A Snapshot of Evidence-Based Nursing Practice: A History of Progress

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Precursors to Evidence-Based Nursing Practice

1600’s and 1700’s
- Opening of first hospital in colonies: Pennsylvania Hospital (1751)
- Rise of nursing during 1600’s
- Development of microscope and discovery of bacteria (1630-1720)
- Nightingale pioneers holistic care model. She also collects and analyzes data for policy change (1858)
- Nightingale’s Notes on Nursing is published (1860)
- Many instruments developed: hypodermic needles, stethoscopes, bronchoscopes, thermometers (1800’s)
- Chlorhexidine (1630-1720)
- Ether and chloroform used for anesthesia (1846 and 1847)
- Semmelweis enforced hand washing in obstetrical unit, resulting in 90% reduction in death rate (1848)
- Germ theory is accepted in late 1800’s, rubber gloves introduced in 1891

1800’s
- Tactics for Challenging Sacred Cows
- Focus on nurse education rather than training, expanding standardization of education (1890-1940)
- Use universal precautions
- Promoting evidence-based practice (1900-1940)
- Using same size blood pressure cuff for all patients
- Use of cell phones in critical care
- Exemplary clinical reasoning (1900)
- Trendelenburg positioning for managing hypotension
- McFadden, S. (1932). Bedrest for patients on bedrest
- Pressure relieving support surface for patients on bedrest
- Chlorhexidine for IV insertion
- Ventrolateral site for IM injection
- Chlorhexidine for IV insertion
- Use specialized IV team
- Keep bed and clothing clean for skin integrity
- Concrete preoperative teaching
- Distraction for local pain
- Rapid response teams
- Thromboprophylaxis
- A long habit of not thinking a thing wrong, gives it a superficial appearance of being right.
- Thomas Paine, Common Sense, 1775

The Sacred Cow Movement in Nursing
- Sacred Cow Movement
- Sacred Cows: Areas of Impact
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- Articles about Sacred Cows
- Tactics for Challenging Sacred Cows
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