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
- Development of microscopy and discovery of bacteria (1600's)
- Nightingale pioneers holistic care model. She also collects and analyzes data for policy change (1858)
- Semmelweis enforced hand washing in obstetrical unit, resulting in 90% reduction in death rate (1848). He was ridiculed by peers.
- Germ theory is accepted in late 1800's, rubber gloves introduced in 1891
- Chlorhexidine

1800's
- Nightingale's Notes on Nursing is published (1860)
- Many instruments developed: hypodermic needles, stethoscopes, bronchoscopes, thermometers (1800's)
- Many nursing theories developed (60's - 80's)
- US government establishes nursing research office (1935)
- First nurse practitioner program (1965)
- Nursing shortage expands scope of practice and necessitates nurses aide position (40's)
- Drugs and vaccine development: polio, cortisone, antibiotics have great impact (40's and 50's)
- Focus on nurse education rather than training, expanding standardization of education (1890-1940)
- The Sacred Cow Movement in Nursing

1900-1940
- AHN launched (1900)
- Drugs and vaccines development: insulin, penicillin, sulfonamides, diphtheria, pertussis, tuberculosis, and tetanus (1920's)
- Great Depression results in loss of jobs in public health nursing (1929-1932)
- Rise of hospital nursing during 1900's and 1700's
- Female nurses
- Nightingale pioneers holistic care model. She also collects and analyzes data for policy change (1858)
- Semmelweis enforced hand washing in obstetrical unit, resulting in 90% reduction in death rate (1848). He was ridiculed by peers.
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1940-1980
- AHN launched (1900)
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1980 to Present
- AHN launched (1900)
- Drugs and vaccines development: polio, cortisone, antibiotics have great impact (40's and 50's)
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A Glimpse of the Evidence Base for Nursing Practice: 1980 to Present


The Sacred Cow Movement in Nursing

"A long habit of not thinking a thing wrong, gives it a superficial appearance of being right." - Thomas Paine, Common Sense, 1717

Sacred Cow Movement Examples from Literature
- Trendelenburg positioning for managing hypotension
- Use of rectal tubes for fecal incontinence
- Monitoring gastric residual volume to reduce aspiration risk
- Restricting visitation policies
- Use of cell phones in critical care areas
- Instillation of normal saline before endotracheal suctioning
- Using basins for bed baths
- Inconsistent approach to CAUTI prevention
- Using same size blood pressure cuff for all patients

Sacred Cows: Areas of Impact
- Nurse staffing
- Policy and procedure
- Medication administration
- Patient safety
- Physical comfort
- Patient outcomes
- Use of resources

Articles about Sacred Cows

Tactics for Challenging Sacred Cows
- contests
- posters
- exhibits
- journal clubs
- blog posts

Using same size blood pressure cuffs for all patients
- Verify PICC placement
- Measure heart rate with radial pulse
- Early activity for DVT prophylaxis
- REAL or tympanic temperature measurement
- Minimize use of urinary catheters
- Use of cell phones in critical care areas
- Trendelenburg positioning for managing hypotension
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