Essential Skills for Evidence-based Practice:
Appraising Evidence for Therapy Questions

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Abstract
Evidence to support the effectiveness of therapies commonly compares the outcomes between a group of individuals who received the therapy and a group of individuals who did not. Nurses must be able to determine how well the study design supports claims that the therapy caused the difference in group outcome (validity). When findings are valid, nurses must also consider whether those findings apply to the patient population of interest (generalizability) and, if so, how the findings can be applied to practice.

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