

**MULTIPLE CHOICE**

1. A nursing educator is explaining how the best clinical practices are determined. Which statement best explains the purpose of evidence-based practice?
- It ensures that all patients receive holistic care.
  - It provides a definite reason for providing care in a specific manner.
  - It prevents errors when care is being delivered.
  - It guarantees that care delivered is based on research.

ANS: B

Evidence-based practice is the use of the current best evidence in making patient care decisions. It applies to all types of health care professionals. Currently there is no method that can ensure that all patients receive holistic care, that all errors can be prevented, or that a guarantee exists that care given is based on research.

DIF: Cognitive Level: Understanding      OBJ: NCLEX: Safe and Effective Care Environment  
TOP: Nursing Process: Implementation

2. Which question is a problem-focused trigger for initiating the evidence-based practice method in nursing care?
- What is known about reduction of urinary tract infections in the older adult with diabetes?
  - How can chronic pain best be described when the patient is nonverbal?
  - How long can an IV catheter remain in place in a patient with obesity?
  - What measures can the nurse take to reduce the rising incidence of urinary tract infections on the older adult care unit?

ANS: D

Evidence-based practice (EBP) questions tend to arise from two sources: recurrent problems or new knowledge. In the correct option, the increase in urinary tract infections indicates a trend or recurring problem in a specific group of patients. The other questions are general information questions, not based on what is happening in a specific area or to a group of specific patients in an area or relating to an observed trend.

DIF: Cognitive Level: Applying      OBJ: NCLEX: Safe and Effective Care Environment  
TOP: Nursing Process: Implementation

3. What does the “I” indicate in a “PICO” question?
- Intervention of interest
  - Incorporation of concepts
  - Implementation by nursing
  - Interest of personnel

ANS: A

The “I” stands for intervention of interest, meaning what the nurse hopes to use in practice and believes is worthwhile or valuable. This could be a treatment for a specific type of wound or an approach on how to teach food preparation for a patient with impaired sight.

DIF: Cognitive Level: Remembering      OBJ: NCLEX: Safe and Effective Care Environment  
TOP: Nursing Process: Implementation

4. Who will the clinical research nurse contact to search relevant databases in preparation for an upcoming study?
- The physician whose patients may be involved in the study
  - The medical librarian
  - The nurse manager of the unit where the study will be conducted
  - The director of nursing of the facility

ANS: B

The medical librarian is most knowledgeable regarding databases relevant to a study. The other individuals do not have the knowledge regarding relevant databases.

DIF: Cognitive Level: Understanding      OBJ: NCLEX: Safe and Effective Care Environment  
TOP: Nursing Process: Implementation

5. Which database contains summaries of clinical guidelines and their development?
- MEDLINE
  - CINAHL
  - Cochrane Database of Systematic Reviews
  - The National Guideline Clearinghouse

ANS: D

The National Guideline Clearinghouse is a database supported by the Agency for Healthcare Research and Quality. It contains summaries of clinical guidelines for practice. MEDLINE is a database for studies in medicine, nursing, dentistry, psychiatry, veterinary medicine, and allied health. CINAHL (Cumulative Index of Nursing and Allied Health Literature) includes studies in nursing, allied health, and biomedicine. The Cochrane Database Full text of regularly updated systematic reviews prepared by the Cochrane Collaboration includes completed reviews and protocols.

DIF: Cognitive Level: Remembering      OBJ: NCLEX: Safe and Effective Care Environment  
TOP: Nursing Process: Implementation

6. Which does the nurse researcher identify as the strongest type of research?

- a. Randomized controlled trials
- b. A qualitative study
- c. A descriptive study
- d. A case controlled study

ANS: A

Individual randomized controlled trials are close to the top of the research pyramid. Only systematic reviews and meta-analyses are higher. This type of study tests an intervention against the usual standard of care. The other types of studies are useful but do not give the same type of information as a randomized controlled trial provides.

DIF: Cognitive Level: Remembering      OBJ: NCLEX: Safe and Effective Care Environment  
TOP: Nursing Process: Assessment

7. What is the nurse attempting to determine when critiquing the evidence related to a PICOT question?

- a. The ethical conduct of the research the nurse read
- b. The strength of the evidence found in the literature
- c. If there are any experts in the clinical question needing to be researched
- d. If the study demonstrates cost-effectiveness if a change in practice occurs

ANS: B

Once a literature search is complete and data are gathered about the question, it is time to critique the evidence. Critiquing the evidence involves a systematic approach to looking at the strength of the work reviewed and its relevance. The other questions are not applicable to critiquing the evidence.

DIF: Cognitive Level: Understanding      OBJ: NCLEX: Safe and Effective Care Environment  
TOP: Nursing Process: Implementation

8. A nurse finds a cohort study comparing one group taking hormone treatment with another group not taking hormone treatment to determine the incidence of changes in bone density of the lower spine. What can the nurse imply from this study?

- a. Low level of strength makes the study limited in value.
- b. Moderate level of strength makes the study probably useful.
- c. Opinions of the individuals in the cohort are not research.
- d. This could be the basis for a Quality Improvement project.

ANS: B

A cohort study is Level 4 evidence as it is a single, non-experimental study. This moderate level of evidence makes the study probably useful but the nurse should strive to find stronger evidence.

DIF: Cognitive Level: Applying      OBJ: NCLEX: Safe and Effective Care Environment  
TOP: Nursing Process: Evaluation

9. Which question would be the best example of a knowledge-focused trigger for conducting an evidence-based practice project?

- a. What is the best method for treatment of leg swelling when a patient is taking gabapentin (Neurontin)?
- b. How can we decrease the incidence of skin cancer in adults over the age of 65?
- c. What is the current evidence for improving oral intake for cancer patients with stomatitis?
- d. What is the maximal length of time our hospital allows irrigation kits to be used?

ANS: C

Evidence-based practice (EBP) questions tend to arise from two sources: recurrent problems or new knowledge. In this example, the new knowledge that drives the question is the one looking at current evidence. The other questions do not look at the newest knowledge to form a question to research.

DIF: Cognitive Level: Analyzing      OBJ: NCLEX: Safe and Effective Care Environment  
TOP: Nursing Process: Implementation

## MULTIPLE RESPONSE

1. When planning to implement an evidence-based practice strategy, what factors are most important for the nurse to consider and include? (*Select all that apply.*)

- a. Time required to perform the strategy
- b. Patient preferences and values
- c. Clinical expertise
- d. Scientific knowledge
- e. Historical practices

ANS: B, C, D

When implementing evidence-based practice, the nurse considers and includes clinical expertise and patient preferences and values in addition to the scientific knowledge. Time required to perform the new strategy and customary practices are not vital to this approach. In fact, EBP seeks to ensure practices are based on evidence and not just historical practice.

DIF: Cognitive Level: Remembering      OBJ: NCLEX: Safe and Effective Care Environment  
TOP: Nursing Process: Implementation

2. A new nurse wants to ensure practice is based on the best knowledge available. What actions are best for this nurse to be involved in evidence-based practice? (*Select all that apply.*)
- Design and conduct a study based on interest.
  - Join the hospital's policy review committee.
  - Remain vigilant for recurring problems.
  - Maintain a spirit of inquiry.
  - Read current literature appropriate to practice area.

ANS: B, C, D, E

This novice nurse would best maintain an evidence-based nursing practice by joining policy review committees, watching for and taking note of recurring problems in the practice area, maintaining a spirit of inquiry, and staying current in the literature. The nurse would not need to design and conduct a study.

DIF: Cognitive Level: Applying      OBJ: NCLEX: Safe and Effective Care Environment  
TOP: Nursing Process: Implementation

3. When explaining the value of evidence-based practice, what benefits does the nurse include? (*Select all that apply.*)
- Improves quality of care.
  - Improves patient outcomes.
  - Improves stakeholder satisfaction.
  - Incorporates near real-time data in practice.
  - Helps nurses remain current in practice.

ANS: A, B, D, E

There are five ways that EBP adds value to the health care system: helps clinicians remain current on standardized, evidence-based protocols; uses near real-time scientific data to make care decisions; improves transparency, accountability, and value (e.g. safe care); improves quality of care; and improves outcomes. One would hope all stakeholders would be more satisfied with this method of determining care but that is not one of the specific benefits.

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TOP: Nursing Process: Implementation