

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 department is interested in improving patient outcomes for those with skin breakdown who receive beam radiation. Which of the following is the best way to structure a clinical question to guide a literature search?
- What nursing interventions minimize the occurrence of skin breakdown in patients receiving beam radiation?
 - How often do patients with beam radiation experience skin breakdown?
 - Why do patients who get radiation beam therapy have skin breakdown?
 - How does our rate of skin breakdown in patients receiving beam radiation compare to other institutions in the city?
- _____ 2. A nurse who works on a medical-surgical unit reads an article about a research study regarding nursing care in the intensive care unit (ICU) and decreased nosocomial infections. Which action should the nurse take in exploring this research topic?
- Institute a pilot study utilizing the outlined nursing care.
 - Discuss the research with the Chief of Nursing at the institution.
 - Do a journal search and look for similar studies related to non-ICU patients.
 - Take the article to the head nurse in the ICU and suggest a new policy be developed.
- _____ 3. An LPN working on the pediatric floor is interested in improving patient outcomes for children with asthma. Which of the following clinical questions would best guide the nurse's next steps?
- What is the monthly admission rate of patients with asthma to the unit?
 - What patient education materials are available to address effective management of asthma in pediatric patients?
 - How has the occurrence rate of asthma in children under the age of 5 changed since the hospital instituted a no smoking policy for the hospital grounds?
 - How many patients with asthma have a pet dog or cat?
- _____ 4. The nurse is caring for a patient with a tube feeding in the morning and is preparing to give oral care. Which of the following would be the best way to give oral care based on the case study presented in the evidence-based practice chapter?
- Use mouthwash and toothettes to swab the teeth and mouth three times a day.
 - Have the patient use swish-and-swallow Nystatin twice a day.
 - Increase oral suctioning to every 2 hours using toothette suction devices.
 - Use a soft toothbrush and toothpaste to brush the teeth.
- _____ 5. Which of the following acronyms can be used to identify the steps of the evidence-based practice (EBP) process?
- MYWAY
 - ASKMME
 - RIGHT
 - ASKWHY
- _____ 6. The nurse working on the burn unit is interested in understanding the degree of a burn upon admission and the rate of renal compromise. Which step should the nurse take next?
- Complete a literature review.
 - Develop a clinical question that can guide further research.

- c. Work with a medical librarian to identify key words.
 - d. Join the policy and procedure committee to evaluate care in the hospital.
- _____ 7. A nursing committee developed an evidence-based intervention that the committee would like to initiate institution-wide. Which step should the committee take now to implement the intervention?
- a. Conduct a small pilot study involving the proposed change.
 - b. Invite nursing experts in the city to review the proposed change.
 - c. Poll the nursing staff to determine their attitude toward change.
 - d. Ask the charge nurse to propose the change to administration.
- _____ 8. Which of the following is considered the highest level or best evidence supporting practice?
- a. Level IV
 - b. Level III
 - c. Level II
 - d. Level I
- _____ 9. The nurse is working with a new group of student nurses who ask why evidence-based nursing is such a hot topic. Which of the following responses by the nurse is best?
- a. "Evidence-based practice makes nursing more professional."
 - b. "Evidence-based practice helps ensure we can demand more pay."
 - c. "Evidence-based practice guides nursing decisions to optimize effective care."
 - d. "Evidence-based practice helps validate the difference nurses really make."
- _____ 10. A nurse who recently joined the policy and procedure committee is reviewing a proposal for changing the type of needleless systems currently used to administer intravenous medications in the hospital. Which of the following would most effectively support the proposed change?
- a. The proposal cites a single randomized clinical trial as evidence to support the new policy.
 - b. The proposal outlines a planned pilot study.
 - c. The supporting evidence involves research conducted at an outpatient hematology center.
 - d. There have been two cases of staff injury related to needlesticks in the past 3 years.
- _____ 11. Which of the following is the most important reason for using evidence-based practice (EBP)?
- a. It saves money.
 - b. It improves access to care.
 - c. It optimizes care.
 - d. It reduces staff error.
- _____ 12. Which of the following is considered significant evidence to guide nursing care?
- a. Systematic review
 - b. Quasi-experimental studies
 - c. Expert opinion
 - d. Traditional practice
- _____ 13. An LPN wants to find other studies on infection rates as they relate to specific hand-washing products. Which of the following should be searched for related nursing articles?
- a. Medline
 - b. PubMed
 - c. Cumulative Index to Nursing and Allied Health Literature (CINAHL®)
 - d. Cochrane Collection
- _____ 14. Which of the following best describes quasi-experimental designs?
- a. A randomized study with strict eligibility criteria controlling for comorbid conditions
 - b. A study that categorizes modifiable and nonmodifiable risk factors

- c. A longitudinal design that tracks patient outcomes over a decade or longer
 - d. An experimental study where factors affecting the results are not controlled
- _____ 15. Which of the following steps helps nurses know that they are giving the best care possible?
- a. Measuring outcomes
 - b. Reviewing the literature
 - c. Constructing a burning clinical question
 - d. Determining the validity of clinical research
- _____ 16. After developing a burning clinical question, searching the literature, obtaining baseline measurements of infection rates for diabetic patients with foot ulcers, and completing a small study with 20 patients who showed positive response to a new intervention, which of the following steps for evidence-based practice (EBP) should the nurse take now?
- a. Publish and share the results of the study.
 - b. Complete a cost-benefit analysis of the results.
 - c. Work to develop a new policy and procedure to institute the change.
 - d. Evaluate the validity of related research studies.
- _____ 17. Which of the following kinds of evidence is considered Level II research?
- a. A randomized controlled trial (RCT)
 - b. A quasi-experimental study
 - c. Cochrane Review
 - d. Joanna Briggs Best Practice Review

Multiple Response

Identify one or more choices that best complete the statement or answer the question.

- _____ 18. Which of the following is considered a dependent nursing intervention? (Select all that apply.)
- a. Wet to moist dressing changes every 6 hours while awake
 - b. Give Tylenol 650 mg orally every 4 hours prn pain
 - c. Music therapy as desired
 - d. Bathroom privileges as tolerated
 - e. Low sodium soft diet
 - f. Call button within reach at all times
- _____ 19. Which of the following is considered a quasi-experimental study? (Select all that apply.)
- a. 28 volunteer patients who agree to trial a new type of mouthwash
 - b. 14 individuals on a medical unit who complete the same questionnaire
 - c. An experimental group and a control group each with 225 patients
 - d. Identification of oral flora in nursing home patients who receive artificial feedings
 - e. Tracking of pneumonia rates for all patients receiving artificial tube feedings
- _____ 20. Which of the following is included in the process of evidence-based practice? (Select all that apply.)
- a. Measure the outcome.
 - b. Ask the nursing experts.
 - c. Evaluate the change.
 - d. Manipulate current practice.
 - e. Know what the data mean.
 - f. Search for the best available evidence.

Chapter 2. Evidence-Based Practice

Answer Section

MULTIPLE CHOICE

1. ANS: A

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. For this scenario, the nurse would focus on nursing care that may reduce the occurrence of skin breakdown for the specific patient population of interest.

PTS: 1 DIF: Medium REF: Page 15

KEY: Client Need: Coordinated Care | Cognitive Level: Application | Integrated Processes: Clinical Problem-Solving Process | Question to Guide Your Learning: 4

2. ANS: C

Clinical reality can be very different than the research situation. It could be unsafe to apply a research study to a very different environment, so the next step would be to identify current research related to the current population.

PTS: 1 DIF: Medium REF: Page 14

KEY: Client Need: Safety and Infection Control | Cognitive Level: Application | Integrated Processes: Clinical Problem-Solving Process | Question to Guide Your Learning: 3

3. ANS: B

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. 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.

PTS: 1 DIF: Medium REF: Page 15

KEY: Client Need: Safe and Effective Care | Cognitive Level: Application | Integrated Processes: Clinical Problem-Solving Process | Question to Guide Your Learning: 4

4. ANS: D

Based on the case study, effective oral care should be given using a toothbrush and toothpaste to remove plaque. Toothettes do not remove plaque.

PTS: 1 DIF: Medium REF: Page 16

KEY: Client Need: Safe and Effective Care | Cognitive Level: Comprehension | Integrated Processes: Physiological Adaptation | Question to Guide Your Learning: 6

5. ANS: B

The steps of the EBP are as follows: Ask, Search, Think, Measure, Make It Happen, and Evaluate. An acronym to remember these steps is "ASKMME!"

PTS: 1 DIF: Easy REF: Page 15

KEY: Cognitive Level: Recall | Question to Guide Your Learning: 1

6. ANS: B

Asking a burning clinical question is the first step in the evidence-based practice (EBP) process.

PTS: 1 DIF: Medium REF: Page 15

KEY: Client Need: Coordinated Care | Cognitive Level: Application | Integrated Processes: Clinical

Problem-Solving Process | Question to Guide Your Learning: 4

7. ANS: A

Generally, a small pilot study within the institution is done before any institution-wide change in practice is made.

PTS: 1 DIF: Medium REF: Page 16

KEY: Client Need: Coordinated Care | Cognitive Level: Application | Integrated Processes: Clinical Problem-Solving Process | Question to Guide Your Learning: 5

8. ANS: D

Level I is the best evidence and is an analysis of many well-conducted, randomized, controlled trials. It is a systematic review of studies.

PTS: 1 DIF: Easy REF: Page 14

KEY: Cognitive Level: Recall | Integrated Processes: Clinical Problem-Solving Process | Question to Guide Your Learning: 3

9. ANS: D

Evidence-based nursing practice is much more than just evaluating research studies to determine what results to apply to nursing practice. Evidence-based nursing practice is a systematic process that utilizes current evidence in making decisions about the care of patients, including evaluation of quality and applicability of existing research, patient preferences, costs, clinical expertise, and clinical settings.

PTS: 1 DIF: Medium REF: Page 14

KEY: Client Need: Coordinated Care | Cognitive Level: Comprehension | Integrated Processes: Clinical Problem-Solving Process | Question to Guide Your Learning: 1

10. ANS: B

A small pilot study is typically done before an institution-wide change is made. A. More evidence or evidence of a higher level would better support the proposed change. C. It is important that the context in which the evidence will be used is considered, and research involving a population similar to that of the institution is more helpful. D. This would not be a statistically significant number to support the need for change.

PTS: 1 DIF: Hard REF: Page 16

KEY: Client Need: Safe and Effective Care Environment | Cognitive Level: Application | Integrated Processes: Clinical Problem-Solving Process | Question to Guide Your Learning: 1

11. ANS: C

EBP is the way nurses can give the best care possible.

PTS: 1 DIF: Medium REF: Page 14

KEY: Cognitive Level: Comprehension | Question to Guide Your Learning: 2

12. ANS: A

Systematic review, or Level I evidence, is the best evidence; it is an analysis of several well-conducted, randomized, controlled trials.

PTS: 1 DIF: Easy REF: Page 14

KEY: Cognitive Level: Comprehension | Question to Guide Your Learning: 3

13. ANS: C

The only database specific to nursing is the CINAHL. CINAHL is available through school libraries and hospital libraries.

PTS: 1 DIF: Easy REF: Page 15

KEY: Client Need: Safety and Infection Control | Cognitive Level: Application | Integrated Processes:

Clinical Problem-Solving Process | Question to Guide Your Learning: 3

14. ANS: D

Quasi-experimental research studies do not control factors that could falsely change the results and, as a result, are less predictive of the effectiveness of nursing care.

PTS: 1 DIF: Easy REF: Page 14

KEY: Cognitive Level: Comprehension | Question to Guide Your Learning: 3

15. ANS: A

Nurses will know from measured outcomes that they are giving the best care possible, based on the evidence available at the time.

PTS: 1 DIF: Medium REF: Page 14

KEY: Cognitive Level: Comprehension | Question to Guide Your Learning: 2

16. ANS: A

The steps of EBP are Ask, Search, Think, Measure, Make It Happen, and Evaluate. In this scenario, Ask, Search, Think, and Measure have been completed. The next step is to Make It Happen.

PTS: 1 DIF: Medium REF: Page 16

KEY: Client Need: Health Promotion and Maintenance | Cognitive Level: Comprehension | Integrated Processes: Clinical Problem-Solving Process | Question to Guide Your Learning: 5

17. ANS: A

A randomized controlled trial is considered Level II evidence.

PTS: 1 DIF: Medium REF: Page 14

KEY: Cognitive Level: Recall | Question to Guide Your Learning: 3

MULTIPLE RESPONSE

18. ANS: A, B, D, E

Dependent nursing interventions are those delegated by a physician. C and F are independent nursing interventions that do not require a physician's order.

PTS: 1 DIF: Medium REF: Page 15

KEY: Cognitive Level: Analysis | Question to Guide Your Learning: 4

19. ANS: A, B, D, E

Quasi-experimental studies do not control factors that could falsely change the results and, as a result, are less predictive of the effectiveness of nursing care. No control exists if there is only one group being tracked, or patients are collected on a volunteer basis.

PTS: 1 DIF: Hard REF: Page 14

KEY: Cognitive Level: Comprehension | Question to Guide Your Learning: 3

20. ANS: A, C, F

The steps are Ask, Search, Think, Measure, Make It Happen, and Evaluate. An acronym to remember these steps is ASKMME.

PTS: 1 DIF: Medium REF: Page 15

KEY: Cognitive Level: Recall | Question to Guide Your Learning: 5