



Translating Research Into Clinical Practice

Karen Wambach

4101 North West 63rd Terrace, Kansas City, MO 64151, USA

kwambach@kumc.edu

Phone: 816 674 3653

Biography

Karen A. Wambach, PhD, RN, IBCLC; Associate Professor, University of Kansas School of Nursing, Kansas City, Kansas, USA; Expertise – nursing education – research methods, theory, and measurement; research in breastfeeding promotion and support in vulnerable populations. Active in ILCA since 1997; currently serving on ILCA Board of Directors as Director of Research and Special Projects (2009-2012).

Abstract

Evidence based practice (EBP) is key to quality care and outcomes for practicing lactation consultants (IBCLC). The purpose of this session is to provide an interactive and user friendly primer on the basics of EBP and prepare the IBCLC to: 1) formulate EBP questions that are meaningful for IBCLC practice, 2) search for and evaluate existing evidence on a practice problem/issue, 3) synthesize evidence to formulate EBP protocols, and 4) implement and evaluate EBP care.

Short Description of the lecture

The purposes of the lecture are to 1) Define Evidence Based Practice (EBP); 2) Formulate EBP questions using the PICOT acronym as a guide: P (population), I (intervention or issue), C (comparison of interest), O (outcome) and T (time); 3) Identify and evaluate levels of evidence for potential application to practice; and 4) Prepare a systematic plan for applying research findings to improve practice and evaluating outcomes.

Key words

Evidence based practice, research utilization, lactation care.