

**EB001: Evidence-Based Practice and the Quadruple Aim**

## Quadruple Aim

The Quadruple Aim is a model that is applicable in healthcare institutions in order to enhance patient care, optimize the experiences of healthcare providers and make the entire system more efficient. It is aimed at four major goals:

- **Enhancing Patient Experience:** This means the quality of care involving patient satisfaction and involvement in the medical process.
- **Enhancing Population Health:** This is aimed at the enhancing the health outcomes of the whole population (especially prevention and chronic disease management).
- **Minimizing Healthcare Costs:** One of the most important aspects is the enhancement of efficiency which will minimize the cases of waste but will not impact the quality of the provided care.
- **Enhancing the Work-Life of the Healthcare Providers:** It acknowledges that there is a need to curb burnout and enhance satisfaction of healthcare providers, which leads to better patient outcomes and operational efficiency (Bodenheimer and Sinsky, 2014).

Regarding the evidence-based practice (EBP), this framework may be implemented through applying research evidence to make a decision, improve patient care, and increase the performance of health systems. EBP can be used to resolve all the aspects of the Quadruple Aim since it would make sure that clinical decisions are made with the most appropriate evidence available thereby enhancing patient outcomes and satisfaction on the side of the provider and controlling costs.

### **a. Patient Experience**

Evidence-Based Practice and Patient Experience: EBP is an essential part of enhancing patient experience because it guarantees that patients obtain effective and patient-centered care. Studies indicate that with the help of evidence-based guidelines, patients are more likely to be more satisfied since they get treatments that have been proven to be effective (Melnik & Fineout-Overholt, 2015). Also, EBP promotes patient-centred care, in which healthcare professionals will discuss shared decisions with patients, with improved patient satisfaction and therapeutic relationships. As an example, patient communication evidence-based practices, e.g., the use of clear language and giving consistent information, are associated with increased patient engagement and overall satisfaction with care (Schoenfeld et al., 2017).

### **b. Population Health**

Evidence-Based Practice and Population Health: Population health will be enhanced by the application of evidence-based interventions to prevent diseases, promote health, and chronic disease control at the community level. EBP assists in finding the most efficient preventive strategies and intervention plans, thereby enhancing the health outcomes of a population (Gray et al., 2018). It also allows healthcare systems to allocate resources in an efficient manner in order to curb the health disparities and enhance the overall health equity. As an illustration, the cessation of smoking can be discussed as one of the examples of evidence-based programs, which can decrease the occurrence of lung cancer in populations (Fitzpatrick et al., 2017).

### **c. Costs**

Evidence-Based Practice and Cost Reduction: EBP is one of the vast ways that contribute to the Quadruple Aim by aiding in decreasing healthcare expenditures. Through effective interventions

and treatment supported by evidence, medical care providers will be able to prevent unnecessary procedures, shorten both the length of hospital stay and the number of complications, and eventually save on healthcare spending in general. Also, EBP encourages the effective utilization of the health care, which will guarantee providing the patient with the most adequate care without excessive testing and medication (Gabbay et al., 2017). Evidence-based practices in the management of such chronic illnesses as diabetes have been proven to reduce unnecessary readmissions and avoid expensive complications (Finkelstein et al., 2016).

#### **d. Work-life of healthcare providers**

Evidence-Based Practice and Work-Life of Healthcare Providers: EBP is also concerned with work-life of healthcare providers by enhancing job satisfaction and lessening burnout. It enables healthcare providers to practice using the best available evidence by doing so and thus, they have the means to deliver high-quality care and hence, better job satisfaction. Also, in cases where evidence-based protocols are used by healthcare organizations, it lessens clinical pressure and misunderstanding because care processes become standardized, and healthcare labor becomes more manageable (Doran et al., 2014). In a study about evidence-based practice implementation in hospitals, physicians and nurses noted an improved job satisfaction level and reduced cases of burnout when they applied evidence-based protocols that simplified the work process and reduced unnecessary tasks (Baker et al., 2017).

#### **Conclusion**

Conclusively, evidence-based practice is one of the pillars of the Quadruple Aim in healthcare. By enhancing patient experience, population health, healthcare costs and work-life of the

healthcare provider, EBP results in improved patient outcomes, more efficient healthcare delivery, and enhanced patient as well as provider satisfaction. When research evidence is incorporated into clinical practice, the decisions can be more informed, which will eventually gain the advantage of all healthcare system stakeholders.

## References

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