I choose the University of North Carolina Health care because working there for almost 4 years I have seen Evidence-based practice being used in achieving Carolina care. (a care delivery model across the healthcare system). According to UNC health care.org, the University of North Carolina hospital in chapel hill North Carolina is a 905 bedded nationally ranked non-profit public, research, and academic medical center. UNC provides tertiary care for the Research Triangle and surrounding areas of North Carolina. It is made of four hospitals that include a North Carolina memorial hospital, a children's hospital, a Neuroscience hospital, a Women's Hospital, and a cancer hospital. UNC Hospitals in Chapel Hill, NC is nationally ranked in 4 adults and 8 pediatric specialties and rated high performing in 4 adult specialties and 13 procedures and conditions per US health news. It is also one of only 27 systems in the United States that were recognized as a ‘Most Wired Advanced’ health system by the American Hospital Association (AHA) for its use of information technology to improve patient care and clinical integration. Along with this UNC was also ranked number 50 on the Forbes list of America’s best Employers. UNC school of medicine and UNC School of Nursing are also included within the University of North Carolina Chapel hill.

In today's fast-paced clinical setting, Nurses and Doctors need a lot of critical thinking skills to survive, and textbooks and expert faculty knowledge does not promote critical thinking skills therefore, Students must learn to develop independent, evidence-based methods of clinical decision-making. Both medical and nursing professionals have explored this change in healthcare practice, research, and knowledge development and UNC is the perfect fit for today's healthcare providers whether they are students or healthcare workers.

The evidence-based practice appears in achieving the goals of the organization. According to UNC, health science library website, UNC follows both evidence-based medicine (EBM) and evidence-based nursing (EBN) in making the decision when caring for an individual patient. Both EBM and EBN fall under Evidence-based practice. The approach varies, EBN follows a process that includes ASK, ACQUIRE, APPRAISE, AGGREGATE, APPLY and ASSESS. The process implemented by UNC matches with the seven steps of evidence-based practice by Melnyk which includes cultivating a spirit of inquiry, asking clinical questions, searching for the best evidence, critically appraising the evidence, integrating the evidence with clinical expertise and patient preferences, and values, evaluate and disseminate EBP results.

UNC EBP model's first step is to know the problem, once the problem is identified then the evidence is searched from many peer-reviewed trustworthy sources, after that the evidence is evaluated in the appraisal phase, does the evidence collected address our question, the information is considered in light of individual and their colleague's clinical expertise,  then it is prioritized and synthesized, once this is done the evidence is placed into action. There comes the application phase where a pilot intervention is followed on the unit, where monitoring and evaluation are done, positive effects are supported, and negative are remedied. The last phase is to spread the result.

A picture containing text, logo, graphics, circle

Description automatically generated

Fig: Libguides: Nursing: Evidence-based nursing

I think the organization is grounded in Evidence-based practice. For instance, there was one time we had a lot of falls in our unit, and the entire unit was doing their research on preventing falls and one nurse saw a report about a recently published study on implementing no passing zone for fall prevention. No pass means if the call light is on in any room and if someone on the unit sees the bell on, he/she must respond and help if they can, otherwise notify the primary nurse and also assure the patient that help is on the way, the person can be Doctor, any nurse, respiratory therapist, and even nurse managers because Nurses have to take care of multiple patients and they are not always available right away. We have patients who can’t wait for their nurse or caregiver and try to do things on their own even though they are not stable to do anything on their own due to medication or disease conditions and as a result, they will fall.  This report was brought by the nurses in a staff meeting, the manager and other nurses were impressed by the report, and we started to look for more evidence to support the practice after extensive research the manager decided to do a pilot study on the unit, and we were successful and now no passing zone is implemented in most of the unit in the hospital. This project proved the statement from Walden's video that Nursing is an art and science, and research is related to science. Care is based on Evidence-based practice and UNC is constantly grounded on Evidence-based practice.

My perception has changed in a positive way because before joining UNC, I was not aware of the fact that they provide us with all the resources needed, such as echo modules that are mandatory for the nurses in critical care, and it focusses on patient safety and evidence-based-practice approaches to moral distress. To advance our professional careers nurses are encouraged to involve in different committees such as falls, CLABSI, and CAUTI where we do research and come out with plans to prevent Falls, CAUTI, and CLABSI, and that should be evidence-based. “Quality clinical decision should be based on systemic search, critical appraisal and synthesis of research, along with internal evidence from quality improvement or management projects.” (Melnyk et al., 2019) And Clinical decisions at UNC are based on EBP which has improved patient care, reduced cost, and decrease mortality.

REFERENCES:

About us | UNC health care system--North Carolina. (n.d.). Retrieved March 1, 2023, from

[https://www.unchealthcare.org/about-us/Links to an external site.](https://www.unchealthcare.org/about-us/)

Libguides: Nursing: Evidence-based nursing. Evidence-Based Nursing - Nursing - LibGuides at University of North Carolina at Chapel Hill. (n.d.). Retrieved March 1, 2023, from

[https://guides.lib.unc.edu/nursing/EBN#s-lg-box-29553800Links to an external site.](https://guides.lib.unc.edu/nursing/EBN#s-lg-box-29553800)

Melnyk, B. M., & Fineout-Overholt, E. (2019). 19. In Evidence-based practice in Nursing & Healthcare: A guide to best practice (p. 541). essay, Wolters Kluwer.

. Melnyk, B. M., & Fineout-Overholt, E. (2018). Evidence-based practice in nursing & healthcare: A guide to best practice (4th ed.). Philadelphia, PA: Wolters Kluwer.Chapter 1, “Making the Case for Evidence-Based Practice and Cultivating a Spirit of Inquiry” (pp. 7–32)

UNC hospitals in Chapel Hill, NC - US news health. (n.d.). Retrieved March 2, 2023, from

[https://health.usnews.com/best-hospitals/area/nc/university-of-north-carolina-hospitals-6360260Links to an external site.](https://health.usnews.com/best-hospitals/area/nc/university-of-north-carolina-hospitals-6360260)

Walden University, LLC. (Producer). (2018). Introduction to Evidence-Based Practice and Research [Video file]. Baltimore, MD: Author.

RESPONSE1

Hi Sarah,

I enjoyed reading your post. The American Association of Nurse Practitioners website is grounded in Evidence-based practice as it empowers NPs and its members through education, advocacy, research, practice, and leadership and these components are listed as the five core components of AANP. I looked at the website and found that the organization is led by Nurse practitioners, and they have a voice in an important conversation. This is very important as it encourages NPs to involve in research and come out with a solution and improve access to care for patients. The video from Walden asserts that Nursing practice should be guided by evidence and needs to be updated periodically, and AANP provides NPs with the resources and education needed for the research. The organization also connects with experts where the NP role is clarified on trending health issues, best practices are identified and documented.

References:

American Association of Nurse Practitioners. (n.d.). About the American Association of Nurse Practitioners (AANP). Retrieved March 2, 2023, from [https://www.aanp.org/about/about-the-american-association-of-nurse-practitioners-aanpLinks to an external site.Links to an external site.](https://www.aanp.org/about/about-the-american-association-of-nurse-practitioners-aanp)

Walden University, LLC. (Producer). (2018). Introduction to Evidence-Based Practice and Research [Video file]. Baltimore, MD: Author.

RESPONSE2:

Hi Glenda,

I really enjoyed reading your post. American Nurses Association website mentions that all the nurses practices, responsibilities, and scope courses are based on evidence-based practice and by doing so ANA is always focused on advancing the Nursing profession. ANA provides Nurses with many certification options that give us the opportunity to advance our careers to providing the best patient care. ANA consultation services can help many organizations to improve across the board, the Consultation services are on ANCC Magnet recognition, Pathway to Excellence designation, and practice transition accreditation program, and along with this by providing health care management education, continuing nursing education the organization proves that it is grounded in Evidence-based practice which enhances health care quality, reduces costs, improve patient outcomes, and empower clinicians known as the quadruple aim in health care. (Melnyk et al., 2019)

References:

Ana enterprise: American Nurses Association. ANA. (2014, November 25). Retrieved March 3, 2023, from https://www.nursingworld.org/

Melnyk, B. M., & Fineout-Overholt, E. (2019). 19. In Evidence-based practice in Nursing & Healthcare: A guide to best practice (p. 7 ). essay, Wolters Kluwer.