

Week 5 Discussion:

Evidence is necessary to improve our nursing practice. Using the CINAHL database in the Chamberlain Library, search for and locate a scholarly professional nursing journal article that meets these criteria:

- **Full-text**
- **English language**
- **Peer-reviewed**
- **NOT an Evidence-Based Care Sheet or CINAHL Guide**
- **Published in the past five years**
- **Contains evidence to support a nursing practice in your practice area**

Summarize this article in one paragraph. Explain why you selected this article. Provide an APA reference for this article.

Remember to credit an assigned reading or the lesson, in addition to your article selection.