



Evidence-based practice (EBP) is a method of shared decision-making that incorporates the best available evidence with clinical experience and patient preferences and values. Clinicians at the point of care are in an ideal place to ask and answer clinically relevant questions that can improve patient outcomes. Seeing where improvements can be made is the start of the EBP process, and working in an environment that supports questioning practice is critical to EBP. Here are some examples of questions that will help to identify issues or opportunities for improvement in your practice setting.

1 What common patient or family experiences could be improved?

2 What are some pain points in your practice?

3 What care is missing in my daily practice (e.g., comfort interventions, patient education)?

4 Think of procedures or tasks you do frequently that take a lot of time and effort. Could any of these be streamlined?

5 If you see a patient with poor outcomes, what can be done to prevent this from happening again?

6 Do you ever ask yourself, “Why are we doing this?” or “Why aren’t we doing something different?” If so, list examples of those situations.

7 Who are patients at the highest risk for poor outcomes? What do we do to mitigate poor outcomes and improve care for these patients?

8 Are there quality data at your practice that can be improved?

After filling out the form, find an EBP mentor, a clinical nurse specialist, or your nurse manager to share your findings.

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