

# Research... EBP... QI...

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| <b>Research</b> | <ul style="list-style-type: none"><li>-Purpose to generate new knowledge &amp; inform practice across multiple settings</li><li>-Most rigorous; highest level of evidence</li><li>-Takes time; requires IRB approval</li></ul>   |
| <b>EBP</b>      | <ul style="list-style-type: none"><li>-Purpose to guide practice within a specific setting with a specific population based upon current best [research] evidence, clinical expertise, &amp; patient preferences</li><li>-Moderate level of rigor</li><li>-Takes some time, but less than for research</li></ul> |
| <b>QI</b>       | <ul style="list-style-type: none"><li>-Purpose to improve internal processes &amp; practices in a specific setting with a specific population</li><li>-Least rigorous (but not sloppy!)</li><li>-Change can be implemented quickly</li></ul>   |

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| <b>Research</b> | “Systematic inquiry that uses disciplined methods to answer questions or solve problems...to develop and expand knowledge.” (Polit & Beck, 2017, 3)  |
| <b>EBP</b>      | “A problem-solving approach to clinical decision making within a health care organization that integrates the best available scientific evidence with the best available experiential (patient and practitioner) evidence.” (Newhouse et al., 2005, 3-4) |
| <b>QI</b>       | “Systematic efforts to improve practices and processes within a specific organization or patient group” (Polit & Beck, 2017, 741).   |

# Research... EBP... QI...

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| <b>Research</b> | Will a nurse–intensive counseling session prior to discharge plus standard teaching versus standard teaching alone improve smoking cessation attempts for patients with heart failure? Randomized–control trial with IRB review and informed consent required.  |
| <b>EBP</b>      | “For adult patients admitted with heart failure, what is the best education strategy for an improved smoking cessation attempt?” (Dearholt & Dang, 2012, 151). PICO question guides structured literature search followed by critical appraisal, synthesis, evidence–based recommendation(s) for practice change. |
| <b>QI</b>       | Audit of compliance with smoking cessation education policy shows unit 6B is only 40% compliant. Using the PDSA model, 6B RNs implement a suggestion from 7A with 98% compliance.<br><p style="text-align: right;">PSW</p>  |