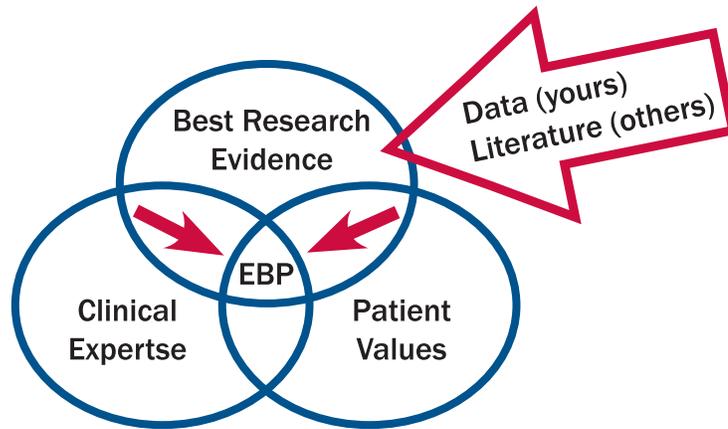




# Evidence-Based Practice Tips

## What is evidence-based practice?

Evidence-based practice (EBP) means using the best research and data in your practice, while taking into account your capabilities and the values of your student population.



## What evidence is best?

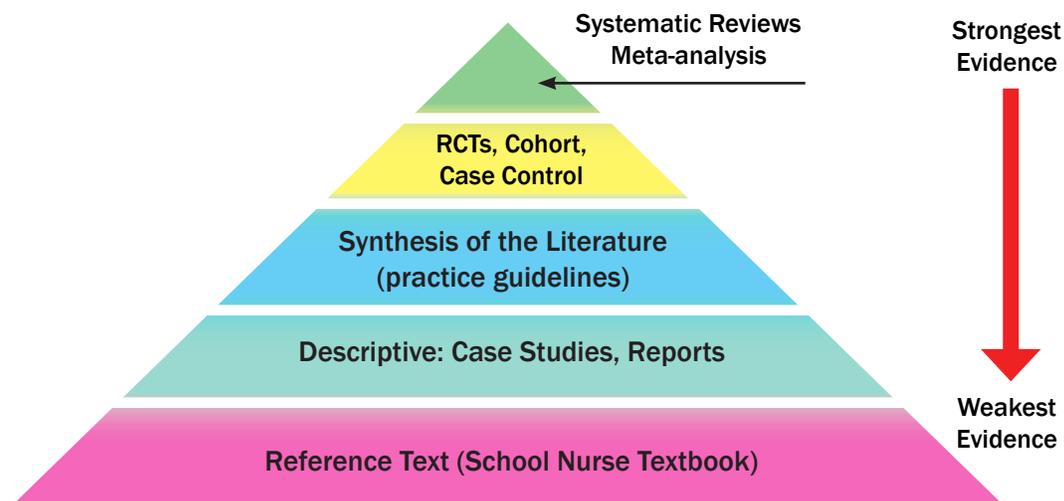
### Your data

- Your documentation is valuable data
- Concentrate on collecting data that you will use
- Be accurate and timely in reporting

### Others data (literature)

- The strength of the evidence depends on the type of material being reported
- Listing multiple references does not necessarily strengthen the argument. One reference of a strong synthesis is better than listing out every article you can find on the subject.

An evidence pyramid shows the strength of evidence, from weakest at the base of the triangle; to strongest, at the apex of the triangle. Systematic reviews and meta-analyses are the strongest evidence and what we should strive to utilize.



## Where to find strong evidence?

- **Systematic reviews**
  - Cochrane (reviews and synthesizes evidence in one report). You can search but access is not free: <http://community.cochrane.org/cochrane-reviews>
  - The Community Guide (US Government synthesis of evidence in one location): <http://www.thecommunityguide.org/>
  - National Clearinghouse Guidelines (AHRQ public websitePeer-reviewed research journals. <http://www.guideline.gov/>
- **Peer-reviewed research journals.** Examples include:
  - *The Journal of School Nursing*
  - *The Journal of School Health*
  - *Pediatrics*
- **Well-respected organizations.** There is a peer review vetting system in these organizations that ensures quality of evidence. Examples include:
  - Government Organizations (Centers for Disease Control & Prevention, US Department of Health and Human Services, US Department of Education)
  - Child Trends
  - Mayo Clinic

## Other tips:

- **Use primary sources.** As noted from the pyramid above, books (including textbooks) are NOT strong evidence. That is because they are NOT primary sources. Only use books to identify resources and primary sources. Then you need to go to the primary source, review it, and if appropriate use the primary source as the citation and reference. Avoid using dictionaries as references.
- **Use material less than 5 years old.** Evidence is considered “old” if it is more than 5 years old. There are exceptions to this rule if materials are considered seminal or noteworthy. Reference material for the historical section is another exception where older sources are acceptable.
- **Cite and reference your materials.** Use an in text citation to give credit to the source of your evidence in your IHPs, policies, handouts and other correspondence and visual presentations. Include the full reference at the end. It is easier to read and more professional to paraphrase than give many direct quotes. A good source to help you appropriate reference in APA is:  
<https://owl.english.purdue.edu/owl/resource/560/01/>
  - In text:*

Evidence-based practice is a component of the principle Standards of Practice (NASN, 2016).
  - Reference list:*

NASN. (2016). Framework for 21st century school nursing practice: National Association of School Nurses. *NASN School Nurse*, 31(1), 45-53. Doi: 10.1177/1942602X15618644
- **Present information objectively and professionally.** Use professional fonts and forms/templates that are professional and clean. Use facts and data to tell your story. Be clear, direct, and concise in your message.
- **Don't forget EBP includes more than evidence.** Take into account your population's beliefs/values, and resources available in conjunction with the evidence. Also EBP includes prioritizing activities based on all the information.