
This is a great introductory text for nurse anesthetists interested in keeping abreast of the push for evidence-based practice. The text begins with an overview of the components of research and its process. This is immediately followed by a chapter that systematically explains an approach for the anesthetist on how to use existing research to improve practice.

Chapters 3 to 6 focus on important aspects of research: types of research, meta-analysis, and statistical significance. Chapters 7 and 8 address existing compilations of primary research such as case reports and reviews, narrative reviews, and Cochrane systematic reviews. The importance of critique is stressed in these chapters to address strengths and weaknesses of the evidence that may be used to guide practice. The application, impact, and teaching of evidence-based practice are the focus of chapters 9, 10, 12, and 13. "A Crash Course in Common Statistical Tests for the Nonstatistician," chapter 11, is an easy to understand overview of statistics for the nonstatistician.

This textbook is a clearly written and provides engaging explanation and instruction for evidence-based practice and decision making in the field of anesthesia. The clinical nurse anesthetist will find this text a valuable informative source for guiding his or her evidence-based practice decision making process. Evidence-based rationale first put forth in the 1970s with nursing diagnoses and care plans (remember “as evidenced by…”) has evolved to become evidence-based practice. Those nurse anesthetists with many years of experience will find this text an important complement to their practice, as the specific principles and processes described may be new.

Nurse anesthetists, faculty, and students will find this text complementary to their practice and educational endeavors. This book fills a void in the literature for CRNAs and student nurse anesthetists looking to learn and incorporate evidence-based practice methodologies including critiquing existing evidence, performing narrative and systematic reviews, implementing evidence-based decision making, and ultimately practicing anesthesia based on sound, quality evidence. This is recommended as a “must have” addition to every nurse anesthetist’s library.

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