

5As of evidence based practice

The 5As of Evidence-Based Practice: A Journey Through Clinical Application

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Abstract: This article explores the 5As of evidence-based practice (EBP): Ask, Acquire, Appraise, Apply, and Assess. Through personal anecdotes and case studies, it illustrates how these five steps provide a practical framework for integrating research findings into clinical decision-making, ultimately enhancing patient care. We'll explore the challenges and rewards of implementing the 5As, offering practical advice for healthcare professionals at all levels.

1. Asking the Right Question: The Foundation of the 5As of Evidence-Based Practice

The journey of evidence-based practice begins with a well-formulated clinical question. This isn't just about any question; it must be specific, measurable, achievable, relevant, and time-bound (SMART). I remember early in my career, working on a busy surgical ward. We were experiencing a high rate of post-operative infections. My initial question was vague: "How can we reduce post-operative infections?" This wasn't actionable. Using the PICO framework (Patient/Problem, Intervention, Comparison, Outcome), I refined the question: "In adult surgical patients (P), does the use of prophylactic antibiotics (I) compared to no antibiotics (C) reduce post-operative infection rates (O)?" This focused question guided my subsequent search for relevant evidence, a critical step in the 5As of evidence-based practice.

2. Acquiring the Evidence: Navigating the Information Landscape

Once you have a focused question, the next step in the 5As of evidence-based practice is acquiring the relevant evidence. This involves systematic searching of reputable databases like PubMed, CINAHL, and Cochrane Library. I recall a challenging case involving a patient with persistent, unexplained fatigue. My initial searches yielded numerous articles, many of which were irrelevant or of low quality. Learning to effectively use keywords, Boolean

operators, and filters was crucial in refining my search and identifying high-quality studies relevant to my patient's condition. This skill, crucial for the successful implementation of the 5As of evidence-based practice, allows clinicians to sift through vast amounts of information and efficiently locate the best evidence.

3. Appraising the Evidence: Critical Evaluation for Quality

Acquiring evidence is only the first step; the next crucial step in the 5As of evidence-based practice is appraising its quality. This involves critically evaluating the study design, methodology, and results to determine its validity, reliability, and applicability to your clinical setting. I once encountered a study claiming a revolutionary new treatment for hypertension. However, upon closer examination – a crucial element of the 5As of evidence-based practice – I found flaws in its methodology, including a small sample size and lack of blinding, rendering its conclusions questionable. Learning to critically evaluate research is a vital skill for anyone aiming to master the 5As of evidence-based practice and ensure that clinical decisions are based on sound scientific principles.

4. Applying the Evidence: Integrating Research into Practice

The fourth step in the 5As of evidence-based practice is applying the appraised evidence to your clinical practice. This might involve changing a clinical protocol, implementing a new intervention, or modifying patient education materials. In my work with post-operative infection rates, the evidence strongly supported the use of prophylactic antibiotics. However, simply implementing this change wasn't enough. We had to consider practical issues, such as antibiotic resistance, patient allergies, and the cost-effectiveness of the intervention. Successful application of the 5As of evidence-based practice requires careful consideration of the context and resources available within your clinical setting.

5. Assessing the Outcome: Measuring the Impact

The final step in the 5As of evidence-based practice is to assess the outcome of the intervention. This involves monitoring the impact of the change on patient outcomes, as well as evaluating the feasibility and sustainability of the intervention. After implementing the prophylactic antibiotic protocol, we carefully monitored post-operative infection rates. We found a significant reduction, validating our decision and demonstrating the effectiveness of the 5As of evidence-based practice in improving patient care. This assessment phase allows for ongoing refinement of practice and ensures that EBP remains a dynamic and adaptive process.

Case Study:

A patient presented with chronic lower back pain unresponsive to conventional treatments. Using the 5As of evidence-based practice:

Ask: "In adults with chronic lower back pain (P), does a multimodal pain management program including physical therapy, mindfulness techniques, and

medication (I) compared to conventional medication alone (C) improve pain scores and functional capacity (O)?"

Acquire: A literature search revealed several randomized controlled trials supporting the effectiveness of multimodal pain management.

Appraise: The studies were critically evaluated for methodological rigor and applicability.

Apply: A multimodal pain management program was implemented.

Assess: Patient pain scores and functional capacity were monitored, demonstrating significant improvement.

Conclusion:

The 5As of evidence-based practice—Ask, Acquire, Appraise, Apply, and Assess—provide a robust framework for integrating research findings into clinical decision-making. By systematically following these steps, healthcare professionals can enhance the quality of patient care, improve outcomes, and contribute to the advancement of their profession. Embracing the 5As of evidence-based practice is not merely a methodological approach; it's a commitment to providing the best possible care for each individual patient.

FAQs:

1. What if I can't find enough evidence to answer my clinical question?
This is common. Consider expanding your search, adjusting your PICO question, or consulting with a librarian or expert in EBP. Sometimes, a lack of strong evidence highlights the need for future research.
1. How do I deal with conflicting evidence? Critically appraise all studies and consider the quality, consistency, and applicability of the findings. Prioritize high-quality, relevant evidence.
1. How can I overcome barriers to implementing EBP in my practice? Identify and address systemic barriers (e.g., lack of time, resources, support) and individual barriers (e.g., lack of knowledge, skills, confidence).
1. How often should I assess the outcomes of my EBP interventions? Regular monitoring is crucial, with the frequency determined by the nature of the intervention and the expected timeframe for results.
1. Is EBP only for nurses and doctors? No, EBP is relevant to all healthcare professionals and anyone making clinical decisions based on evidence.

1. How can I stay up-to-date with the latest research? Subscribe to relevant journals, attend conferences, and join professional organizations.
1. What are some resources available to help me with EBP? Many organizations offer EBP training, tools, and resources. Your institution's library and professional organizations are excellent starting points.
1. What is the role of clinical expertise in EBP? Clinical expertise is essential, guiding the selection of questions, interpretation of evidence, and application of findings to individual patient needs.
1. How do I measure the success of an EBP initiative? Establish clear metrics beforehand, such as patient outcomes, process measures, and cost-effectiveness.

Related Articles:

1. "The PICO Framework: A Guide to Formulating Clinical Questions for Evidence-Based Practice": This article provides a detailed explanation of the PICO framework and its application in formulating effective clinical questions for EBP research.
1. "Critical Appraisal of Research Studies: A Step-by-Step Guide": This article offers a practical guide to critically appraising various types of research studies commonly encountered in healthcare.
1. "Implementing Evidence-Based Practice: Overcoming Barriers and Challenges": This article explores common barriers to EBP implementation and offers strategies for overcoming these challenges in clinical settings.
1. "The Role of Clinical Expertise in Evidence-Based Practice": This article examines the importance of clinical experience and judgment in conjunction with research evidence in informing clinical decisions.

1. "Measuring the Outcomes of Evidence-Based Practice Interventions": This article discusses methods for measuring and evaluating the effectiveness of EBP interventions in achieving desired patient outcomes.

1. "Evidence-Based Practice in Specific Clinical Areas (e.g., Cardiology, Oncology)": This article applies the principles of EBP to a specific clinical area, providing case studies and examples of successful implementation.

1. "The Cost-Effectiveness of Evidence-Based Practice": This article analyzes the economic implications of implementing EBP and evaluates the return on investment in terms of improved patient outcomes and reduced healthcare costs.

1. "Integrating Technology into Evidence-Based Practice": This article explores the use of technology and digital tools to facilitate EBP research, implementation, and evaluation.

1. "Developing an Evidence-Based Practice Culture in Healthcare Organizations": This article provides guidance on establishing a supportive organizational culture that fosters the adoption and sustainability of EBP.

5as of evidence based practice: *How to Read a Paper* Trisha Greenhalgh, 2014-02-26 The best-selling introduction to evidence-based medicine In a clear and engaging style, *How to Read a Paper* demystifies evidence-based medicine and explains how to critically appraise published research and also put the findings into practice. An ideal introduction to evidence-based medicine, *How to Read a Paper* explains what to look for in different types of papers and how best to evaluate the literature and then implement the findings in an evidence-based, patient-centred way. Helpful checklist summaries of the key points in each chapter provide a useful framework for applying the principles of evidence-based medicine in everyday practice. This fifth edition has been fully updated with new examples and references to reflect recent developments and current practice. It also includes two new chapters on applying evidence-based medicine with patients and on the common criticisms of evidence-based medicine and responses. *How to Read a Paper* is a standard text for medical and nursing schools as well as a friendly guide for everyone wanting to teach or learn the basics of evidence-based medicine.

5as of evidence based practice: *Getting Research Findings into Practice* Andy Haines, Andrew Haines, Anna Donald, 2004-04-09 Thoroughly updated and revised, the new edition of this accessible guide aims to outline why there is a gap between research findings and what actually happens in clinical practice. It covers a number of topics including the sources of information on clinical effectiveness and methods of information, how to close the gap between research and practice,

potential roles for lay people, the role of decision support, barriers to the use of evidence in clinical practice, the role of decision analysis, implementing research findings in developing countries and how to encourage the implementation of results from economic evaluation.

5as of evidence based practice: Integrating Social Care into the Delivery of Health Care National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on Integrating Social Needs Care into the Delivery of Health Care to Improve the Nation's Health, 2020-01-30 Integrating Social Care into the Delivery of Health Care: Moving Upstream to Improve the Nation's Health was released in September 2019, before the World Health Organization declared COVID-19 a global pandemic in March 2020. Improving social conditions remains critical to improving health outcomes, and integrating social care into health care delivery is more relevant than ever in the context of the pandemic and increased strains placed on the U.S. health care system. The report and its related products ultimately aim to help improve health and health equity, during COVID-19 and beyond. The consistent and compelling evidence on how social determinants shape health has led to a growing recognition throughout the health care sector that improving health and health equity is likely to depend — at least in part — on mitigating adverse social determinants. This recognition has been bolstered by a shift in the health care sector towards value-based payment, which incentivizes improved health outcomes for persons and populations rather than service delivery alone. The combined result of these changes has been a growing emphasis on health care systems addressing patients' social risk factors and social needs with the aim of improving health outcomes. This may involve health care systems linking individual patients with government and community social services, but important questions need to be answered about when and how health care systems should integrate social care into their practices and what kinds of infrastructure are required to facilitate such activities. Integrating Social Care into the Delivery of Health Care: Moving Upstream to Improve the Nation's Health examines the potential for integrating services addressing social needs and the social determinants of health into the delivery of health care to achieve better health outcomes. This report assesses approaches to social care integration currently being taken by health care providers and systems, and new or emerging approaches and opportunities; current roles in such integration by different disciplines and organizations, and new or emerging roles and types of providers; and current and emerging efforts to design health care systems to improve the nation's health and reduce health inequities.

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5as of evidence based practice: Evidence-Based Nursing Sarah Brown, 2009 This book is a key resource designed to teach undergraduate nursing students how to engage in evidence-based practice (EBP). This text allows students to possess a basic knowledge regarding research methodology and critically appraise published research. Essentials of Evidence-Based Nursing addresses learning objectives using an organized, easy to read approach that stands out from other texts. Perfect for undergraduate students and practicing nurses who have not had exposure to evidence-based practice content!

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5as of evidence based practice: Translation of Evidence Into Nursing and Healthcare Kathleen M. White, PhD, RN, NEA-BC, FAAN, Sharon Dudley-Brown, PhD, RN, FNP-BC, FAAN, Mary F. Terhaar, PhD, RN, ANEF, FAAN, 2019-12-19 NAMED A DOODY'S CORE TITLE! Designed as both a text for the DNP curriculum and a practical resource for seasoned health professionals, this acclaimed book demonstrates the importance of using an interprofessional approach to translating

evidence into nursing and healthcare practice in both clinical and nonclinical environments. This third edition reflects the continuing evolution of translation frameworks by expanding the Methods and Process for Translation section and providing updated exemplars illustrating actual translation work in population health, specialty practice, and the healthcare delivery system. It incorporates important new information about legal and ethical issues, the institutional review process for quality improvement and research, and teamwork and building teams for translation. In addition, an unfolding case study on translation is threaded throughout the text. Reorganized for greater ease of use, the third edition continues to deliver applicable theory and practical strategies to lead translation efforts and meet DNP core competency requirements. It features a variety of relevant change-management theories and presents strategies for improving healthcare outcomes and quality and safety. It also addresses the use of evidence to improve nursing education, discusses how to reduce the divide between researchers and policy makers, and describes the interprofessional collaboration imperative for our complex healthcare environment. Consistently woven throughout are themes of integration and application of knowledge into practice. **NEW TO THE THIRD EDITION:** Expands the Methods and Process for Translation section Provides updated exemplars illustrating translation work in population health, specialty practice, and the healthcare delivery system Offers a new, more user-friendly format Includes an entire new section, Enablers of Translation Delivers expanded information on legal and ethical issues Presents new chapter, Ethical Responsibilities of Translation of Evidence and Evaluation of Outcomes Weaves an unfolding case study on translation throughout the text **KEY FEATURES:** Delivers applicable theories and strategies that meet DNP core requirements Presents a variety of relevant change-management theories Offers strategies for improving outcomes and quality and safety Addresses the use of evidence to improve nursing education Discusses how to reduce the divide between researchers and policy makers Supplies extensive lists of references, web links, and other resources to enhance learning Purchase includes digital access for use on most mobile devices or computers

5as of evidence based practice: Practice-based Evidence for Healthcare John Gabbay, Andrée le May, 2010-11-19 Despite its 'gold-standard' status, the EBP movement is faltering because, while much effort has gone into developing an idealised model of the way clinicians ought to use best evidence, there is less understanding of why they often don't. This book examines how clinicians do actually develop and use clinical knowledge.

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5as of evidence based practice: What Really Works in Special and Inclusive Education

David Mitchell, 2014-01-10 As teachers around the world deal with the challenges of inclusive education, they must find effective ways of enhancing their classroom teaching methods. What Really Works in Special and Inclusive Education presents teachers with a range of evidence-based strategies they can immediately put into practice in their classrooms. This unique book will be an invaluable resource for educators who may not have the time or the inclination to engage with theory-heavy research, but who wish to ensure that their teaching strategies are up-to-the-minute and proven to be the most effective best practices. Each of the 27 strategies that this book comprises has a substantial research base, a strong theoretical rationale and clear guidelines on their implementation, as well as cautionary advice where necessary. In this new second edition, David Mitchell, a leading writer in special and inclusive education, continues to break new ground with revised and updated strategies based on evidence from the most recent studies in the field. From the myriad of related research available, only those studies with genuine potential for improving the practices of teachers and schools have been included, with the aim of facilitating high-quality learning and social outcomes for all learners in schools. Updates to this new edition include: four new chapters, on response to intervention, universal design for learning, inter-agency cooperation and one on the Finnish education system over 350 new references an even wider international focus, including evidence drawn from Asia references to recent developments in neuroscience a new companion website, with extra case studies, links to further reading, journal articles and videos, and an interactive quiz, at www.routledge.com/cw/mitchell This book will be essential reading for anyone with a vocational or academic interest in evidence-based special educational needs teaching strategies, whether a student in initial teacher education or a qualified classroom teacher, teacher educator, educational psychologist, special needs coordinator, parent, consultant or researcher. David Mitchell is an Adjunct Professor in the College of Education, University of Canterbury, Christchurch, New Zealand, and a consultant in inclusive education. 'This is the book I wish I had written, synthesizing an enormous literature focused on special needs students. It is robust, it is readable, and it is your right-hand resource. A stunner of a book.'

-Professor John Hattie, University of Melbourne, author of Visible Learning

5as of evidence based practice: Evidence-Based Medicine Toolkit Carl Heneghan, Douglas Badenoch, 2013-05-06 This bestselling pocket guide to the skills of evidence-based medicine succeeds in demystifying the terminology and processes in a handy and easy-to-follow format, all within the space of 100 pages. With an improved layout, this second edition of Evidence-based Medicine Toolkit offers more up-to-date guidance as well as new sections on important areas of research. New features of this second edition include: A box for each major database showing how to search the evidence, and highlighting the differences between them Flow charts for different study types New critical appraisal sections on qualitative research and economic evaluation Expanded list of EBM resources on the net. With these added features to make the job easier, the new Toolkit is now an even better companion for all health care professionals using evidence-based methodology in their research and practice.

5as of evidence based practice: Evidence-Based Practice in Nursing & Healthcare Bernadette Mazurek Melnyk, Ellen Fineout-Overholt, 2018-10-17 Publisher's Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product. Evidence-Based Practice in Nursing & Healthcare: A Guide to Best Practice, 4th Edition Bernadette Mazurek Melnyk, PhD, RN, APRN-CNP, FAANP, FNAP, FAAN and Ellen Fineout-Overholt, PhD, RN, FNAP, FAAN Enhance your clinical decision-making capabilities and improve patient outcomes through evidence-based practice. Develop the skills and knowledge you need to make evidence-based practice (EBP) an integral part of your clinical decision-making and everyday nursing practice with this proven, approachable text. Written in a straightforward, conversational style, Evidence-Based Practice in Nursing & Healthcare delivers real-world examples and meaningful strategies in every chapter to help you confidently meet today's clinical challenges and ensure positive patient outcomes. NEW! Making Connections: An EBP

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5as of evidence based practice: *Guidelines for Clinical Practice* Institute of Medicine, Committee on Clinical Practice Guidelines, 1992-02-01 Guidelines for the clinical practice of medicine have been proposed as the solution to the whole range of current health care problems. This new book presents the first balanced and highly practical view of guidelines—their strengths, their limitations, and how they can be used most effectively to benefit health care. The volume offers: Recommendations and a proposed framework for strengthening development and use of guidelines. Numerous examples of guidelines. A ready-to-use instrument for assessing the soundness of guidelines. Six case studies exploring issues involved when practitioners use guidelines on a daily basis. With a real-world outlook, the volume reviews efforts by agencies and organizations to disseminate guidelines and examines how well guidelines are functioning—exploring issues such as patient information, liability, costs, computerization, and the adaptation of national guidelines to local needs.

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5as of evidence based practice: *Integrated Behavioral Health in Primary Care* Christopher L. Hunter, Jeffrey L. Goodie, Mark S. Oordt, Anne C. Dobmeyer, 2022-09 This timely new edition of *Integrated Behavioral Health in Primary Care* brings the reader up to speed with the changing aspects of primary care service delivery in response to the Patient-Centered Medical Home (PCMH), the Triple-Aim health approach, and the Patient Protection and Affordable Care Act. Drawing on research evidence and years of experience, the authors provide practical information and guidance for behavioral health care practitioners who wish to work more effectively in the fast-paced setting of primary care, and provide detailed advice for addressing common health problems such as generalized anxiety disorder, depression, weight issues, sleep problems, cardiovascular disorders, pain disorders, sexual problems, and more. New to this edition are chapters on population health and the PCMH; children, adolescents, and parenting; couples; managing suicide risk; and shared medical appointments. This paperback edition was previously published in hardcover in 2017.

5as of evidence based practice: *Evidence-Based Medicine Guidelines* Duodecim Medical Publications, 2005-03-04 *Evidence-Based Medicine Guidelines* fills the demand for a handbook discussing the diagnosis and treatment of a wide range of diseases and conditions encountered by health care professionals. The title was first published in Finland by the Finnish Medical Society, where it is now considered to be the single most important support tool for the physicians' decision making in their daily work. What sets EBM Guidelines apart from competing books? Provides physicians with fast and easy access to practice guidelines based on the best available research evidence Covers practically all medical conditions encountered in general practice Developed by over 300 experienced general practitioners and specialists worldwide Includes both diagnostic and therapeutic guidelines, and recommendations on diagnostic tests and drug dosage Presented in a user-friendly format with self contained chapters based on clinical subjects Clear and concise explanations of all available evidence results in the guideline for treatment The strength of evidence is graded from A-D making this title a quick and easy reference whenever and wherever you need it!

Assumes no prior knowledge of EBM or statistics - all the work of searching and appraisal has been done for you! Seeks to include guidelines where clinical evidence is incomplete or unavailable
 Contains full-colour photographs and tables throughout Easy-to-read and fast support at the point of care - EBM Guidelines: Summarises the best available evidence - Cochrane reviews - DARE abstracts
 - Clinical Evidence topics - original articles in medical journals - abstracts in the Health Technology Assessment Database - NHS Economic Evaluation Evaluates and grades the strength of all individual evidence from A (Strong research-based evidence) to D (No scientific evidence) Suggests guidelines based on clinical evidence. If clinical evidence is inadequate or missing, an expert panel evaluate all other available information and suggests the appropriate guideline With over 1000 problem-orientated or disease-specific guidelines including reference to evidence summaries for all guidelines, this title is the most extensive collection of guidelines for primary care today. Here are just a few examples of the raving reviews for Evidence-Based Medicine Guidelines: An excellent resource... quick to use, even during consultations...very helpful to check whether our preferred diagnostic and therapeutic methods are adequate...competent suggestions based on real evidence...
 —Heinz Bhend, PRIMARY CARE clinically useful answers...easy-to-read ...this resource is worth using... —Carl Heneghan, Centre for Evidence-Based Medicine, Oxford, UK, EVIDENCE-BASED MEDICINE Journal

5as of evidence based practice: Dying in America Institute of Medicine, Committee on Approaching Death: Addressing Key End-of-Life Issues, 2015-03-19 For patients and their loved ones, no care decisions are more profound than those made near the end of life. Unfortunately, the experience of dying in the United States is often characterized by fragmented care, inadequate treatment of distressing symptoms, frequent transitions among care settings, and enormous care responsibilities for families. According to this report, the current health care system of rendering more intensive services than are necessary and desired by patients, and the lack of coordination among programs increases risks to patients and creates avoidable burdens on them and their families. Dying in America is a study of the current state of health care for persons of all ages who are nearing the end of life. Death is not a strictly medical event. Ideally, health care for those nearing the end of life harmonizes with social, psychological, and spiritual support. All people with advanced illnesses who may be approaching the end of life are entitled to access to high-quality, compassionate, evidence-based care, consistent with their wishes. Dying in America evaluates strategies to integrate care into a person- and family-centered, team-based framework, and makes recommendations to create a system that coordinates care and supports and respects the choices of patients and their families. The findings and recommendations of this report will address the needs of patients and their families and assist policy makers, clinicians and their educational and credentialing bodies, leaders of health care delivery and financing organizations, researchers, public and private funders, religious and community leaders, advocates of better care, journalists, and the public to provide the best care possible for people nearing the end of life.

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5as of evidence based practice: General Theory Of Employment , Interest And Money John Maynard Keynes, 2016-04 John Maynard Keynes is the great British economist of the twentieth century whose hugely influential work The General Theory of Employment, Interest and * is

undoubtedly the century's most important book on economics--strongly influencing economic theory and practice, particularly with regard to the role of government in stimulating and regulating a nation's economic life. Keynes's work has undergone significant revaluation in recent years, and Keynesian views which have been widely defended for so long are now perceived as at odds with Keynes's own thinking. Recent scholarship and research has demonstrated considerable rivalry and controversy concerning the proper interpretation of Keynes's works, such that recourse to the original text is all the more important. Although considered by a few critics that the sentence structures of the book are quite incomprehensible and almost unbearable to read, the book is an essential reading for all those who desire a basic education in economics. The key to understanding Keynes is the notion that at particular times in the business cycle, an economy can become over-productive (or under-consumptive) and thus, a vicious spiral is begun that results in massive layoffs and cuts in production as businesses attempt to equilibrate aggregate supply and demand. Thus, full employment is only one of many or multiple macro equilibria. If an economy reaches an underemployment equilibrium, something is necessary to boost or stimulate demand to produce full employment. This something could be business investment but because of the logic and individualist nature of investment decisions, it is unlikely to rapidly restore full employment. Keynes logically seizes upon the public budget and government expenditures as the quickest way to restore full employment. Borrowing the * to finance the deficit from private households and businesses is a quick, direct way to restore full employment while at the same time, redirecting or siphoning

5as of evidence based practice: Oncology Alfred E. Chang, Patricia A. Ganz, Daniel F. Hayes, Timothy Kinsella, Harvey I. Pass, Joan H. Schiller, Richard M. Stone, Victor Strecher, 2007-12-08
Title consistently uses the evidence-based approach Evidence-based tables make documentation of care plan easy Interdisciplinary orientation - all aspects of patient care are covered Only book that involves experts from the entire range of cancer treatment in the fields of medical, surgical and radiation oncology Includes hot topics such as prevention and breast cancer Offers ground-breaking sections on the latest research and clinical applications in cancer survivorship Chapter on PET addresses imaging issues and how to get the best results Most comprehensive sections on the biology and epidemiology of cancer as compared to competitors

5as of evidence based practice: Evidence-Based Approaches in Positive Education Mathew A. White, A. Simon Murray, 2015-05-08 Based on action research and implementation at one of the world's great schools, this book provides a much-needed exploration of how to implement positive education at a whole school level. Evidence-Based Approaches in Positive Education summarises the integration of a whole-school mental health and well-being strategy, positive psychology programs and pastoral care models from 3 - 18 years of age. Positive education is the teaching of scientifically validated programs from positive psychology and character education that have an impact on student and staff well-being. It is an approach that focuses on teaching, building and embedding social and emotional learning throughout a student's experience. St Peter's College - Adelaide is the only institution in the world to integrate Martin Seligman's well-being theory throughout all aspects of both its strategic intent and positive education programs. The School's vision is to be a world-class school where all boys flourish. Its mission is to provide an exceptional education that brings out the very best in every boy. This is done within an intellectually and spiritually rich environment that nurtures international-mindedness, intercultural understanding, respect and a commitment to social justice. This book captures the developments of the St Peter's College journey. It focuses on the integration of well-being across seven strategic goals: Academics; Well-being; Student Life; Entrepreneurship; Innovation and Partnerships; People, Culture and Change; Sustainability and Environment; Community Engagement, Advancement, and Philanthropy. A uniquely Australian school, the impact of a St Peter's College education is to build great men: who believe safety, service and integrity and fundamental parts of their lives; who are active members of communities that are socially and culturally diverse; who engage in political, ethical, and environmental challenges as good citizens. Since 1847, St Peter's College alumni have had global and life-changing impact in all fields of human endeavour. The School's alumni include three Nobel

Laureates, 42 Rhodes Scholars, Olympians and Archbishops, artists and scientists, educators and journalists, actors and politicians, philanthropists and physicians, CEOs, diplomats and soldiers, explorers, painters and poets. This book shares evidence-based practices and makes a substantial contribution to the rapidly developing field of positive psychology and its application in schools.

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