

Making Evidence Based Decisions

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Evidence-Based Practice

Evidence-based practice (EBP) integrates the latest research with a nurse's expertise to enhance patient outcomes. When healthcare practices are not based on current best evidence, they can be inefficient, ineffective, and dangerous (Larsen et al., 2019). By focusing on quality care, EBP also helps nurses lead effectively since it is essential to know how to find reliable scholarly resources and trustworthy databases and websites to implement EBP changes in practice. This assessment focuses on a scenario where a newly graduated nurse is assigned to a patient with cerebral aneurysm, a diagnosis he is not familiar with. The goal is to identify communication strategies that can be used to help the nurse effectively research the patient's diagnosis. This includes recommendations on how to judge credible sources and criteria for selecting the best sources. Additionally, a list of recommended sources will be provided with explanations for why they were chosen.

Communication Strategies to Encourage Diagnosis-Based Research

When mentoring a nurse colleague in searching for evidence, it is essential first to assess their familiarity with the different online databases or sources and their ability to access them. Mikkonen et al. (2020) support that a mentor's primary responsibilities are to act as a protector, evaluator, educator, and facilitator. To be an effective mentor, one must possess extensive job-related knowledge, skills, and attitudes. Additionally, a mentor should be skilled in supporting students' learning processes by promoting goal-setting, encouraging reflection, providing constructive feedback, and conducting ongoing student-centered evaluations.

Best Place to Complete the Research

When researching cerebral aneurysm within a hospital setting, there are a few places to look for pertinent information. The first place to check is the hospital's medical library. The

medical library will have access to various databases and resources that may not be available to the public. The hospital's electronic medical record system may also provide relevant patient information, including imaging studies and laboratory results. Another helpful resource is the hospital's policy and procedure manuals, which may contain information on best practices for managing cerebral aneurysm. Professional organizations like the American Stroke Association and the American College of Rheumatology may also provide relevant information and resources. Finally, medical journal databases such as PubMed and CINAHL can help find the latest research on cerebral aneurysm.

Identification of Five Sources for Evidence of Clinical Diagnosis

The best source for finding evidence would be PubMed, the largest biomedical literature database, and includes many peer-reviewed journal articles from the National Library of Medicine. The Cochrane Library is another reliable source that systematically reviews healthcare interventions. *Medline* is a comprehensive database that provides access to biomedical literature. The Agency for Healthcare Research and Quality (AHRQ) is a federal agency in the United States Department of Health and Human Services that provides a range of tools and resources to support evidence-based practice and improve patient safety. Lastly, the National Institute of Neurological Disorders and Stroke (NINDS) website provides information on cerebral aneurysms, including its causes, symptoms, and current research.

Conclusion

One of the primary obligations of a mentor is to establish and maintain effective communication and collaboration among clinical staff nurses in their exploration and implementation of evidence-based practice in patient care. Additionally, the mentor plays a vital

role in providing continuing education and professional development opportunities. They recognize the importance of ongoing learning and ensure that the clinical staff nurses access relevant resources, training programs, workshops, and seminars. By facilitating these opportunities, the mentor empowers the nurses to expand their knowledge, refine their skills, and stay updated with the latest advancements in evidence-based practice.

References

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