



College of Nursing
UNIVERSITY OF THE PHILIPPINES MANILA
The Health Sciences Center

Sotejo Hall, Pedro Gil Street, Ermita, Manila 1000 Philippines
Tel Nos. (02) 85231472, (02) 85231477, (02) 85231494 • TeleFax: (02) 85231485
Email: upm-cn@up.edu.ph



ADVANCED ADULT HEALTH NURSING (N-260)
Second Semester, Academic Year 2024-2025

MODULE 2: Foundational Concepts of Adult Health Nursing
Translating evidence into practice

STUDY GUIDE

Developed by: Jenniffer T. Paguio, PhD, RN

Updated by: Aldin D. Gaspar, MSc, MHC, MN, RN, Alyssa Jenny E. Tupaz, MAN, RN

Introduction

Evidence on the efficacy of our healthcare interventions change depending on healthcare needs, context, technological advancements, and new information. As a practitioner, the cornerstone of safe and quality care is the use of updated and contextualized evidence to meet the needs of our patients. As such, identifying, evaluating, and curating the best available evidence appropriate for your patients is an essential skill set. These are also important when you engage in research and quality improvement projects.

Learning Outcomes

At the end of Module 2, you should be able to use the process of evidence-based practice in identifying relevant areas of research and practice improvements/innovations.

Learning Activities

This module is composed of asynchronous or self-directed activities and a synchronous session.

Read the following materials.

Those marked with (*) are required reading.

1. Clinical decision-making strategies
 - [Call to action: How to implement evidence-based nursing practice](https://doi.org/DOI-10.1097/01). Nursing 2017, 47(4), 36–43. <https://doi.org/DOI-10.1097/01>. (Mick, 2017)
2. Evidence-based nursing process*
 - [A guide to critical appraisal of evidence \(Fineout-Overholt, 2019\)](#)
 - [Evidence-Based Practice Step by Step: Critical Appraisal of the Evidence: Part I \(Fineout-Overholt et al., 2010a\)](#)
 - [Evidence-Based Practice, Step by Step: Critical Appraisal of the Evidence: Part II: Digging deeper—examining the "keeper" studies. \(Fineout-Overholt et al., 2010b\)](#)
 - [Evidence-Based Practice, Step by Step: Critical Appraisal of the Evidence Part III \(Fineout-Overholt et al., 2010c\)](#)
 - *Optional Readings:*



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- Determining the level of evidence: Non-research evidence
https://journals.lww.com/nursingcriticalcare/Fulltext/2020/03000/Determining_the_level_of_evidence_Nonresearch.4.aspx
- Determining the level of evidence: Experimental research appraisal
https://journals.lww.com/nursingcriticalcare/Fulltext/2019/11000/Determining_the_level_of_evidence_Experimental.4.aspx

Watch the following.

Here are links to a video series from Cochrane, the lead resource on evidence synthesis, on the topic of 'Critical Appraisal' (*must watch)

1. Introduction to critical appraisal*
<https://www.youtube.com/watch?v=H8Y-yfi3vp4>
This video introduces the fundamentals of critical appraisal, emphasizing the importance of systematically evaluating research to determine its trustworthiness, value, and relevance in a specific context. It outlines key concepts such as validity, reliability, and applicability, providing a foundation for assessing various types of studies.
2. Systematic Reviews and Meta-analyses*
<https://youtu.be/NijldKW32H4>
This video explains the differences between systematic reviews and meta-analyses. A systematic review involves a comprehensive and structured approach to identifying, evaluating, and synthesizing all relevant studies on a particular topic. A meta-analysis, often part of a systematic review, uses statistical methods to combine data from multiple studies to derive pooled estimates and identify patterns or overall effects.
3. Randomized Control Trials*
<https://youtu.be/FIQVQz5d02s>
This video discusses RCTs, which are considered the gold standard in clinical research. In an RCT, participants are randomly assigned to either the intervention group or the control group, allowing researchers to assess the causal effects of interventions while minimizing bias. The video covers the design, implementation, and interpretation of RCTs, highlighting their strengths and limitations.
4. Cohort Studies
<https://youtu.be/uK7hnthu130>
This video delves into cohort studies, a type of observational study where a group of individuals sharing a common characteristic (the cohort) is followed over time to observe outcomes. Cohort studies can be prospective or retrospective and are valuable for studying the incidence and natural history of diseases, as well as identifying potential risk factors.
5. Case Control Studies



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<https://youtu.be/tmpy62VXtCs>

This video focuses on case-control studies, which are observational studies that compare individuals with a specific outcome or disease (cases) to those without it (controls). By looking backward in time, researchers assess exposure to potential risk factors, making case-control studies particularly useful for studying rare diseases or outcomes.

6. Cross-sectional studies*

<https://youtu.be/muGA7FKekaU>

This video examines cross-sectional studies, which analyze data from a population at a single point in time. These studies assess the prevalence of outcomes or diseases and their association with various factors. While they provide a snapshot of a population, cross-sectional studies cannot establish causality due to their temporal limitations.

7. Diagnostic Studies

<https://www.youtube.com/watch?v=0hxHg-gelNM>

This video explores diagnostic studies, which evaluate the effectiveness of diagnostic tests or procedures. Key concepts include sensitivity, specificity, positive predictive value, and negative predictive value. The video emphasizes the importance of assessing the validity and reliability of diagnostic tools to ensure accurate identification of diseases or conditions.

Submit the following.

Accomplish the exercise on *Critical Appraisal of Nursing Studies*.

Guidelines:

- Select and read at least two (2) nursing journal articles that involve evidence-based nursing interventions or therapies that can be used in your current area of practice.
- Select the appropriate Critical Appraisal Skills Programme (CASP) Checklist found here: <https://critical-appraisal-skills-programme.teachable.com>
- Using the appropriate checklist, appraise the two (2) articles.
- Submit your final output on the next session for the synchronous discussion and feedback.

Evaluation: You will be evaluated based on the selection and use of your CASP checklist.

Attend the synchronous session.

The faculty will conduct a small group discussion on determining the PICO and appraising evidence. Feedback will be provided on the activity.



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Summary

This module was able to cover the basic competencies in appraising evidence as it applies to nursing studies. Each step from developing your question/problem statement, searching, selection, and the use of appropriate instruments to appraise the selected papers were given adequate examples and guidance through videos and practice sessions.

Likewise, the resource and discussion on how evidence is used in actual practice considers the applicability and appropriateness of evidence in our actual settings. This is the cornerstone of ensuring safe, quality, and patient-centered nursing.

The lessons from this module will help you in the succeeding sections.

References

As mentioned above.