“How Do You Know That?”

Having recently returned from the Oncology Nursing Society Annual Congress and the American Society of Clinical Oncology Annual Meeting, my head is spinning with new information and ideas. I came home with voluminous amounts of literature. Add that to the ever-expanding piles of journals that I receive—Nursing Research, Journal of Nursing Scholarship, New England Journal of Medicine, Journal of Clinical Oncology, and Biological Research in Nursing, among others—and you can understand why I worry about the floor collapsing. Is there a feasible way of keeping up with all of the scientific advances that we need to practice?

We talk a lot about evidence-based practice in nursing and medicine. When a recommendation is made to a patient for a clinical treatment or nursing intervention and he or she asks, “How do you know that?” what is our response? If that recommendation is not based on hard data—rigorous research and multiple studies—we are kidding ourselves into thinking that we practice in an evidence-based manner. Unfortunately, much of our day-to-day practice is not based on research but rather anecdotal clinical experience and tradition. We have a long way to go.

However, with every passing day, knowledge is being generated and published, and we have a professional obligation to our patients to keep abreast. This brings us back to the original problem: How do we keep up with important developments? Some strategies that have worked for me over the years have been spending an afternoon a month in my hospital library, perusing the tables of content in journals to which I do not subscribe, using online newsletters that highlight key studies according to specialty, and developing a collegial relationship with a medical librarian.

Whatever strategies each of us develops, as professionals, we have an obligation to provide a scientific answer when our patients ask, “How do you know that?” An assured recitation of the latest rigorous studies demonstrating the efficacy of a particular intervention is what our patients deserve.