary Jo Slattery, RN, MS.

Evidence-based practice (EBP) helps nurses provide high-quality patient care based on research and knowledge rather than because "this is the way we have always done it," or based on traditions, myths, hunches, advice of colleagues, or outdated textbooks. Among other improvements, EBP results in better patient outcomes, contributes to the science of nursing, keeps practice current and relevant, and increases confidence in decision-making.

Evidence-based practice does not just happen because it is the right thing to do. For a nursing organization to be successful in these efforts, numerous essential supports and resources must be readily available. Subscriptions to electronic journals and databases, access to computers and the Internet, and release time for staff nurses to work on projects and to serve on evidence-based councils are all necessary.

Kick start EBP with a council

Forming an EBP or nursing research council offers a forum where nurses can begin discussing areas of interest, coordinating journal clubs, and receiving education about evidence-based practice and nursing research.

Members of the evidence-based practice or nursing research council—who can become champions for the practice—may include bedside nurses, managers, educators, clinical nurse specialists, and other masters-prepared nurses.

It helps to include a nurse researcher or another practitioner experienced in research to serve as a member or otherwise support the council's initiatives.

Organize the first meeting

Once you create your council, determine a date, time, and comfortable location for its first meeting, and send out invitations that include an agenda and that encourage participants to come with ideas. If the budget supports it, hold a luncheon to welcome potential members and encourage attendance. The convener of the council should work with unit-leadership to make sure that staff nurses have release time to attend the meetings.

Create an agenda

The agenda for the research or evidence-based practice council's first meeting could include some of the following topics:

- Discuss current evidence-based initiatives
- Discuss models for evidence-based practice, and determine which one is the best fit for the organization
- Discuss the council's purpose

- Discuss the council's role in reviewing and critiquing nursing research proposals
- Develop a nursing research policy
- Open discussion of other topics
- Set date/time of meetings for the year (initially schedule monthly)