



Allegheny Health Network

Evidence-based Practice vs Sacred Cow

Evidence Based Practice and Sacred Cows

“We’ve Always Done It This Way”

The State of Evidence-Based Practice

- 2018 Melnyk study
- Lack of competency in EBP
- Knowledge, skills, attitudes
- Mentorship
- Integration of EBP competencies into academic and clinical education
- High quality, safe, cost-effective care

Melnyk, B.M., Gallagher-Ford, L., Zellefrow, C., Tucker, S., Bindu, T., Sinnott, L.T., Tan, Alai. (2018). The first U.S. study on nurses' evidence-based practice competencies indicates major deficits that threaten healthcare quality, safety, and patient outcomes. *Worldviews on Evidence-Based Nursing*, 15:1, 16-25.

Evidence Based Practice and Sacred Cows

- Nursing 2014 published a survey:
“20 questions: Evidence-based practice or sacred cow?”
- 20 true/false questions re: nursing best practice
- Results published in Aug 2015 showed more education needed about certain practices

Evidence Based Practice and Sacred Cows

Choosing Wisely® Initiative

Goal is to promote conversations between clinicians and patients by choosing care that is

- Supported by evidence
 - Not duplicative of tests or procedures already performed
 - Free from harm
 - Truly necessary
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- Publishes a list that is updated on a regular basis