

Evidence Based Lactation Practice

OR

Why we follow the 10
steps to successful
breastfeeding



Objectives

- **Define evidence-based practice**
- **List 3 advantages of using an evidence-based approach in your nursing practice**
- **Recognize the levels of quality applied to evidence**
- **Recognize when your practice would be considered evidence-based, and when it would not**

Definition of “Evidence Based Practice”

Decisions are made by weighing risks and benefits of the options and alternatives

Advantages of Evidence Based Practice

- **It can be evaluated**
 - This encourages justification of time, resources, money and skills spent
- **It focuses on healthcare outcomes (lives saved, disability prevented) rather than processes (drugs given, operations performed)**
- **It improves research by exposing gaps where better research is needed**

Advantages of Evidence Based Practice

- **It reduces the variation in practice by different clinicians**
- **It has led to the development of evidence-based guidelines**

Evidence Based Practice Involves

- **Creating an answerable question to address a specific patient problem or situation**
- **Searching systematically for the research evidence that could be used to answer the question**
- **Evaluating the validity, relevance and applicability of the research evidence**

Evidence Based Practice Involves

- **Integrating the research evidence with other information that might influence the management of the patient's problems**
 - Clinical expertise
 - Patient preference
 - Alternative forms of care
 - Available resources

Evidence Based Practice Involves

- **Implementing the evidence based care**
- **Evaluating the outcome of the care**

Implicit Knowledge

- **Gained through clinical experience usually based on one's own intuition, observations, values and judgments**
- **Generally focuses on a specific patient population cared for by a specific practitioner**
- **Interprets research without regard to the quality of its evidence**

Eminence Based Practice

- **The more senior the provider, the less importance s/he places on the need for anything as mundane as evidence**
- **Experience is worth any amount of evidence**
- **This basis for care often results in making the same mistakes with increasing confidence over an impressive number of years**

Vehemence Based Practice

- **The substitution of volume for evidence**
- **This approach scares colleagues into believing the intervention is appropriate**

Nervousness Based Practice

Fear of litigation is a powerful stimulus to over treatment. In an atmosphere of litigation phobia, the only bad technique is the technique not used

Why We Need Evidence Based Practice in Lactation

- **Too many practitioners are ignoring the results of the best quality research findings**
- **Treatments shown to have little or no beneficial results are widely used and can even be harmful**

Disadvantages of Evidence Based Practice

- **Managed care relying solely on evidence to reimburse**
- **Moving from a normative to an empirical definition of negligence for risk management**
- **Removes autonomy in practice**
- **Bell curve**
- **Lack of personal significance**

POEMs: Patient Oriented Evidence that Matters

- **We need both evidence based practice and traditional wisdom**
- **We need quality outcomes-based evidence superimposed over the ability to improvise according to an individual patient's need and our clinical experience**

Quality of Evidence

- **Evidence obtained from at least one properly randomized controlled trial**
- **Evidence obtained from well-designed controlled trials without randomization**
- **Evidence obtained from well-designed cohort or case-control analytic studies preferably from more than one center or research group**

Quality of Evidence

- **Evidence obtained from multiple time series with or without the intervention. Dramatic results in uncontrolled experiments could also be regarded as this type of evidence. (Such as the results of the introduction of penicillin treatment in the 1940s)**

Quality of Evidence

Opinion of respected authorities, based on clinical experience; descriptive studies and case reports, or reports of expert committees.

Conclusion

Individualizing care to meet patient needs

