



Evidence Based Practice Nursing

Mira Asmirajanti, SKp, MKep

Evidence Based Practice (EBP)

- Pendekatan yang dapat digunakan dalam praktik perawatan kesehatan, yang berdasarkan evidence atau fakta (Edward, 2012)
- The application of valid, relevant, research based information in nurse decision-making (Cullum et al, 2008)
- Mencari dan menggabungkan sumber-sumber terpercaya dari evidence/ pembuktian yang telah dilakukan, salah satunya melalui riset (Brown, 2014)



**ALL THE EVIDENCE
IN THE WORLD ON THE
TOPIC OF INTEREST**

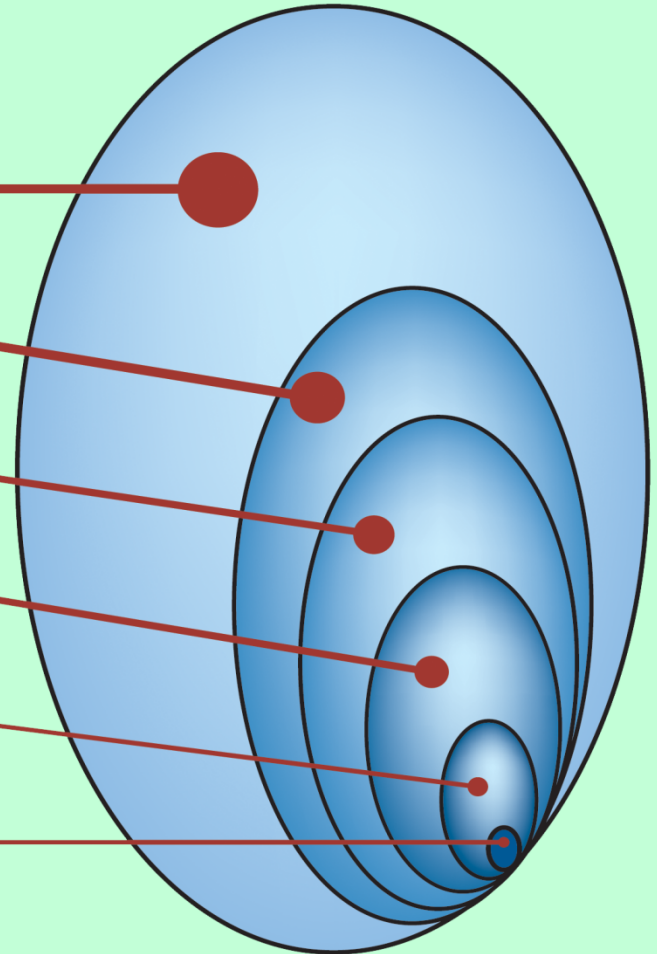
PUBLISHED EVIDENCE

INDEXED EVIDENCE

EVIDENCE I CAN FIND

EVIDENCE I CAN ACCESS

**EVIDENCE THAT I
CHOOSE TO USE**



Mengapa Evidence Based Penting

- Karena setiap melaksanakan semua kegiatan atau melaksanakan tindakan keperawatan harus berdasarkan fakta (Brown, 2014)
- Untuk meningkatkan kualitas pelayanan, keselamatan pasien, keefektifan manajemen dalam pengelolaan pelayanan keperawatan, dan meningkatkan kesadaran akan pentingnya bukti empiris dalam melaksanakan pelayanan.

Tugas perawat terkait EBP

Perawat harus memahami :

- Dasar-dasar tipe penelitian yang dilakukan dan makna dari hasil penelitian.
- Bagaimana cara memperoleh data yang baik dan menghindarkan pengambilan kesimpulan yang salah.



Sumber Evidence Based Practice

- Evidence Based Protocol
- Systematic review
- Original research



Evidence Based Protocol

- **Protocol** : a set of care actions for patient population that has been endorsed by the hospital, agency, clinic or healthcare facility. Protocols are agency specific.
- **Guideliness** : a set of recommendations for the care of the patient population that is issued by a professional association, leading health care center or government organization. Guideliness are not agency specific
(Brown, 2014)



Evidence Based Protocol

- Journals
- Specialty organizations
- Government publications
- Commercial organizations
- Bibliographic databases
- Message services



Systematic Review (Cullum, 2008)

Merupakan proses mengkonsolidasikan hasil-hasil penelitian yang memiliki pertanyaan penelitian yang sama, dengan cara :

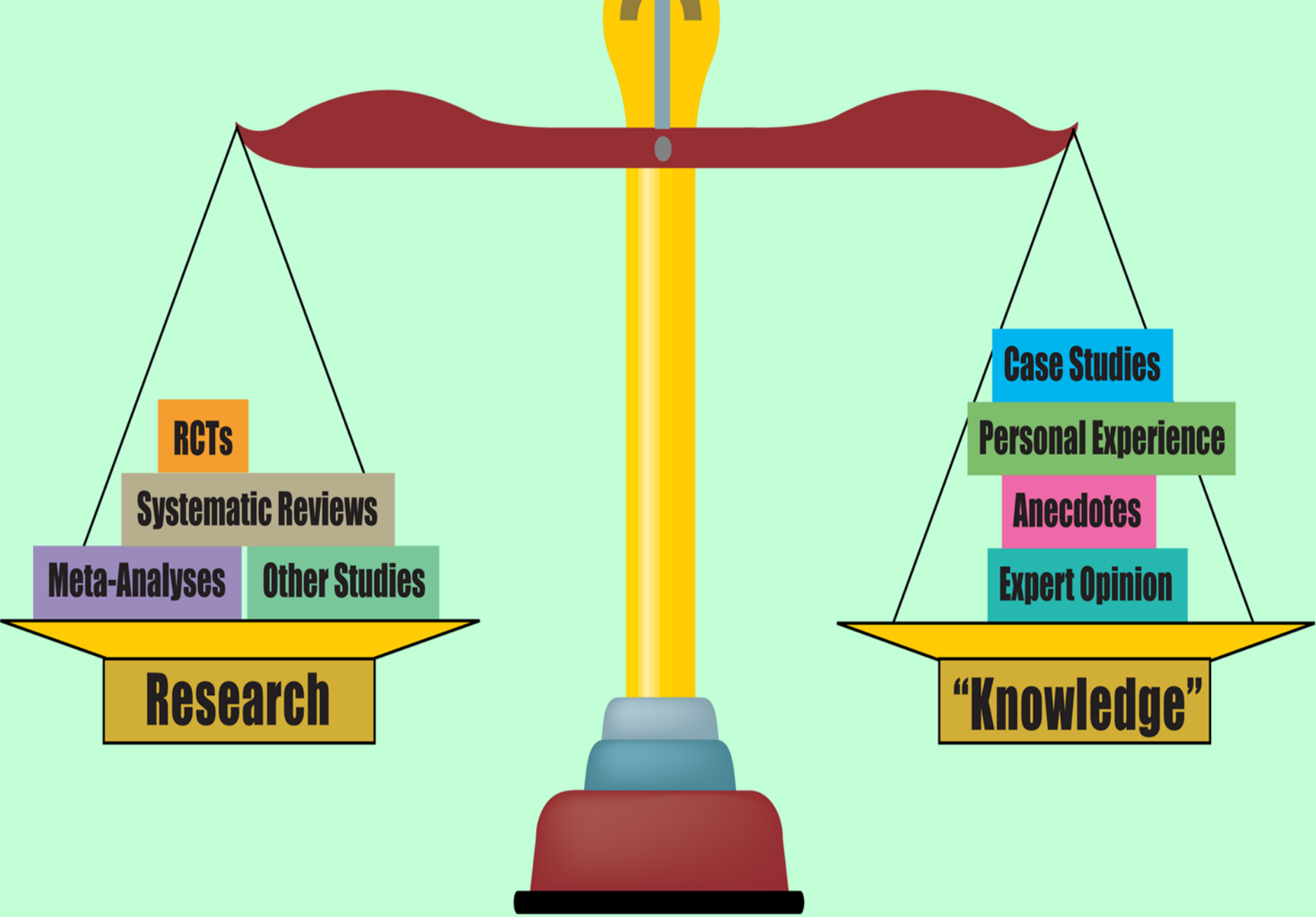
- Mengidentifikasi hasil penelitian
- Hasil penelitian yang relevan dievaluasi, bagaimana kualitas metodologi penelitiannya.
- Data hasil evaluasi disimpulkan
- Dibuat kesimpulan



Original research

- Scientific knowledge : dikembangkan dengan metode tertentu dan terbuka untuk dikaji oleh orang atau badan lain (Brown, 2014)
- Meta analysis : aktivitas mengkombinasikan penelitian-penelitian individu secara statistik untuk membuat suatu penelitian yang besar (Cullum, 2008)





RCTs

Systematic Reviews

Meta-Analyses

Other Studies

Research

Case Studies

Personal Experience

Anecdotes

Expert Opinion

"Knowledge"

Langkah dalam membuat pertanyaan (Cullum, 2008)

PICOT

- **P** : Population
- **I** : Intervention (Therapeutic, Preventive, diagnostic, organizational)
- **C** : Comparison
- **O** : Outcome
- **T** : Time frame

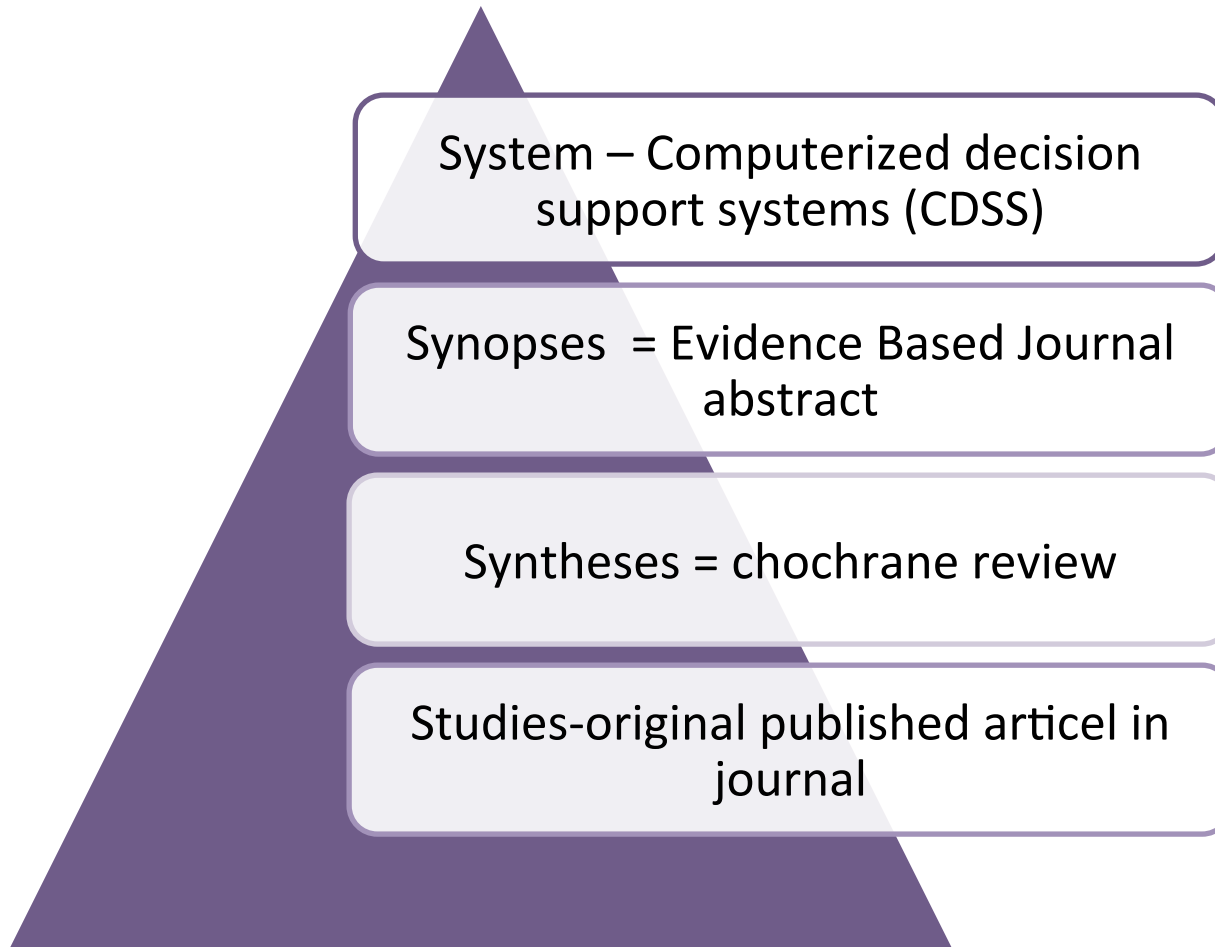


Contoh (Cullum, 2008)

Population	Intervention	Comparison	Outcome	Time frame
<ul style="list-style-type: none">• Luka gangren	<ul style="list-style-type: none">• Perawatan luka konvensional	<ul style="list-style-type: none">• Perawat luka modern alginat	<ul style="list-style-type: none">• Luka mengering	<ul style="list-style-type: none">• 1 minggu



Mencari The Best Evidence



Saran Pencarian Evidence Base (Cullum, 2008)

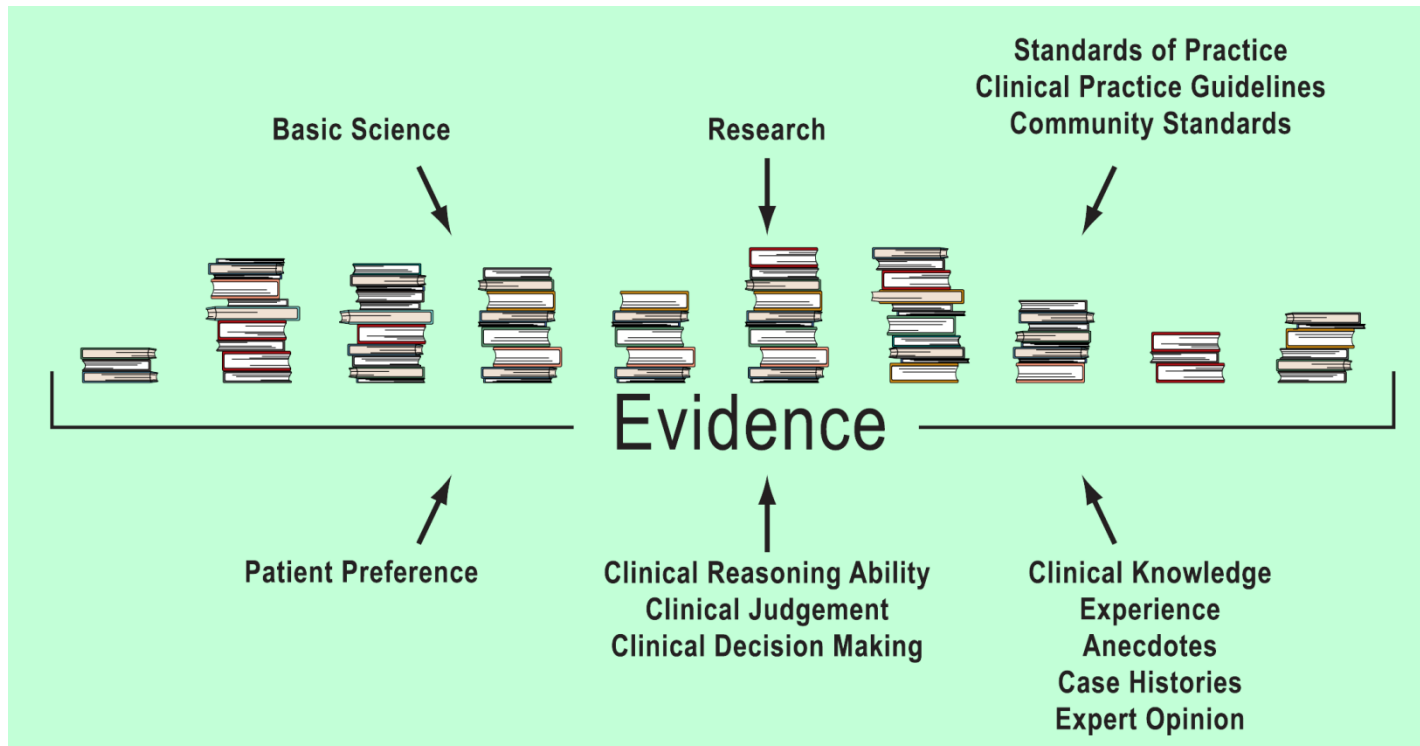
- [CINAHL](#)
- [Proquest](#)
- [Cochran Systematic Reviews](#)
- [Pubmed](#)
- [Medline](#)

[http://www.nlm.nih.gov/databases/
databases_medline.html%20-%209k](http://www.nlm.nih.gov/databases/databases_medline.html%20-%209k)



CINAHL

(Cumulative Index to Nursing and Allied Health Literature)



Practice

Info Trac Custom Database

- <http://infotrac.galegroup.com/itweb/esaunggul>
- Password : explore

Ebsco journal

- <http://search.epnet.com>
- User id : s1775017
- Password : password



Practice

ProQuest journal

- <http://proquest.com/pqdweb>
- User ID : 08WBQB424Q
- Password : pqdikti2011

Info Trac

- <http://infotrac.galegroup.com/itweb>
- User ID : kpt03030
- Password : develop



Referensi

Brown, S, J (2014). Evidence Based Nursing The research practice connection. Burlington : Jones and Bartlett Learning

Cullum, N, Ciliska, D, Hayne, R, B, Marks, S (2008). Evidence Based Nursing An Introduction. UK, USA, Australia : Blackwell PUBLISHING



Terima kasih

