Test Bank for Evidence Based Practice in Nursing 4th Craig

MULTIPLE CHOICE

1. When considering whether or not you can use the results of a study, you are considering whether the findings are _____ to your patient population
   a. applicable
   b. reliable
   c. judgmental
   d. meaningful

   ANS: A
   A judgment has to be made as to whether the results from the research would be achieved if they were applied to the specific patient group in your setting. If results could be applied to a similar group or circumstances, they are applicable and are added to the collected research. It is unlikely that the circumstances in which the research study was undertaken will exactly match your clinical situation, and this may affect the applicability or transferability of the study results.

MULTIPLE RESPONSE

1. The nurse is completing an evidence-based research review regarding diabetes. The steps of an EBP process include: *(Select all that apply.)*
   a. converting information needs about clinical problems into clear questions.
   b. seeking evidence to answer those questions.
   c. avoiding asking questions that challenge physicians' current practice.
   d. evaluating performance and the outcome of the decision.

   ANS: A, B, D
   The steps in the EBP process entail:
   1) converting information needs about clinical problems into clear questions
   2) seeking evidence to answer those questions
   3) evaluating (critically appraising) the evidence for its validity (truthfulness) and usefulness
   4) integrating findings with clinical expertise, patient needs, and patient preferences to reach a decision as to the optimum course of action, and then applying this decision
   5) evaluating performance and the outcome of the decision.
   It is key to ask questions, even if it challenges the current practice of a physician, in order to obtain evidence regarding the practice. If the evidence does not support the practice then a change may be necessary.

2. There are multiple frameworks for formulating research questions. PICOS is one framework, others include: *(Select all that apply.)*
   a. PECOS
   b. SPICE
   c. SPIDER
   d. ECLIPSE

   ANS: A, B, C, D

PECOS to help focus questions about exposures.
SPICE comprises Setting, Perspective, Interest (Phenomenon of), Comparison, Evaluation.
SPIDER comprises Sample, Phenomenon of Interest, Design, Evaluation, and Research type.
ECLIPSE comprises Expectation (the service improvement needed), Client group (at whom the service is aimed), Location (where the service is located), Impact (the outcomes), Professionals (who is providing or improving the service), ServicE (the service of interest).

COMPLETION

1. The nurse is educating a patient regarding the pathophysiology of high blood pressure and the current treatment options. The nurse does not need to research the pathophysiology of high blood pressure because this is _____ knowledge. The nurse may need to refer to the latest research to discuss the treatment options because this is _____ knowledge.

   ANS:
   foundational foreground
   background foreground

   Foundational (background) information, although not static, does not always change rapidly, so when nurses need to refresh their memories, textbooks might be a suitable resource for accessing such information. In contrast, foreground information is best obtained from recent publications of evidence-based guidelines, systematic reviews, or, in their absence, individual research studies. Ideally, this evidence will have been evaluated for local relevance and practicality by, for example, the organizational policy and procedural committee and, where appropriate, incorporated into the standards, protocols, or guidelines within the organization. It can then be routinely used to help inform clinical decisions.

2. When initiating the search for evidence, the student is aware that the key components of the _____ inform the strategy for searching for research evidence. (Fill in the bank)

   ANS:
   clinical question

   The key components of the clinical question inform the strategy for searching for research evidence.

3. A question about the _____ is best addressed by a well-conducted systematic review of randomized controlled trials (RCTs).

   ANS:
   effectiveness of a treatment

   A question about the effectiveness of a treatment is best addressed by a well-conducted systematic review of randomized controlled trials (RCTs), or by an RCT in which participants are randomly allocated to receive or not receive an intervention, with the groups being followed up for the outcome event of interest.

4. Where information about the prognosis of a disease is required, the best evidence would be provided by a good-quality _____.

   ANS:
   Cohort study

   Where information about the prognosis of a disease (i.e., possible outcomes of a disease and the frequency of these outcomes) is required, the best evidence would be provided by a good-quality cohort study (Thiese, 2014).

5. _____ research is committed to viewing the phenomenon of interest from the perspective of the people being studied.

   ANS:
   Qualitative

   For a question relating to a patient's understanding of his or her condition or experiences of undergoing an intervention, we would look for well-conducted qualitative studies, of which there are numerous approaches.

6. The focused clinical question is built using the PICOS acronym.
   P_____
   I_____
   C_____
   O_____
   S_____

   ANS:
   Population
   Intervention
   comparison intervention
   outcome
   study design

   The PICOS (population, intervention, comparison intervention, outcome, study design) question framework, devised by Sackett et al. (1997), remains a commonly used approach for building a focused clinical question (Box 2.3). The framework helps to fine-tune the clinical question through encouraging clarification of each item needed to address the particular information need.

TRUE/FALSE

1. Once you have research data regarding the clinical question, guidelines can be established and no further research needs to be completed.

   ANS: F

Change is constant: new technologies are introduced on a regular basis, healthcare settings can change, and new information emerges. It is important to continuously question and gather new data as information changes.