

Determining the Credibility of Evidence and Resources

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## Assessment 2: Determining the Credibility of Evidence and Resources

### **Enhancing Chronic Heart Failure Through Evidence-Based Ambulation Practices**

Evidence-based practice (EBP) is the cornerstone of healthcare, aiding physicians in evaluating situations logically and enhancing the quality of care. Managing chronic heart failure (CHF) is a significant concern in healthcare, necessitating a multimodal approach rather than a singular treatment strategy to improve patient prognosis and quality of life. This paper explores how evidence-based walking strategies are formulated for chronic heart failure using the PICO(T) model (Cartotto et al., 2023). It begins with a PICO(T)-structured question, followed by selected evidence, a discussion of the results, and the impact of these findings on the issue. Consequently, this assessment will demonstrate a link between ambulation and improved outcomes for chronic heart failure.

### **Criteria for Determining Credibility**

Consider the various multidimensional aspects of chronic disease, including the side effects of heart failure (HF) and its associated complications. The most appropriate solution is an evidence-based approach, which encompasses two dimensions. First, it is a systematic tool that integrates patients' practical and specialized knowledge, including their preferences. Evidence-based strategies, such as optimizing medication, lifestyle adjustments, and patient education, enable healthcare providers to effectively alleviate CHF symptoms, prevent hospitalizations, and enhance the quality of life for CHF patients.

Evidence-based practice standards (EBPS) and research-based medical practices (RBMP) are crucial for improving decision-making in CHF management. These standards result from a comprehensive review of contemporary research on updated healthcare practices, helping physicians select the appropriate evidence-based interventions. Adhering to these guidelines

ensures consistency and standardization in HF treatment, improving patient outcomes and higher healthcare quality across different settings.

Moreover, an evidence-based approach empowers healthcare providers to make informed decisions, allowing them to develop personalized treatment strategies. By critically evaluating existing evidence and considering factors such as comorbidities and social determinants of health, clinicians can create individualized plans emphasizing efficiency and patient-centered care in heart failure management (Kim et al., 2020). Utilizing evidence-based treatments and tailored patient-centered options enables healthcare providers to effectively address the complex conditions associated with CHF, improving patient outcomes and managing the chronic condition more effectively.

### **Analyzing Credibility and Relevance**

The quality and relevance of evidence are crucial in patient care and underpin its value. Healthcare systems rely on peer-reviewed journals and expert opinions to develop guidelines that adhere to scientific methods. They begin assessing source credibility by examining the author's credentials and publication sources and identifying reliable information.

Relevance involves evaluating the applicability of findings to specific clinical conditions and patient populations. Healthcare providers stress that evidence-based actions should align with patients' choices, preferences, and treatment goals, thus promoting patient-centered care. They adapt interventions to fit the situation, tailoring them to achieve the desired outcomes by considering specific aspects of CHF management and individual patient needs.

Understanding the potential impacts on patients helps healthcare providers make informed decisions about CHF treatment. Healthcare staff weigh the advantages and disadvantages of incorporating evidence-based practices into their treatment recommendations to

determine their suitability for individual patient cases (Boswell & Cannon, 2022). By applying credible and relevant data in clinical practice, healthcare providers enhance patient outcomes, improve quality of life, and facilitate the smooth transition of acute patients to ambulatory community care.

### **Importance of Incorporating Credible Evidence into EBP Models**

Utilizing credible information in EBP models is essential for healthcare delivery and nursing practice guidelines, leading to improved patient care and treatment. Reliable evidence forms the foundation for developing EBP models, providing medical professionals with dependable data for clinical applications and treatment plans. By systematically reviewing studies from peer-reviewed journals, meta-analyses, and other sources, EBP models incorporate the latest research, enabling the care process to be grounded in the best available evidence, thereby enhancing efficiency and quality of care. Integrating valid evidence into EBP models is crucial for ensuring patient safety and reducing the likelihood of injury. Contextually relevant, research-backed interventions can effectively decrease drug complications in patient care. By adhering to evidence-based recommendations and guidelines, healthcare providers can avoid outdated or risky methods, ensuring safer and better patient care.

Furthermore, incorporating expertise from diverse sources within the EBP framework fosters a culture of continuous learning and professional development for healthcare professionals. Clinicians can enhance their knowledge by staying updated with the latest research findings and evidence-based practices, improving clinical reasoning skills, and adapting to current healthcare trends and advancements. Committing to lifelong learning promotes a culture of quality, innovation, and accountability within healthcare organizations, resulting in better patient care and higher-quality outcomes.

### **Evidence-Based Practice Model**

The Iowa Model of Evidence-Based Practice is a widely recognized framework that guides healthcare professionals in integrating credible evidence into clinical decision-making processes. Incorporating credible evidence into an EBP model like the Iowa Model is essential for addressing quality or safety issues or specific diagnoses/healthcare concerns. The Iowa Model offers a systematic approach to identifying and evaluating relevant research findings, critiquing and synthesizing evidence and implementing evidence-based interventions. Including credible evidence in the Iowa Model ensures that healthcare decisions are based on the most reliable and current scientific data.

The model emphasizes the importance of critically appraising evidence for its validity, reliability, and applicability, ensuring that only the highest quality and most relevant evidence forms the basis for clinical practice. This rigorous evaluation minimizes the risk of implementing ineffective interventions that could harm patients. By adopting the Iowa Model, healthcare facilities can develop clinical guidelines, protocols, and policies that promote standardized, evidence-based care, ensuring greater consistency in healthcare delivery (Camargo et al., 2018). Consequently, adherence to the model may reduce practice variations and help patients receive the best and most effective treatment, regardless of their location or healthcare provider.

## References

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