



1. The tradition at a hospital dictates that oral temperatures are included in every set of client vital signs, regardless of diagnosis or acuity. Which phenomena is mostly likely an example of this statement?
  - 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 component of EBP is the nurse employing?
  - 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, "It's best to stick to evidence-based practice." Which 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. A nurse manager is preparing to implement EBP on the unit. Which factor can the nurse prioritize as the most important rationale for the consistent implementation of EBP?
  - A) Provides for the most cost-effective client care.
  - B) Accessible to all healthcare clinicians.
  - C) Provides consistency in care across healthcare settings.
  - D) Improves client outcomes.
  
5. A group of nurses are preparing to meet with the hospital administration to encourage use of the Institute of Medicine's Roundtable on Evidence-Based Medicine. Which goals of the Roundtable should the nurses prioritize? Select all that apply.
  - 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
  - E) Improving public awareness of the importance of evidence to improve health care

6. A nurse is frustrated that another client has just been readmitted to the unit, and wonders if there needs to be a change in the current care of the clients. Which step should the nurse prepare to complete **first** when utilizing EBP to find answers?
  - 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. Several nurses are interested in utilizing EBP to provide better client care. Which question **best** articulates the EBP process?
  - A) What effect does parents' smoking have on the smoking habits of their children aged 13 to 16 years?
  - B) Among clients 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 years, is the effectiveness of a pain scale using faces superior to a numeric rating scale in the emergency room context?
  
8. A nurse, conducting an EBP search, is evaluating various types of reports. Which type of report will provide the **best** information for this nurse?
  - 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 sources are most likely to provide the **best** evidence?
  - A) A randomized controlled trial (RCT) that had more than 2,500 participants
  - B) A study that is widely regarded as a classic within the obstetrical nursing community
  - C) 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. A team of nurses are evaluating some current practices on the unit to see if changes are warranted. Which guideline should the nurses prioritize as they implement EBP?
  - 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 question should the nurse prioritize 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 health care provider of a 49-year-old male client has examined and briefly explained the evidence that supports beginning regular digital rectal examinations. Which factor 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 age 55 to begin regular digital rectal examinations.
13. A group of nurses are implementing a new, evidence-based infection control regimen on the unit. Which action should the nurses prioritize as the final step?
- A) Calculating the cost savings that will be realized by 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. A nurse manager wishes to establish the increased use of EBP in the workplace. Which action by the nurse will **best** promote the increased use of EBP?
- A) Bring in nurses with a baccalaureate level
  - B) Increase nurses' accountability for client outcomes
  - C) Seek increased funding
  - D) Gain 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 is the **best** response by the nurse?
- A) Encourage self-reflection on the nurses' current practices
  - B) Encourage utilizing the Cochrane Library for initial searches
  - C) Contact the clinical nurse educator on the unit for assistance
  - D) Emphasize use of 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; however, many of the staff believes the EBP process is not effective. Which step should the administrator prioritize in response?
- 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 question 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 and is requesting appropriate reports to reference. Which component of EBP does the nurse prioritize?
- A) Patient preference
  - B) Internal evidence
  - C) External evidence
  - D) Research utilization
19. A group of hospital clinicians have evaluated the current technique being used for preventing pressure sores and recommend a change. After an extensive review, which sources were used to determine the **best** recommendations for the 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 Magnet-designated hospital. Which components should the nurse be aware that this hospital will employ? 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, E
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. A nurse is preparing a clinical question to conduct research. Which example **best** represents the “P” component of the question?
  - A) The nurse's preparation for client 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. Which component of the PICOT format does the goal represent 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 type 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 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 background question can the nurse **best** 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 is nebulizers compared to MDIs at reducing bronchospasm?
  - D) Are nebulizers provided to clients in the ED more often than MDIs?
  
6. A school nurse is concerned that an increased number of students are reporting allergic symptoms after eating. On which factor should the nurse prioritize for a well-developed foreground question?
  - A) Focuses on issues that can be addressed by applying scientific evidence.
  - B) Have a broad, rather than narrow, scope.
  - C) Can be answered by examining electronic information sources instead of print sources.
  - D) 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 question 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. A nurse is formulating a research question and determines a comparison component would not be necessary with which clinical question?
  - 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