**Discussion Question**

Two areas of nursing practice that evidence-based practice has improved patient outcome are critical care nursing and medical-surgical nursing. In a study done in a Spanish hospital, it was found that evidence-based care improves patient outcomes (Cabello et al., 2015). A section of the internal medicine within the hospital was reorganized to form an evidence-based practice (EBP) unit while the other sections remained unaltered. Statistics were collected routinely and compared to determine whether patients handled by the EBP unit had different experiences from those treated by regular units. Results showed that the mortality rates recorded in the EBP unit were lower and the length of stay for patients was shorter than for patients treated by the other unchanged units (Cabello et al., 2015).

A similar study conducted in Korean hospitals also proved that EBP improves patient outcome by reducing clinical, promoting patient safety, errors and improving the overall quality of care. According to Hwang and Park (2013), 443 nurses participated in the survey and their ages and educational level were linked with EBP scores. However, their job position and ages were linked to the quality improvement scores. An analysis of the results showed a positive correlation between quality improvement scores and evidence-based practice (Hwang and Park, 2013). Regarding how the findings have changed my nursing practice, it is evident that adhering to evidence-based practices enhances the quality of services provided to patients and improves their conditions. As recommended by Majid et al (2011), I understand that it is important to use EBP I decision making processes and embrace innovative technologies that facilitate the provision of effective care to patients. Whenever I am at work, I should always follow the recommended evidence-based practices because they reduce clinical errors. Also, I should always look forward to enhancing my quality improvement skills to achieve the best patient outcome in all my area of practice.

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