**Evidence-Based Practice (EBP)**

Evidence-based practice is the conscientious, **explicit,** and **judicious** use of current best **evidence** in making decisions about the care of individual patients1.

The three major components of EBP include:

1. External clinical evidence
2. Integration of individual clinical **expertise**
3. **Patient** preferences1

**Why EBP?**

Benefits of EBP for patients include:

* Increased patient satisfaction2
* Increased patient safety3
* Improved clinical outcomes4
* Decrease in **variability/variation** in delivery of care and patient **outcomes**3

Benefits of EBP for practitioners include:

* Greater **job satisfaction** and group cohesion5
* Meeting a mandated core competency (Institute of Medicine)6
* Opportunities for research and **publication**7

Benefits of EBP for organizations include:

* Greater **cost** efficiency5
* Lower rates of staff **turnover**5

**The EBP process (5 As)8:**

3. **Appraise**

4. **Apply**

5. **Assess**

1. **Ask**

2. **Acquire**



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