

Locating Credible Databases and Research

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Evidence-based practice (EBP) is the use of the best evidence available for problem-solving and decision-making in patient care. Pain is considered to be one of the most adverse outcomes of a surgery. If not treated effectively, pain can lead to sleep deprivation, anxiety, and acute neurohormonal changes. Pain management in postsurgical patients requires high-quality care. Evidence suggests that a lack of encouragement or support of EBP research for postoperative pain management lowers nurses' confidence in functioning efficiently (Mędrzycka-Dąbrowska et al., 2018).

In this assessment, the scenario considered is that of a newly trained nurse assigned to a patient suffering from prolonged postoperative pain. It is the nurse's first assignment, and she is not confident about implementing evidence-based practice in the context of the patient's diagnosis. The focus of this assessment is to identify communication strategies that a head or senior nurse can use to encourage newly trained nurses to effectively research their patients' diagnoses. Recommendations on how to evaluate credible sources during the research process and the criteria to be considered when selecting the best sources will be identified. Finally, a list of recommended sources will be provided along with the rationale behind choosing them.

Communication Strategies to Encourage Diagnosis-Based Research

Learning while on the job through structured mentoring gives new nurses a clearer idea of how to approach a problem. Competent mentors help new nurses build confidence and enable an atmosphere that promotes communication within a practice. Mentors display personal characteristics such as empathy, respectfulness, and patience. They practice active listening by conducting unscheduled discussions frequently with new nurses to address queries. They

also provide constructive feedback to support the learning process (Mikkonen et al., 2020).

Online training or video-based modules have also added value to the learning process.

Interacting through visual aids such as the Practice Nurse Postcard tool can help mentors communicate necessary information to new nurses (Dadich & Hosseinzadeh, 2016).

The Best Places to Complete the Research

Credible sources can be identified using the CRAAP test, which stands for the five criteria for evaluating an online source, namely currency, relevance, authority, accuracy, and purpose (Central Michigan University, 2020). The CRAAP test provides a handy checklist to identify credible online sources. However, nurses must ensure that they look for resources in the right places. Practicing nurses have had the best EBP-oriented research experiences in health care settings and clinical trials (Galassi et al., 2014). Additionally, it is recommended that nurses use the hospital or university library, hospital policy manuals, and hospital guidelines to complete their research.

Identification of Five Sources for Evidence of Clinical Diagnosis

Based on the factors indicated in the CRAAP model, five credible online sources have been identified. The sources are as follows: the Cumulative Index to Nursing and Allied Health Literature database run by EBSCO publishing, the PubMed website (<https://pubmed.ncbi.nlm.nih.gov/>) published by the National Library of Medicine, the *Journal of Pain* by the American Pain Society, the *Journal of Pain and Relief*, and the *Columbian Journal of Anesthesiology* by Wolters Kluwer. These sources provide validated information for research on postoperative pain management. Based on the CRAAP model, these five sources have been ranked in the order of their usefulness.

Explanation of Why the Sources Provide the Best Evidence

These sources have been selected because they provide access to vetted, full-text articles from the most sought-after medical journals and peer-reviewed articles by practicing nurses, medical professionals, or research scholars in the field of medical science. These journals and websites provide information on EBP-oriented research on postoperative pain management, which is backed by scientifically collected data. These sources are regularly updated with the latest findings. Credible articles in these journals are easy to find and most of them are available free of cost.

Conclusion

Competent mentoring by using appropriate communication strategies can help nurses adopt EBP-oriented research in their practice. Support from mentors helps new nurses research effectively when they encounter new patient diagnoses. For effective research, nurses can evaluate the credibility of the online sources using the CRAAP model.

References

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