# book review

# Johns Hopkins Nursing Evidence-Based Practice Model and Guidelines

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At the time this book was written, Dr. Newhouse was nurse researcher at The Johns Hopkins Hospital and assistant professor at The Johns Hopkins University School of Nursing, where she was dedicated to building evidence-based practice and research infrastructure and teaching Application of Research to Practice in the graduate program. She is now associate professor and assistant dean, Doctor of Nursing Practice Program at the University of Maryland, Baltimore School of Nursing.

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**Description:** This book describes the Johns Hopkins Nursing Evidence-Based Practice Model and Guidelines. Evidence-based practice is important to the safety of patients, the development of nursing profession, and the education of nursing students. This book describes a    approach to the challenge of implementing evidence-based practice. The model was created and tested by a team of nurses and faculty at the Johns Hopkins Hospital and The Johns Hopkins University School of Nursing. Johns Hopkins Nursing Evidence-Based Practice Model and Guidelines depict three essential cornerstones that form the foundation for professional nursing: practice, education, and research

**Purpose:** The purpose is to provide background on evidence-based practice, examples of successful EBP projects, and step-by-step guidelines for planning and developing an EBP program  all the tools, tips, and resources required to participate in and conduct evidence-based

**Audience:** Extensively used by nurses, multidisciplinary  teams, faculty, and students, the Johns Hopkins Nursing Evidence-Based Practice Model (JHNEBP) makes evidence based practice achievable. As you read this book, you will discover guidelines and tools that accompany the description of the model and examples of its application. In graduate programs includes the JHNEBP to teach evidence based practice and develop critical thinking skills. Also shared the JHNEBP with other academic medical centres and with community and rural hospitals. This book includes the lessons learned from these applications of the JHNEBP model.

**Features:** The book opens with background information on EBP. The EBP is 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. EBP considers internal and external influences on practice and encourages critical thinking .

The goal of EBP is to promote effective nursing interventions, efficient care, and improved outcomes for patients, and to provide the best available evidence for clinical, administrative, and educational decision making.

The six sections of this book provide nurses with the critical knowledge, skills, and abilities required to lead evidence-based initiatives in any health-care environment.

Section I introduces the EBP concept. Chapter I discusses background information, provides a definition of EBP, and describes the evolution of EBP within the nursing profession. Chapter 2 centres on the role of critical thinking in EBP, its relationship to the nursing process, and its significance in developing practice questions, appraising evidence, and translating findings in the practice setting.

Section II is an overview of the Johns Hopkins Nursing Evidence-Based Practice Model (JHNEBP). Chapter 3 introduces the JHNEBP Model, which frames research and non-research evidence within a professional nursing environment that emphasizes practice, education, and research. Section II closes with guidelines for conducting an EBP project using the Practice question, Evidence, and Translation process (PET).

Section III focuses on the PET process and provides guidance on facilitating project work. Chapter 4 illuminates the practice question by exploring the origin of EBP questions, the criteria for project selection, and the development of an answerable EBP question. Chapters 5, 6, and 7 discuss evidence. Chapter 5 reviews evidence search strategies, online and Web resources, and tips for performing evidence searches. Chapter 6 discusses research evidence, the appraisal process, and appraising and grading evidence. Chapter 7 frames non-research evidence within the PET process. Chapter 8 describes translation, which defines the criteria

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needed to make an evidence-based practice decision, and includes creating an action plan, making the change, and sharing the findings.

Johns Hopkins Nursing Evidence-Based Practice in Section IV, Chapter 9 outlines the environment needed for nurses to incorporate EBP. Lessons in leadership to create and sustain a supportive practice setting and strategies for encouraging and mentoring staff are included.

Section V provides exemplars of projects at The Johns Hopkins Hospital and two community hospitals that illustrate application of the JHNEBP Model and PET process. Section VI, the Appendixes, includes the JHNEBP Model, a figure of the PET process, and tools for project management, question development, evidence appraisal, rating scales, and individual and overall summaries. These tools are regularly reviewed and updated by the JHNEBP Steering Committee. The reader may download the most current versions of the tools at the Institute for Johns Hopkins Nursing Web site: www.ijhn.jhmi.edu

Johns Hopkins Nursing Evidence-Based Practice Model and Guidelines is a collaboration among three nurse leaders at The Johns Hopkins Hospital and two faculty members from The Johns Hopkins University School of Nursing. Developed and evaluated in multiple projects and settings, the JHNEBP Model and process is practical for organizations to implement. Additionally, it demystifies and enables the EBP process for bedside nurses. The JHNEBP Model won the Sigma Theta Tau International Research Utilization Award in 2005 at the 38th Biennial Convention in Indianapolis, Indiana.

Evidence-based practice (EBP) positions nurses to be a significant Influence on health-care decisions and a partner in improving quality of care. Beyond an expectation for professional practice, EBP provides a major opportunity for nurses to enlighten practice and add value to the patient experience. Today, nursing interventions and processes informed by the best evidence are critical to realizing health-care improvements and cost savings. This chapter defines evidence-based practice and discusses the evolution of evidence-based practice within the nursing profession.

**Assessment:** The editors have succeeded in covering the breadth of issues regarding Evidence Based Practice. The book is easy to read. It is essential book for learning about an EBP model and implementation. The book would also be a useful teaching tool. Finally, because it highlights the need for a larger evidence base, it should encourage collaboration between researchers and practitioners to develop more effective programs and Good Practice Models

The Johns Hopkins Nursing Evidence-Based Practice Model was highlighted by the Health Care Advisory Board as a best practice in 2005 and won the 2005 International Research Utilization Award from the Honor Society of Nursing, Sigma Theta Tau International.

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Unlike more expensive, weighty textbooks on the theories, Johns Hopkins Nursing Evidence Based Practice: Models and Guidelines provides practical guidelines on the model with exemplars, a question development tool, evidence rating scale, project management, appraisal forms, and evidence summary documents, this book helps nurses not only understand the theory, but also put it into action. The new edition includes expanded and improved tools and forms including additional guidelines for individual appraisals, and both research and non-research-based evidence. Authors will improve the strength an Johns Hopkins NursingEvidence-Based Practice Model and Guidelines Robin P. Newhouse, PhD, RN, CNA, CNOR Sandra L. Dea...Â See the Facebook Help Center for more information. Johns Hopkins Nursing. Evidence-Based Practice Model and Guidelines Robin P. Newhouse, PhD, RN, CNA, CNOR Sandra L. Dearholt, MS, RN Stephanie S. Poe, MScN, RN Linda C. Pugh, PhD, RNC, FAAN Kathleen M. White, PhD, RN, CNAA, BC. Books Published by the Honor Society of Nursing, Sigma Theta Tau International Johns Hopkins Nursing Evidence-Based Practice Model and Guidelines, Robin Newhouse, Sandra Dearholt, Stephanie Poe, Linda Pugh, and Kathleen White, 2007.