



1. In the hospital where a nurse provides care, tradition dictates that oral temperatures are included in every set of client vital signs, regardless of client diagnosis or acuity. This is most likely an example of which of the following phenomena?
 - A) The prioritization of internal evidence over external evidence
 - B) Practice that lacks evidence to support its application
 - C) The integration of personal expertise into nursing care
 - D) Evidence-based practice (EBP)

2. The certified nurse educator on a postsurgical unit has recently completed a client chart review after the implementation of a pilot program aimed at promoting early ambulation following surgery. Which of the following components of EBP is the nurse putting into practice?
 - A) Patient preferences
 - B) Research utilization
 - C) Experience
 - D) Internal evidence

3. A nurse has observed that reorienting demented clients as frequently as possible tends to minimize the clients' level of agitation in the evening. The nurse has shared this observation with a colleague, who is skeptical, stating that, "It's best to stick to evidence-based practice." Which of the following is the best response to this colleague?
 - A) "EBP can include clinicians' personal expertise."
 - B) "Personal experience is often more sound than formal EBP."
 - C) "Traditional practice and EBP are usually shown to be the same."
 - D) "My years of experience can be just as valuable as any literature review or randomized trial."

4. Which of the following factors provides the most important rationale for the consistent implementation of EBP?
 - A) EBP provides for the most cost-effective client care.
 - B) EBP is accessible to all healthcare clinicians.
 - C) EBP provides consistency in care across healthcare settings.
 - D) EBP improves client outcomes.

5. Which of the following is emphasized by the Institute of Medicine's Roundtable on Evidence-Based Medicine?
 - A) Ensuring that external evidence, rather than internal evidence, is integrated into care
 - B) Fostering the level of learning that exists in the American healthcare system
 - C) Issuing clinical guidelines to ensure best nursing practice
 - D) Comparing the implementation of EBP in the United States with that of other Western countries

6. Which of the following should occur first in the steps of EBP?
 - A) Conducting an electronic search of the literature and ranking individual sources
 - B) Creating “buy-in” from the other clinicians who provide care at the facility
 - C) Developing an inquisitive and curious mindset
 - D) Assessing whether the practices in question may, in fact, be evidence based

7. Which of the following clinical questions demonstrates understanding of and best exemplifies the PICOT format?
 - A) What effect does parents' smoking have on the smoking habits of their children, aged 13 to 16?
 - B) Among patients with cancer, what role does meditation, as compared with the use of benzodiazepines, have on anxiety levels during the 7 days following hospital admission?
 - C) Among undergraduate college students, what is the effectiveness of a sexual health campaign undertaken during the first 4 weeks of the fall semester as measured by incidence of new gonorrheal and chlamydial infections reported to the campus medical center?
 - D) In clients aged 8 to 12, is the effectiveness of a pain scale using faces superior to a numeric rating scale in the emergency room context?

8. A meta-analysis will consist of which of the following?
 - A) A statistical summary of the results from several different studies
 - B) An examination of the theoretical and conceptual underpinnings of the issue
 - C) An interdisciplinary analysis of the clinical question
 - D) A qualitative study of different interventions related to the clinical question

9. The nurses on a postpartum unit want to create uniform guidelines for promoting breastfeeding on the unit. Which of the following sources is most likely to provide the best evidence?
 - A) Evidence from a randomized controlled trial (RCT) that had more than 2,500 participants
 - B) Evidence from a study that is widely regarded as a classic within the obstetrical nursing community
 - C) Evidence from a systematic review of breastfeeding promotion studies that one of the nurses identified in an electronic database
 - D) The consensus opinion of the most senior nurses on the unit

10. Which of the following statements best describes evidence-based clinical practice guidelines?
 - A) The result of replication studies of existing research by an impartial third party
 - B) A collection of authorized interventions that are required by law
 - C) A number of interventions that are the result of a large, publically funded RCT
 - D) A group of practice recommendations that result from a rigorous review of the literature

11. A nurse is conducting a literature review on the evidence regarding the use of vacuum dressings on pressure ulcers. After locating a recent study that appears to be relevant, which of the following questions would the nurse consider first when critically appraising the study?
 - A) “Are the findings of this study cost-effective in our clinical context?”
 - B) “How would the implementation of this intervention affect our staffing needs?”
 - C) “Were the clients in the study similar to the clients on my unit?”
 - D) “Are the findings of the study significantly different from what we are currently doing on the unit?”

12. The primary care provider of a 49-year-old male client has examined and briefly explained the evidence that supports beginning regular digital rectal examinations. Which of the following factors would justify not performing digital rectal examinations in this client's care?
 - A) The client is vehemently opposed to undergoing a digital rectal examination.
 - B) Clinical practice guidelines for prostate care have not been published.
 - C) The clinician has been unable to find any large RCTs in a literature review.
 - D) The clinician has previously waited until clients are 55 to begin regular digital rectal examinations.

13. When implementing a new, evidence-based infection control regimen, which should constitute the final step in the nurses' EBP?
 - A) Calculating the cost savings that will be realized by using the new regimen
 - B) Sharing their experience with other healthcare professionals
 - C) Implementing enforcement measures to ensure compliance with the new regimen
 - D) Conducting a meta-analysis of other infection control measures

14. Which of the following factors is most likely to promote the use of EBP in a nurse's workplace?
 - A) Bringing in nurses who have been educated at a baccalaureate (bachelor's degree) level
 - B) Increasing nurses' accountability for client outcomes
 - C) Increased funding
 - D) Support from the practice leaders and administration

15. In the process of advocating for EBP in the unit guidelines, a nurse has met with skepticism from other members of the nursing staff, with several stating, “Evidence-based practice is good in theory, but it's almost impossible to actually search hundreds of journals and find the evidence.” What could the nurse recommend?
 - A) Self-reflection on the nurses' current practices
 - B) Accessing the Cochrane Library
 - C) Contacting the clinical nurse educator on the unit
 - D) Beginning with lay publications before progressing to peer-reviewed journals

16. A new administrator for a health clinic is concerned that some treatments are not as effective as they could be. After conducting a survey among the staff, it is discovered that the general consensus is the EBP process is not effective. Which of the following would be the best step for the administrator to do next?
- A) Leave the current treatments in place.
 - B) Present real-case scenarios in which EBP resulted in better care and long-term results.
 - C) Change one treatment at a time until EBPs are implemented.
 - D) Assign small focus groups to research EBP to implement.
17. A nurse is searching for recent information concerning the most effective follow-up method for clients following bariatric surgery to maintain weight loss. Which of the following questions is appropriate for the nurse to consider when appraising a study?
- A) “Were there control groups from my area?”
 - B) “Did the studies cover at least a year in follow-up?”
 - C) “Were the subjects randomly assigned to a group?”
 - D) “Will these methods be effective for everyone?”
18. A nursing supervisor is encouraging the increased use of EBP. Part of the plan is to encourage searching for appropriate reports to reference. This nurse is encouraging which of the following components of EBP?
- A) Patient preference
 - B) Internal evidence
 - C) External evidence
 - D) Research utilization
19. A hospital has appointed a group of clinicians to evaluate the current technique being used for preventing pressure sores. After an extensive review, the group has issued a recommendation for change. Which of the following were used to determine the best recommendations for change? Select all that apply.
- A) Evidence from a meta-analysis of relevant RCTs
 - B) Reviews funded by the Agency for Healthcare Research and Quality (AHRQ)
 - C) Systematic Internet searches
 - D) Traditional practices
 - E) Cohort studies without the use of control groups
20. A nurse is interested in working for a hospital which facilitates EBP and looks for one which is a magnet-designated hospital. The nurse is aware that this hospital will have which of the following components? Select all that apply.
- A) Empirical quality results
 - B) Transformational leadership
 - C) Exemplary professional practice
 - D) Enforcement of effective methods
 - E) Yearly inservices

Answer Key

1. B
2. D
3. A
4. D
5. B
6. C
7. B
8. A
9. C
10. D
11. C
12. A
13. B
14. D
15. B
16. B
17. C
18. C
19. A, B
20. A, B, C

1. Which of the following components of a clinical question represents the “P” in the PICOT format for asking clinical questions?
 - A) The nurse's preparation for patient teaching prior to surgery
 - B) Early ambulation versus aggressive anticoagulant therapy
 - C) Individuals who require peritoneal dialysis
 - D) Deep vein thrombosis

2. The nurses on a geriatric, subacute medicine unit have agreed on a goal of reducing the incidence of pressure ulcers by 50% over the next 10 weeks. This goal represents which component of the PICOT format for asking clinical questions?
 - A) O
 - B) P
 - C) I
 - D) C

3. A nurse is concerned that cases of a viral infection are not being recognized or accurately diagnosed. In developing an appropriate foreground question, which of the following types would be most appropriate?
 - A) Diagnosis
 - B) Etiology
 - C) Meaning
 - D) Prediction

4. A nurse has attempted to begin the process of implementing evidence-based practice in the area of falls prevention but has become disillusioned by the possibility of having to read a vast number of publications. Which of the following strategies should the nurse implement in response to this problem?
 - A) Narrow the scope of the clinical question.
 - B) Restrict the information search to publications from the past 24 months.
 - C) Seek recommendations for information sources from trusted colleagues.
 - D) Limit the search to articles that relate the findings of randomized controlled trials (RCTs).

5. A pediatric nurse provides care for many children who present to the emergency department (ED) with signs and symptoms of asthma. Which of the following questions is a background question that the nurse can utilize in the process of providing EBP?
 - A) What evidence exists to recommend the use of nebulizers over metered-dose inhalers (MDIs)?
 - B) What client populations respond best to nebulized bronchodilators?
 - C) How effective are nebulizers compared with MDIs at reducing bronchospasm?
 - D) Are nebulizers provided to clients in the ED more often than MDIs?

6. Which of the following statements is true of foreground questions?
 - A) They focus on issues that can be addressed by applying scientific evidence.
 - B) They have a broad, rather than narrow, scope.
 - C) They can be answered by examining electronic information sources instead of print sources.
 - D) They are rooted in the current practices of a nurse's clinical setting.

7. An oncology nurse is engaged in increasing the quality of EBP that is provided on the cancer unit of the local hospital. Which of the following questions would the nurse consider to be an adequate and useful foreground question?
 - A) "Are benzodiazepines and analgesics provided before clients have a bone marrow biopsy?"
 - B) "What is the clinical rationale for using bone marrow biopsy to gauge and predict the course of a client's cancer?"
 - C) "Does guided imagery reduce the anxiety of clients who undergo bone marrow biopsy?"
 - D) "How often is bone marrow biopsy performed on the unit?"

8. Which of the following clinical questions would be most justified in lacking a comparison?
 - A) An examination of the antipyretic qualities of cool bed bathing
 - B) A study on the perceived meaning of hope among palliative clients
 - C) A study on the influence of prenatal care on preventing perineal tearing during delivery
 - D) An examination of the effect of rehydration using lactated Ringer's on clients' energy levels