Evidence Based Practice

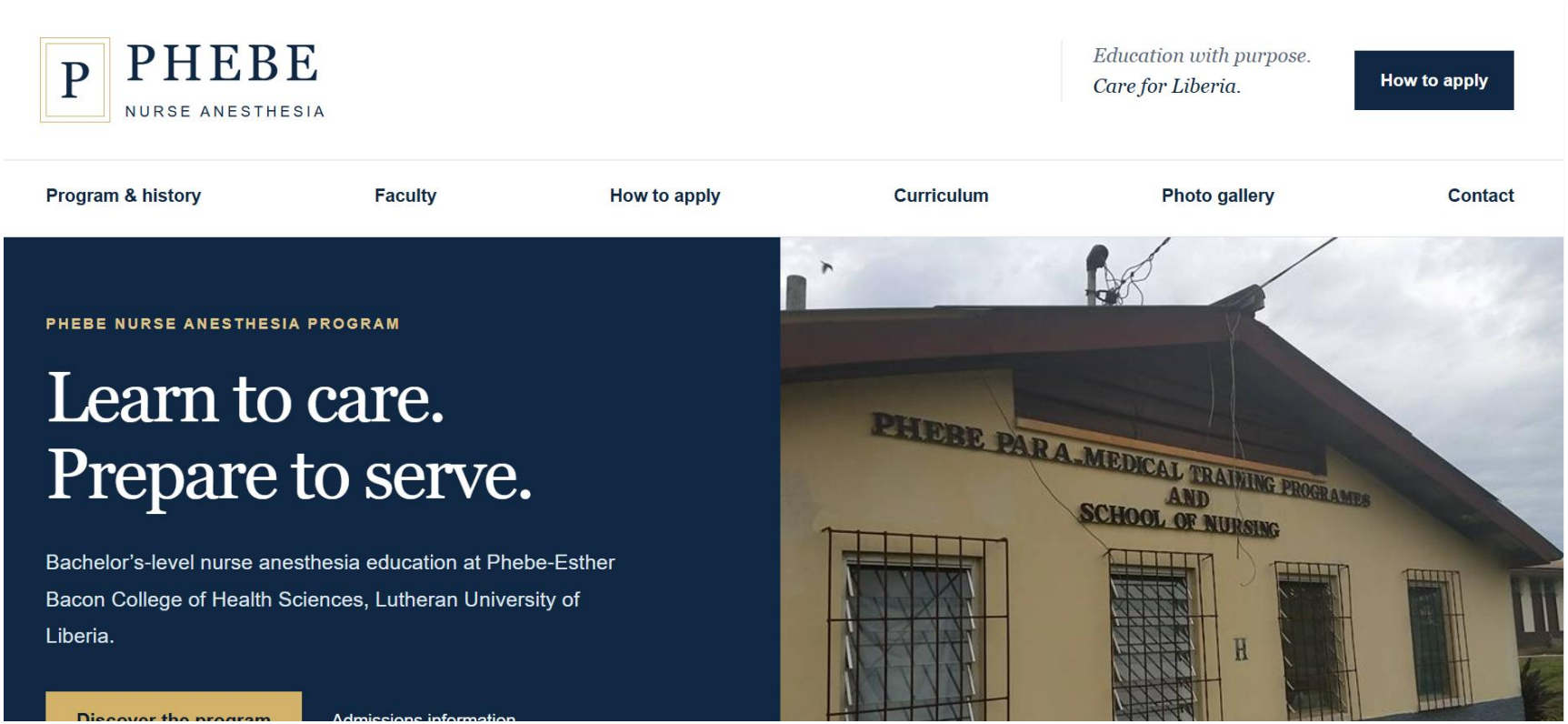
Introduction and Overview

NAP 302: Evidence Based Practice

Phebe-Esther Bacon College of Health Sciences, Nurse Anesthesia Program

Course Faculty: Mr Aaron Sonah, Dr Eileen Stuart-Shor

November 2026



https://phebeanesthesia.com/

Semester 3

Year 2 · 17 credits

NANE 305 — 3 credits

Anesthesia Complications & Special Surgeries

Year 2 · Semester 3

View course

NAP 302 — 4 credits

Evidence-Based Practice

Year 2 · Semester 3

View course

NANE 304 — 4 credits

Pediatric Anesthesia

Year 2 · Semester 3

View course

In this course

- Syllabus
- Weekly Zoom class
- Textbook
- Course modules
- Assignments
- All courses

COURSE OVERVIEW

Appraising and translating evidence to improve anesthesia practice

Learn to identify clinical problems, appraise research and translate evidence into a quality improvement project or practice guideline.

Instructors: Aaron Sonah and Eileen Stuart-Shor

Download the previous syllabus (Word)

The revised module-based syllabus is pending. The previous syllabus is available for reference; follow faculty guidance for current dates and instructions.

Improvement Science

- Problem-solving approach to practice intended to improve care.
- Integrates the best available scientific evidence with the best available experiential (clinical) evidence.
  - Research evidence, quality improvement projects and policy recommendations.
- Encourages critical thinking.
- Supports clinical decision making.
- Requires an understanding of the health care systems in which best practices are implemented.
- Ensures that clinical decisions are made based on the best available evidence.
- Improves access, quality and safety of practice.

Improvement Science

Table 1.1 Differentiating Three Forms of Nursing Inquiry

	Quality Improvement	Research	EBP
Starting point	Gap in performance for practice, process, or system	Gap in knowledge evidence	Gap in knowledge of best available evidence
Method used	Plan-Do-Study-Act (PDSA)	Scientific process	Practice Question, Evidence, Translation (PET)

Improvement Science | Process

- **Identify a practice problem**: (inadequate acute pain management post-op in your hospital)
- **Search the evidence** for strategies to mitigate the problem: (what is effective in treating post-op pain). (**EBP**)
- **There is evidence** that a strategy has been shown to mitigate the problem (practice gap): Design a **Quality Improvement Project**
- **There is no evidence** that identifies a strategy to mitigate the problem (knowledge gap): Design a **Research Study**

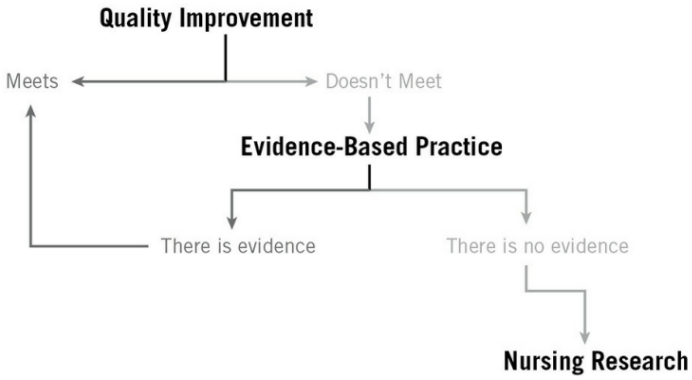


Figure 1.1 Choosing a form of inquiry for practice problems.

EBP and Outcomes

- Morbidity and mortality
- Process outcomes
- Clinical outcomes (e.g., hospital-acquired infection, falls, pressure ulcers),
- Functional outcomes (e.g., performance of daily activities), quality-of-life outcomes (e.g., physical and mental health),
- economic outcomes (e.g., direct, indirect, and intangible costs).
- EBP is an explicit process by which clinicians conduct critical evidence reviews and examine the link between healthcare practices and outcomes to inform decisions and improve the quality of care and patient safety.

What attributes and skills are needed for EBP?

- Identify practice problems
- Curiosity: don’t assume there is nothing that can be done, ask good questions, be curious
- Critically appraise the evidence (experimental research, non-experimental research, quality improvement, case reports, expert opinions, guidelines, policy statements).
- Interpret the evidence found in the literature to your setting.
- Translate evidence to practice tailored for local relevance (experience, patient preference, cost)

World Health Organization | Patient Safety

A World Alliance for Safer Health Care

Surgical Public Health:

Lifebox

WHO and the Safe Surgery Saves Lives Campaign

Safe Surgery Checklist



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Key Take-Aways

EBP | Improvement science

- Addresses a gap in knowledge/ evidence: research (knowledge generation)
- Addresses a gap in performance for practice, process or systems: quality improvement (knowledge translation)
- Addresses a gap in knowledge about best available evidence: EBP.

The goal of all improvement science is to inform practice – to identify and accelerate the uptake of evidence-based practice (best practices) in order to improve access, quality and safety of patient care.

- Effectiveness, efficiency





- Surgery is a complex activity that involves team coordination
- Avoidable errors can be diminished by identifying, implanting and using best practices as well as improvements in access, quality and safety.
- What is the role of Improvement Science/EBP in the provision of anesthesia care in Liberia

- What ideas do you have for a priority health problem related to anesthesia care in Liberia