

## Practice based on evidence

**N**ursing professionals, in practice, continually are faced with the need to make decisions. Generally, decisions are based on acquired knowledge in their training; from indications of other professionals or own experience. However, decision-making in care of people must be supported on the use of scientific evidence available, that is, supported by the best research knowledge available from systematic reviews, meta-analysis and meta-synthesis. This favors the relationship between theory, research and practice, by generating knowledge to make changes in practice. Besides, a practice based on evidence achieves the best results of care and meets expectations of people, likewise in Health Institutions increases the quality of care indicators. In this sense, the Health Secretary, has promoted the synthesis of the best research evidence in care by teams of expert and clinical researchers. These research syntheses have provided the basis for the development of solid evidence-based guidelines for practice: clinical practice guidelines. These guidelines identify the best treatment plan or gold standard for care and promote quality health outcomes. The greatest benefits of practice based on evidence are better outcomes for caregivers, providers and health institutions. The nursing professional has easy access to numerous evidence-based guides to make the best clinical decisions regarding care.

In daily practice, in some contexts, the nursing professional delays to incorporate the use of evidence into their practice, due to inadequate access to research journals, lack of knowledge about how to implement them, among others. In addition to the meta-analysis and meta-synthesis made in nursing have been limited in comparison with other disciplines. Additionally, evidence has been generated through nursing research, but further studies are needed focused on determining the effectiveness of nursing interventions in care outcomes, through experimental and quasi-experimental studies to generate strong evidence for practice.

The above is an opportunity to work together Higher Education Institutions and Health Institutions in taking an active role to ensure that the care provided to people and their families is based on the best available evidence.

**PhD. Alicia Álvarez Aguirre**

PhD In Nursing Sciences

Clinic Nursing Department

Health and engineering sciences division campus Celaya-salvatierra

Guanajuato University

*alicia.alvarez@ugto.mx*

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