

Asignatura Optativas (CURSO 2018-2019)

Nombre ASIGNATURA: EVIDENCE BASED CARE (alternativa: EVIDENCE BASED NURSING)

Código:

Tipo de asignatura (carácter): OPTATIVA

Centro responsable: FACULTAD DE ENFERMERÍA, FISIOTERAPIA Y PODOLOGÍA

Créditos: 3

Nº de plazas ofertadas: 30

	Total (40%)	Teoría	Prácticas	Otros
Horas presenciales	20	15	5	

Calendario y horario propuesto (opcional):

Perfil del estudiante (Grados para los que se oferta, en su caso)

Degree in Nursing.

BREVE DESCRIPTOR

This subject aims to cultivate spirit of inquiry and increase the interest by the continuous search for information, the foundation of the clinical practice in the evidence and the communication in scientific forums of their experiences and research results.

During the classroom learning, with a theoretical-practical approach, students are expected to acquire the basic knowledge related to the Evidence-Based Nursing (EBE), the main tools available to ask clinical questions, give answer to them, and identify the key aspects in the dissemination of results.

Through sessions of guided practice in the classroom, practical exercises supervised in the virtual campus and exhibition works in the classroom, the student will develop skills in the use of the main tools.

OBJETIVOS

- Define evidence-based practice.
- Ask and identify the parts of a well-built clinical question.
- Identify searching strategies that could improve searching and locate evidence in the main sources of information.
- Identify key critical appraisal issues that help determine the validity of the evidence.
- Know the tools of evidence implementation.
- Identify the key points that help disseminate the outcome's research (design and submitting abstracts and communicate them in a nursing research conference and write and submit a scientific paper).

COMPETENCIAS

INSTRUMENTAL COMPETENCES:

- Describe clinical questions using evidence. Solve these questions by applying critical thinking.
- Apply clinical judgment in decision-making in the health care professional contexts.
- Use the evidence-based safe practices to improve the safest care possible.
- make good use of information and communication technologies for health care delivery.

SYSTEMIC COMPETENCES:

- Implements practice changes based on evidence and clinical expertise to improve care processes and patient outcomes.
- Apply knowledge of effective interdisciplinary practices.
- Evaluates quality and outcomes of the nursing care using scientific evidence.

RESULTADOS DEL APRENDIZAJE

The student will be able to:

- Identify and formulation a clinical questions using PICO format.
- Searches for research evidence to answer focused clinical questions.
- Select a paper and make a critical appraisal.
- Manage the basic resources of recommendations and levels of evidence.
- Identify barriers and facilitators in the environment to implement the evidence found.
- Write an abstract to disseminate the outcome's research or an experience identified as relevant during the clinical practices.
- Make a power point presentation.

ACTIVIDADES DOCENTES (teóricas, prácticas, seminarios, talleres, etc.)

10 theoretical classes in the classroom (1.5 hours). The first half hour of each class will be used to solve the practice proposed in the previous class (Students will have previously made the delivery of this practice in the virtual campus).

2 workshops (2.5 hours): search for evidence and dissemination of results.

30 hours of tutored self-study in virtual campus.

TEMARIO/ CONTENIDOS

Evidence-based nursing (EBE):

Basic concepts:

- Variability of clinical practice.
- Clinical practice based on evidence. Steps of EBE.
- Nursing research and knowledge. Transfer of research to clinical practice.

How to transform the information's patient into questions that can be answered?

- Clinical questions and research questions.
- Components of a clinical issue.
- Kind of questions.
- Practice: identify a issue and transform it into a research question. Structuring a research question. PICO format.

How to locate the evidence? Efficiently search for the best evidence.

- Main sources of information.
- Pyramid of Haynes.
- Systematic reviews vs Narrative reviews.
- Practice: collecting the evidence.

EBP Guidelines.

- Strategy for finding EBP guidelines.
- Databases.
- Main care guides available.

Determinate value of evidence for practice:

- What are the results?
- Are the results valid? Validity of the evidence.
- Are the results reliable and relevant to my patients? Reliability and applicability.
- Practice: critical appraisal.

Recommendations and levels of evidence:

- Web of the Spanish Collaborating Center of the Joanna Briggs Institute.

Implementation:

- Decision making.
- Clinical effectiveness.
- Evaluation.
- Practice: identification of barriers and facilitators in their environment to implement the recommendations found.

Workshop: Collecting evidence.

- Search strategy.
- Primary and secondary information sources.
- Specific databases of nursing.

Workshop: Communication of results.

- Types of communications. Characteristics.
- Sections to be developed.
- Choice of the scientific forum. Topics and objectives.
- Communication rules.
- How to adjust to a number of words / characters?
- The scientific paper.

Practice: working in an abstract for a scientific conference.

Practice: design a communication for a scientific conference.

Practice: speaking and presentation.

EVALUACIÓN

Evaluation system of the subject is based on the continuous assessment model. Attendance to theoretical classes and workshops / seminars is required, as well as the completion of all exercises that arise in the virtual campus.

At the end of the academic frame, an exam will be carried out, which will involve up to 60% of the final grade, while the practices or work carried out (individual and group) will represent up to 40% of the grade.

BIBLIOGRAFÍA / RECURSOS EN INTERNET

Sackett DL, Straus ShE, Richardson WE, Rosenberg W, Haynes RB, editores. Medicina basada en la evidencia. Cómo practicar y enseñar la MBE. 2ª. ed. Madrid: Ediciones Harcourt, S.A., 2001.

Métodos de investigación clínica y epidemiología, J.M. Argimon, J. Jiménez Villa., 4a ed., Elsevier, Barcelona, España (2013). 402 p. ISBN: 978-84-8086-941-6

Alonso P, Ezquerro O, Fargues IGJ, Marzo M, Navarra M, Subirana M, et al. Enfermería Basada en la Evidencia. Hacia la excelencia en los cuidados. Difusión Avances de Enfermería: Madrid; 2004.

Formación en metodología de la investigación: <http://www.fisterra.com/mbe/investiga/index.asp>

Recursos de investigación en cuidados (investen-isciii). <http://www.evidenciaencuidados.es/recursos/>

Enfermería basada en la evidencia. Evidencia. (Azucena Santillán Martín). <https://ebevidencia.com/>

PubMed: <http://www.ncbi.nlm.nih.gov/pubmed>

Centro Cochrane Iberoamericano: <http://es.cochrane.org/es/>

Fisterra: <http://www.fisterra.com/guias-clinicas/>

Guía Salud; <http://www.guiasalud.es/>

NICE (National Institute for Health and Care Excellence) <http://www.nice.org.uk/>

PROFESORADO* (Se deberá indicar si el profesorado tiene ya completa toda su dedicación docente o no)

Profesor/a responsable (coordinador/a):

Nombre: Milagros Rico Blázquez

Departamento: Enfermería

Resto profesorado:

Milagros Beamud Lagos
Francisco Javier Pérez Rivas