Evidence-based practice (EBP) improves the quality of patient care and helps control healthcare costs. Numerous EBP models exist to assist nurses and other healthcare providers to integrate best evidence into clinical practice. The Iowa Model of Evidence-Based Practice to Promote Quality Care is one model that should be considered. Using an actual clinical example, this article describes how the Iowa Model can be used effectively to implement an actual practice change at the unit or organizational level.

Overview of Model

The Iowa Model can help nurses and other healthcare providers translate research findings into clinical practice while improving outcomes for patients. The first step in the Iowa Model is to identify either a problem-focused trigger or a knowledge-focused trigger where an EBP change might be warranted. Problem-focused triggers are those problems that derive from risk management data, financial data, or the identification of a clinical problem (e.g., patient falls). Knowledge-focused triggers are those that come forward when new research findings are presented or when new practice guidelines are warranted.

The next step in the Iowa Model is for the nurse or team to determine whether the problem at hand is a priority for the organization, department, or unit in which they work. Those problems that may have higher volume or higher costs associated likely will have higher priority from the organization. Organizational buy-in is crucial when working on EBP issues, so knowing the prioritization of the problem is important.

Once the priority has been determined, the next step is to form a team consisting of members that will help develop, evaluate, and implement the EBP change. The composition of the team will be determined by the problem at hand. Titler et al. (2001) pointed out that the team should include interested interdisciplinary stakeholders. This step is important and should include team players outside of those from nursing.

Once a team has been formed, the next step is to gather and critique pertinent research related to the desired practice change. The most important portion of this step is to form a good question (using the PICOT method [Guyatt, Drummond,