# Module 1: Introducing evidence-based practice (EBP)

What does practice mean?

Evidence-based practice is a process that involves five distinct steps, which we call the five 'A's: Ask, Access, Appraises, Apply, Audit.

## The '5 As' — the steps of EBP

Finding Evidence

1. Ask a question
2. Access the information

### Critiquing Evidence

1. Appraise the articles found

### Applying to Practice

1. Apply the information
2. Audit the impact