The overarching principle for healthcare practice is the provision of quality nursing care to all clients without consideration of social, financial, cultural, or other individual characteristics. As the nurse initiates contact with the client, the client should be confident that the care provided by that nurse is based on the most current, up-to-date health information available. Having established the currency of the health information to be utilized, the nurse and client must also agree that...
Think Outside the Box

Students can work on these critical thinking assignments individually or in a group while reading through the text.

Summary Points

1. Current national legislation and reports continue to have an impact on the importance of EBP and research utilization.
2. A core body of nursing knowledge stems from the process in which research is incorporated into practice; this strategy has been called best practice, quality of care, and EBP.
3. EBP is a process of utilizing confirmed evidence (research and quality improvement), decision making, and nursing expertise to guide the delivery of holistic patient care.
4. The PICOT acronym offers a structure for rendering dynamic, clinical questions to construct scientific questions.
5. Obstacles to research utilization are education, beliefs/attitudes, supportive supervision, lack of time, and lack of monitoring.
6. Generating evidence augments the core of nursing knowledge, which advances nursing as a profession.
7. The confirmation of nursing practice and research is central to advancing EBP.
8. Safe, effective patient care is not an extraneous but rather an obligation.

Red Flags

At the end of every chapter, these bullet points alert students to areas in research that may raise concern.
Discussion Questions

Students can use these assignments to apply information in the text to everyday practice.

Multiple-Choice Questions

1. Which of these examples characterizes a successful application of safe and competent nursing care delivery?
   A. The nurse investigates the latest online information in deciding how the care is to be provided.
   B. The nurse examines peer-reviewed nursing research articles to determine the best care to be provided.
   C. The nurse asks a clinical instructor from the university how the care for a client should be given.
   D. The nurse provides care following the instructions provided when attending school.

2. The ACA and the IOM/RWJF and Carnegie Foundation reports are national movements to:
   A. reaffirm current nursing practice.
   B. ignore current nursing practice.
   C. transform current nursing practice.
   D. eliminate current nursing practice.

3. A nurse is seeking a research article to use as the underpinning for an adjustment in the manner in which care is given. An example of a research article is a manuscript that provides a(n):
   A. overview of how to provide care.
   B. discussion of the method used for the research along with recommendations.
   C. discussion of a case study without any recommendations.
   D. overview of guidelines for a particular type of case.

4. Which of these forms of evidence carries the highest degree of credibility?
   A. Research study using a nonexperimental study
   B. Intuition
   C. Research study using a random control sample
   D. Multiple-Choice Questions

5. A problem-focused trigger would generate which of the following PICOT questions or statements?
   A. What type of care is best used for pediatric patients?
   B. Adult cardiac patients involved in bedside rounding compared to multidisciplinary rounding have an increased understanding of their treatment plan.
   C. Research study providing a case study approach
   D. Registered nurses can use any nursing theorist to provide sound care.

6. Which of these PICOT questions or statements demonstrates effective development?
   A. What types of care is best used for pediatric patients?
   B. Nurses prefer 12-hour shifts to 8-hour shifts to allow more time with family.
   C. Individuals using saline for hep-lock flushes have fewer complications.
   D. Palliative care patients enjoy music therapy more than pet therapy when provided by their family members.

7. Which of these PICOT questions or statements demonstrates effective development?
   A. Registered nurses have less work stress than other healthcare providers.
   B. Palliative care patients enjoy music therapy more than pet therapy when provided by their family members.
   C. Research study using a random control sample
   D. The nurse provides care following the instructions provided when attending school.

8. Research is often not valued because:
   A. it costs too much.
   B. administrators want it.
   C. search engines are easy to access.
   D. staffing is not an obstacle.

Review key concepts with these questions at the end of each chapter.
Brief Contents

Preface xiii
Acknowledgments xv
Contributors xvii

Chapter 1 Connection Between Research and Evidence-Based Practice ........ 1
Chapter 2 Overview of Evidence ............ 31
Chapter 3 Overview of Research ............ 61
Chapter 4 Overview of Quality .............. 79
Chapter 5 Ethics for Nursing Research and Evidence-Based Practice ........ 91
Chapter 6 Asking the Right Question ........ 121
Chapter 7 Literature Review: Searching and Writing the Evidence .......... 141
Chapter 8 Quantitative Research Design .......... 171
Chapter 9 Qualitative and Mixed Research Methods .................. 189
Chapter 10 Population Management ........... 223
Chapter 11 Data Collection .................. 243
Chapter 12 Reliability, Validity, and Trustworthiness .......... 271
Chapter 13 Data Analysis .................. 301
Chapter 14 The Research Critique Process and the Evidence-Based Appraisal Process ........ 323

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<table>
<thead>
<tr>
<th>Brief Contents</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chapter 15</strong></td>
</tr>
<tr>
<td><strong>Chapter 16</strong></td>
</tr>
<tr>
<td><em>Glossary</em></td>
</tr>
<tr>
<td><em>Index</em></td>
</tr>
</tbody>
</table>
Contents

Preface ........................................ xiii
Acknowledgments ......................... xv
Contributors ................................. xvii

Chapter 1  Connection Between Research and Evidence-Based Practice ........ 1
Carol Boswell and Sharon Cannon
Introduction ................................... 1
Providing a Line of Reasoning for EBP and Evidence-Based Research .......................... 3
Assessing the Need for Research in the Practice Arena .............................................. 7
The Importance of Generating Evidence ................................................................. 19
Obstacles to Using Research .................. 21
Responsibility for Using Research .......... 24
Summary Points ............................... 25

Chapter 2  Overview of Evidence ............ 31
Pam Di Vito-Thomas and Carol Boswell
Introduction ................................... 31
Foundations for EBP .......................... 35
Qualities of Evidence ........................ 41
Evidence Grading Methods .................. 47
Conclusion ..................................... 52
Summary Points ............................... 53

Chapter 3  Overview of Research .......... 61
Sharon Cannon and Margaret Robinson
Introduction ................................... 61
Historical Perspective ........................ 61

Chapter 4  Overview of Quality ............ 79
Sharon Cannon and Carol Boswell
Introduction ................................... 79
History of Quality Improvement .............. 80
Purpose of Quality Improvement .............. 81
Sources of Quality Improvement .............. 81
Settings ......................................... 84
Application of QI ............................... 85
Summary Points ............................... 87

Chapter 5  Ethics for Nursing Research and Evidence-Based Practice ............. 91
Sharon Cannon and Theresa Delahoyde
Introduction ................................... 92
Ethical Theories ................................ 92
Historical Overview .......................... 95
Research Ethics: Progress in the 21st Century ......................................................... 97
Environment for Ethical Research ........... 98
Developing Researchable Questions .......... 102
Participant Recruitment and Informed Consent ....................................................... 103
Data Collection and Data Analysis .......... 105
Issues in Quantitative and Qualitative Research ..................................................... 106
External Pressures ............................. 106
EBP and Ethical Implications ................. 107

Theory, Research, and Practice .......... 67
Sources for Nursing Research ............... 70
Summary Points ............................... 71
Emerging Ethical Issues in Research, EBP, and QI .................................. 110
Conclusion .................................................................................. 112
Summary Points .......................................................................... 112

Chapter 6  Asking the Right Question .......................... 121
Julie A. Baker-Townsend, Kathleen C. Bloom, and Lucy B. Trice
Introduction ............................................................................. 122
Identifying Researchable Problems .......................................... 122
Determining the Significance of the Problem .............................. 124
Examining the Feasibility of the Problem .................................... 125
Addressing Nursing Research Priorities ................................. 126
Problem Statement ..................................................................... 127
Research Question ..................................................................... 127
Hypotheses ............................................................................... 132
Defining Variables for the Study ............................................... 134
Evidence-Based Practice Considerations ................................. 135
Summary Points .......................................................................... 135

Chapter 7  Literature Review: Searching and Writing the Evidence .......................... 141
Travis Real, C. Erik Wilkinson, and Carol Boswell
Introduction ............................................................................. 142
Definition and Purpose of the Literature Review ............................ 142
The Literature Review Within the EBP and/or Research Process .... 144
Differentiating a Research Article from a Nonresearch Article .... 146
Conducting a Literature Review Search ...................................... 147
The Importance of Librarians in the Literature Review Process .... 148
The Research Idea: First Step ................................................. 148
The Research Question: Second Step ...................................... 149
Definition of Database ............................................................. 150
Databases Useful in Nursing ...................................................... 150
Basics of Searching ..................................................................... 153
Other Key Information .............................................................. 157
Evaluating the Literature .......................................................... 158
Writing the Literature Review .................................................. 162
Linking the Literature Review to Evidence-Based Nursing Practice .............................................................................. 165
Summary Points .......................................................................... 166

Chapter 8  Quantitative Research Design .......................... 171
Sharon Cannon
Introduction ............................................................................. 172
Characteristics of Quantitative Research Design ............................ 172
Descriptive Design ...................................................................... 174
Experimental Design .................................................................... 175
Nonexperimental Design .............................................................. 176
Time-Dimensional Design ............................................................. 177
Quasi-Experimental Design .......................................................... 178
Control ..................................................................................... 180
Research Design, Quality Improvement Projects, and Root Cause Analysis .......................................................... 180
Evidence-Based Considerations ................................................... 181
Summary Points .......................................................................... 182

Chapter 9  Qualitative and Mixed Research Methods .................. 189
JoAnn Long, Samara Silva, and Carol Boswell
Introduction ............................................................................. 190
Qualitative Research ................................................................. 190
A Brief History of Qualitative Methods ................................. 191
Comparing Qualitative, Quantitative, and Mixed Methods .......... 191
Approaches to Qualitative Research .............................................. 192
Sampling Strategies in Qualitative Research ...................................... 196
Approaches to Qualitative Data Collection ....................................... 197
Approaches to Qualitative Data Analysis ........................................ 198

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Methodological Rigor in Qualitative Research ..................................199
Understanding and Using Qualitative Study Results .........................200
Mixed Methods Research .........................................................201
Types of Mixed Method Strategies .............................................205
Data Collection Procedures .....................................................206
Data Analysis and Validation Procedures .....................................208
EBP Considerations ...............................................................209
Conclusion .................................................................209
Summary Points ...............................................................211

Chapter 10 Population Management ..... 223
Kathaleen C. Bloom, Julie A. Baker-Townsend, and Lucy B. Trice
Introduction .................................................................224
Why Sample? .............................................................225
Whom to Sample? ........................................................226
How to Sample? ..........................................................227
How Many to Sample? .....................................................231
Specific EBP Considerations ..................................................234
Conclusion .................................................................236
Summary Points ...............................................................236

Chapter 11 Data Collection ... 243
Carol Boswell
Overview of Data Collection Methods and Sources ........................243
Accessible Data Versus New Data .............................................245
Key Categories of Data for Nursing Studies ................................246
Significant Facets of Data Collection Schemes ................................247
Test Methods ...............................................................248
Questionnaire Methods .....................................................249
Interview Methods ........................................................253
Focus Group Methods .......................................................254
Observation Methods .........................................................256
Secondary (Existing) Data Methods .........................................258
Biophysiological Methods ...................................................260
Systematic Analysis .........................................................260
Achievement of the Data Collection Strategy ..........................263
EBP Considerations ..........................................................263
Summary Points ...............................................................264

Chapter 12 Reliability, Validity, and Trustworthiness . . 271
James Eldridge
Introduction .................................................................272
Reliability as a Concept .....................................................274
Forms of Reliability ........................................................275
Validity .................................................................288
Conclusion .................................................................293
Summary Points ...............................................................294

Chapter 13 Data Analysis ..... 301
James Eldridge
Introduction .................................................................301
Quantitative Analysis .........................................................303
Qualitative Analysis ........................................................315
Quality Assurance ..........................................................317
Conclusion .................................................................318
Summary Points ...............................................................319

Chapter 14 The Research Critique Process and the Evidence-Based Appraisal Process ...... 323
Carol Boswell and Sharon Cannon
Rationale for Doing a Research Critique ..................................323
Elements of a Research Critique ...........................................325
Process for Conducting a Research Critique ................................330
Critically Assessing Knowledge for Clinical Decision Making ......337
Employing EBP Guidelines: Instruments for Holistic Practice ....340
The Evidence-Based Appraisal .............................................340
Summary Points ...............................................................342

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Preface

Research, quality improvement, and evidence-based practice (EBP) go hand-in-hand as nursing comprehension flourishes and increases. Healthcare transformations stemming from the Patient Protection and Affordable Care Act; the Institute of Medicine’s 2010 report *The Future of Nursing: Leading Change, Advancing Health*; and other challenges compel nurses to embrace and evolve nursing knowledge through these diverse evidence-development designs. EBP has evolved into a significant component for authenticating quality health care. The concept of EBP entails the integration of clinical expertise with investigational corroboration from evidence, which includes research. Nurses must assimilate reliable and astute evidence into policies and procedures. These EBP-based policies and procedures are utilized for the delivery of holistic health care. The public anticipates that each skill or task needs to be achieved using a specific technique that is justified by evidence.

*Introduction to Nursing Research: Incorporating Evidence-Based Practice, Fifth Edition* presents deep-seated research information employing evidence-based research examples. Every concept connected with the research process is covered. In addition, the information concerning the interconnectedness of research, EBP, and quality improvement is examined. Alternative facets encompassed in this text are the growth and development of comprehension about what makes up the range of evidence. This undertaking attempts to make the information significant and appropriate to nurses working in healthcare settings and who are encouraged to participate in EBP. Research should be FUN (functional, understandable, and nonthreatening).

This text characterizes the challenge to convey practical quality improvement, EBP, and research probabilities to the frontline nurse who is responsible for the ongoing management of health care. The contemporary healthcare arena requires that care be instituted using an authentic, evidence-based foundation. Therefore, the nurse must be knowledgeable and qualified to evaluate and instigate care grounded in evidence, which embraces research conclusions and quality improvement outcomes. The motivation for this edition focuses on supplying an understanding of preparatory research developments along with an EBP mindset. The decisive and fundamental practices of planning, conducting, and reporting research data are illustrated utilizing a perspective of EBP. Every attribute in the delivery of nursing care demands meticulous consideration and documentation of EBP, quality improvement, and research outcomes for the care provided.

To anticipate these challenges, this edition of *Introduction to Nursing Research: Incorporating Evidence-Based Practice* was structured to assist the nurse in scrutinizing the strengths and challenges evident in research projects, quality improvement reports, published reports, and unpublished manuscripts. By acquiring knowledge about which features signify convincing evidence, nurses can utilize appropriate
research findings and quality improvement outcomes with additional evidence while disregarding inappropriate conclusions.

Four articles, listed below, are predominantly used throughout this text as exemplars to demonstrate chapter concepts. Chapters use these articles to showcase the components being examined within the materials.

Continuous Quality Improvement:


Systematic Review:


Qualitative:


Quantitative:

We would like to convey our appreciation and esteem for our exceptional colleagues who wholeheartedly agreed to the management of modernizing specific chapters. The impact and practicality of this text stems from the proficiency and adeptness of the contributing authors, to whom we are extremely indebted. Numerous contemporary colleagues have affiliated with us in this edition of *Introduction to Nursing Research: Incorporating Evidence-Based Practice* to provide remarkable and pertinent information correlated to the distinctive subjects.

We again acknowledge those reviewers who provided analysis for the first and subsequent chapters, which furnished real-life examples in clinical settings and supported the emphasis of the chapter content. From their reflections, we were able to conserve the scholarly balance of the text. Critiques and recommendations offered by the various users of the text offered insights for insertion into future editions. The ideas and recommendations delivered by the end users have been beneficial in facilitating the unique objective of this text. In the fifth edition, we accentuate the understanding that evidence is crucial to enhance the fields of evidence-based practice (EBP), quality improvement, and nursing research. We again acknowledge Mary E. Nunnally, who imparted her valuable editorial perspective to the initial edition. We greatly appreciate the work provided by prior contributors to this textbook: Dr. Jane Sumner, Dr. Dorothy Jackson, and Dr. Donna Scott Tilley.

*Dr. Carol Boswell and Dr. Sharon Cannon*

Every once in a while, our lives are enhanced by very special people. One such person is my friend and colleague, Dr. Carol Boswell, who continues to seek new opportunities and especially explore creative innovations to promote evidence-based practice (EBP). Many wonderful colleagues and friends have enriched my life through their loyal support, especially our colleagues who have joined us on this evidence-based journey. I have truly been blessed to know them and try each day to pay forward their many kindnesses.

My family has played a significant part in the shaping of my life, so I wish to say a special thank you to my parents G. E. and Laurine Cannon (who are always with me in spirit); my family, especially Joe and Lynn Tischner, and Ryan Ganey; my grandchildren, Kelly Tischner, Andrew Ganey, Shelby Ganey, and Shannon Ganey; and my brother and sister-in-law, Gene and Cathi Cannon.

*Dr. Sharon Cannon*

The people who have continued through all five editions of this text to allow me to advance, blossom, and stretch for the highest levels possible are Marc E. Boswell; Dwight and Wanda Miller; Michael and Casey Boswell, Jeremy Boswell, and Stephanie Boswell; and Matthew Boswell, Kobe Boswell, Kayia Howard, and Caleb...
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