**Problem:** Frequently nurses need staff development to become knowledgeable about and comfortable with evidence-based practice (EBP).

**Evidence:** Data collected at a Southeast Texas hospital found nurses’ mean score on a pretest measuring EBP knowledge to be 50.56%. Prior to staff development, nurses’ comfort with using EBP in their daily practice was a mean score of 3.53 on a visual analogue scale of 0 to 10.

**Strategy:** Six half day staff development sessions on EBP and the ACE model were provided to staff over a six month time period.

**Practice Change:** Nurses (N = 18) attending the first and sixth staff development sessions were asked how many times during a day they typically thought about what research supported their decisions and interventions.

**Evaluation:** Following the six staff development sessions on EBP and the ACE model, participants: 1) completed a 10 item post-test exam about EBP and ACE knowledge, 2) rated comfort with using EBP in daily practice as measured by a visual analogue scale, and 3) recorded daily frequency of thinking about the research basis for practice decisions and interventions.

**Results:** Attendees’ post-test EBP and ACE knowledge increased significantly to 67.78% \( (paired \ t = 3.84; p = .001) \) compared with the pre-test. Nurses’ comfort with using EBP in practice increased significantly to 6.60 \( (paired \ t = 4.82; p = .000) \) compared with before the sessions. The majority of the nurses reported thinking about the research basis for decisions and interventions 0 to 2 times daily at the beginning of the sessions and 3 to 5 times daily after the six sessions.

**Recommendations:** Staff development sessions on EBP and the ACE model can make statistically significant improvements in nurses’ knowledge and comfort with EBP and ACE. Offering six development sessions within a shorter timeframe than six months may increase retention of knowledge.

**Bibliography:**
