EPIC: A Mnemonic to Familiarize Advance Practice Nurses with the Evidence-Based Practice Process in the Primary Care Setting

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Based on the current literature, Evidenced-Based Practice (EBP) is the epitome of changing healthcare delivery. EBP undergirds the Quadruple Aims established by the Institute for Healthcare Improvement, which addresses (1) improving patient experiences of care, (2) improving health populations, (3) reducing per capita cost of health care and (4) improving work experiences to minimize burnout among healthcare providers. Melynk (2018) asserts "EBP is the secret sauce to enable us to get to that quadruple aim." Initially the EBP movement began decades ago within the medical professional and has expanded to other professions, including nursing. Black, Balneaves, Garossino, Puyat, and Qian (2015), validates the concept of patient outcomes improvement in nursing practice accomplished by an evidence-based approach. Clinical Decision-Making integrates the systematic application of up-to-date best practice from research studies that are methodologically sound, clinicians' proficiency, and patient beliefs and preferences. Evidence-based practice (EBP) is noted to improve patient safety and health care outcomes, while reducing healthcare expenditures, and minimizing deviation in patient results.

Several EBP Models have been adopted and consist of John Hopkins Nursing, Stetler, IOWA. Rosswurm and Larrabee's Model for Change, and ACE Star Model of Knowledge Transformation. Innumerable challenges have been observed in the transformation process of the EBP movement; consequently, perceiving advance practice nurses and other health care professionals' deficiency of familiarity and skills to applying the EBP process within the primary care setting.

Although several EBP models exist, the various models adopted have a common thread. Since there is a common thread among the EBP models, developing a mnemonic that captures the essence of the EBP process could close the gap in comprehending the relevance of evidence-based practices. The EPIC mnemonic addresses (1) E-Evidence Query Engagement, (2) P-Practice that is current and Patient/Population-Focused, (3) I- Integration of evidence that is patient/population focused among up-to-date practices, Intervention design, and Implementation strategies, and (4) C-Critiquing the data (outcomes) to Change Care delivery. Nurses have oftentimes applied mnemonics to gain knowledge, deepen concepts, and develop skills; applying the mnemonic EPIC has the potential to enhance the familiarity of EBP process among advance practice nurses in the primary care setting.

References

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