













# How To Carry Out an EBP Project

	<p><b>ASSESS the issue</b></p> <ul style="list-style-type: none"> <li>▪ Discuss your thoughts with fellow nurses</li> <li>▪ Share your idea with your unit shared governance council</li> </ul>
<p> Or call ext: 3218</p>	<p><b>Contact the Department for Research &amp; Evidence-Based Practice to obtain information about:</b> <a href="mailto:ebp@catawbavalleymc.org">ebp@catawbavalleymc.org</a></p> <ul style="list-style-type: none"> <li>▪ Resources</li> <li>▪ Mentor</li> </ul>
	<p><b>ASK a well-designed question</b></p> <ul style="list-style-type: none"> <li>▪ Follow the PICO process to formulate your question</li> </ul>
	<p><b>AQUIRE relevant evidence</b></p> <ul style="list-style-type: none"> <li>▪ Consider completing the <i>Searching the Literature</i> Course</li> <li>▪ Consult with your AHEC Library staff (AHEH library access, assistance, etc.)</li> </ul>
	<p><b>APPRAISE the evidence</b></p> <ul style="list-style-type: none"> <li>▪ Consider completing the <i>Appraising the Literature</i> Course</li> <li>▪ Evaluate the evidence collected</li> <li>▪ Determine if there is enough evidence to support a change in practice</li> </ul>
	<p><b>Design a PILOT</b></p> <ul style="list-style-type: none"> <li>▪ Work with mentor to design a pilot project</li> </ul>
	<p><b>APPLY the evidence</b></p> <ul style="list-style-type: none"> <li>▪ Conduct the pilot project</li> </ul>
	<p><b>ANALYZE the data</b></p> <ul style="list-style-type: none"> <li>▪ Contact the Department for Research &amp; EBP for assistance</li> <li>▪ <a href="mailto:ebp@catawbavalleymc.org">ebp@catawbavalleymc.org</a> or simply click </li> </ul>
	<p><b>Mini-Presentation</b></p> <ul style="list-style-type: none"> <li>▪ Share your project with the CVMC Research &amp; EBP council</li> </ul>
	<p><b>IMPLEMENTATION phase; will be characterized by</b></p> <ul style="list-style-type: none"> <li>▪ Change Process</li> <li>▪ Follow through</li> <li>▪ Monitoring</li> </ul>
	<p><b>SHARE your findings</b></p> <ul style="list-style-type: none"> <li>▪ EBP Week poster abstract</li> <li>▪ Conferences</li> </ul>