



A Beginner's Guide to Evidence Based Practice in Health and Social Care

Helen Aveyard, Pam Sharp

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"At last, a jargon free Evidence Based Practice Book! This book gives the impression that it is a friendly tutor always on standby to answer any of your questions. It is written well, in a personable style to allow the reader to take in all the concepts of Evidence Based Practice. The book is up to date and recognises that not all areas of health and social care have the privilege of being supported by huge pieces of research and RCT's. In these cases, advice and guidance is readily at hand in the book to show the reader what other evidence can be out there and how to use it."

Irene Mabbott, Practice Development Co-ordinator (Evidence based Practice), Northern General Hospital, Sheffield

"I love this book. It's ideal for students new to research and qualified professionals needing an update. I wish it had been around when I was a student as it would have made searching for, critiquing and reviewing literature a much smoother process. I think this book should be on every university reading list. It is set out in an easy to follow format with lots of examples relating to practice which allows the reader to understand the importance research from the first page."

Lynda Luke, Registered Nurse and Moderator on www.studentnurse.org.uk

"I would just like to say this is the best text I have come across for my module for under-graduate students. It is pitched at just the right level and is written in a style that is easy to engage with. The layout and the structure are also easy to follow and it is a really good introduction to EBP. I intend recommending this to my students and thank you once again for sending me a copy of this."

Jean Davison, Teesside University, UK

"The book provides a basic introduction to Evidence Based Practice and many related issues. A spectrum of information from 'what is evidence' to 'how to implement evidence' has been included in an easy to navigate contents page. Some clinical experience is necessary to understand the links to clinical practice their importance and implications. Some useful website addresses are provided in order to increase and widen access to other necessary resources."

Nicola Ollevent, The University of Manchester, UK

"This is one of the best books I have come across for beginners to evidence based practice. Written in a style that's easy to understand and jargon free, this book helps with undertaking research, making it a lot easier to understand."

Kerry Davis, Student Nurse, University Campus Suffolk, UK

Have you heard of 'evidence based practice' but don't know what it means?

Are you having trouble relating evidence to your practice?

This is **the** book for anyone who has ever wondered what evidence based practice is or how to relate it to practice. This accessible book presents the topic in a simple, easy to understand way, enabling those unfamiliar with evidence based practice to apply the concept to their practice and learning.

Using everyday language, this book provides a step by step guide to what we mean by evidence based practice and how to apply it. It also:

- Provides an easy to follow guide to searching for evidence
- Explains how to work out if the evidence is relevant or not
- Explores how evidence can be applied in the practice setting
- Outlines how evidence can be incorporated into your academic writing

A Beginner's Guide to Evidence Based Practice in Health and Social Care is key reading for everyone involved in looking at and applying evidence - students, practice educators, mentors and practising health and social care professionals.

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Janet Maldonado:

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Shirley Demers:

A Beginner's Guide to Evidence Based Practice in Health and Social Care can be one of your starter books that are good idea. We recommend that straight away because this reserve has good vocabulary that can increase your knowledge in language, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to get every word into satisfaction arrangement in writing A Beginner's Guide to Evidence Based Practice in Health and Social Care but doesn't forget the main point, giving the reader the hottest in addition to based confirm resource information that maybe you can be considered one of it. This great information can easily drawn you into brand new stage of crucial imagining.

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