

contributions to health, wellness, and cure, not only to their patients, third-party payers, and institutions but also to the nursing profession. Evaluation is essential to the nursing process, and research is one of the best ways to accomplish this.

EBP is the collection, interpretation, and integration of valid, important, and applicable patient-reported, nurse-observed, and research-derived information. Using the PICOT (population/patient problem, intervention, comparison, outcome and time) question to clearly define the problem of interest, nurses are able to obtain the best evidence to impact care. Evidence-based nursing practice combines knowledge with clinical experience and intuition. It provides a rational approach to decision-making that facilitates best practice ([Melnyk and Fineholt-Overholt, 2014](#)). EBP is an important tool that complements the nursing process by using critical thinking skills to make decisions based on existing knowledge. The traditional nursing process approach to patient care can be used to conceptualize the essential components of EBP nursing. During the assessment and diagnostic phases of the nursing process, the nurse establishes important clinical questions and completes a critical review of existing knowledge. EBP also begins with identification of the problem. The nurse asks clinical questions in a concise, organized way that allows for clear answers. Once the specific questions are identified, extensive searching for the best information to answer the question begins. The nurse evaluates clinically relevant research, analyzes findings from the history and physical examinations, and reviews the specific pathophysiology of the defined problem. The third step in the nursing process is to develop a care plan. In evidence-based nursing practice, the care plan is established on completion of a critical appraisal of what is known and not known about the defined problem. Next, in the traditional nursing process, the nurse implements the care plan. By integrating evidence with clinical expertise, the nurse focuses care on the patient's unique needs. The final step in EBP is consistent with the final phase of the nursing process—to evaluate the effectiveness of the care plan.

Searching for evidence in this modern era of technology can be overwhelming. For nurses to implement EBP, they must have access to appropriate, recent resources such as online search engines and journals. In many institutions, computer terminals are