

Evidence-Based Practice

Nursing

Turning a clinical question into a searchable one, then weighing what comes back.

Evidence-based practice combines the best available evidence, clinical expertise and the patient's values.

PICO: Population · Intervention · Comparison · Outcome

P

Who

Adults after hip surgery

I and C

What against what

Early vs delayed walking

O

Measured how

Days to discharge

THE COMMON MISTAKE

✗ **Treating a single study as the answer.**

✓ **Placing it in the hierarchy and appraising it.**

Systematic reviews and randomised trials sit above cohort and case studies for treatment questions, but the best design depends on the question asked.

Educational reference. Evidence informs practice; it does not override local protocol, professional judgement or the patient's own priorities.