

Summative Reflection

The EBP poster was the final assignment for our statistics class. I was given the task of being the lead on this project of a group of 4 other scholars. I had to think outside the box as some of my fellow scholars were not familiar with the topic of the poster. Oral care on intubated patients to prevent HAP (hospital acquired pneumonia) by using chlorhexidine. We had to work as a group to form a PICOT question, research articles, evaluate those articles for their statistical importance on the subject, and design a poster that summarized our findings. This was a very valuable lesson as it taught teamwork, communication, and leadership as the lead on this project. The end result was a very successful presentation and a beautifully designed EBP poster.

While this project was important, it is only one of the many things I learned in my statistics class at Samuel Merritt University. Over the course of four semesters I became quite familiar with statistics, a subject I might add that initially didn't appeal to me. As I started to read, study, and interact in the classroom, I began to realize the importance of statistics in nursing research and evidence-based practices. I discovered which articles to pay attention to and the important distinctions between RCT research articles, systemic reviews, and cohort studies.

At work we have a journal club that meets once a month to talk for an hour about a research paper chosen by our manager. I have to admit that before my statistics class, I was nervous to jump in and talk about the research as I didn't understand the significance of the statistics in the articles. After my first semester of stats, I remember going into the journal club feeling more confident to talk about the findings of the article. It just so happened that evening that the article had statistics talking about r values and p values. Of the ten nurses there, not one knew the significance of these values. I spoke up and interpreted the findings to my fellow journal club members and felt more confident after that. The more important point is that what I learned in stats will be with me for the rest of my life as I read nursing journals and apply EBP in my career.