

What is Evidence Based Practice?

Evidence-based practice is defined as a problem-solving and decision making approach in practice that involves the conscientious use of current best (research) evidence, clinical expertise, & patient preferences. Evidence-based practice involves critical appraisal of information used to answer a clinical question.



In health care, it is widely accepted/recognized that provision of high quality care which is safe and generating good outcomes is best achieved through **evidence based practice**. As such, practicing in an evidence informed manner is an important competency of health professionals.

Reference: Waite R., Killian P. 2010. Evidence-Based Practice – Nurses need to apply all sources of evidence relate to their practice area to develop effective nursing practice strategies. Retrieved from: <http://nursing.advanceweb.com/Article/Evidence-Based-Practice-6.aspx>