sentara nurse

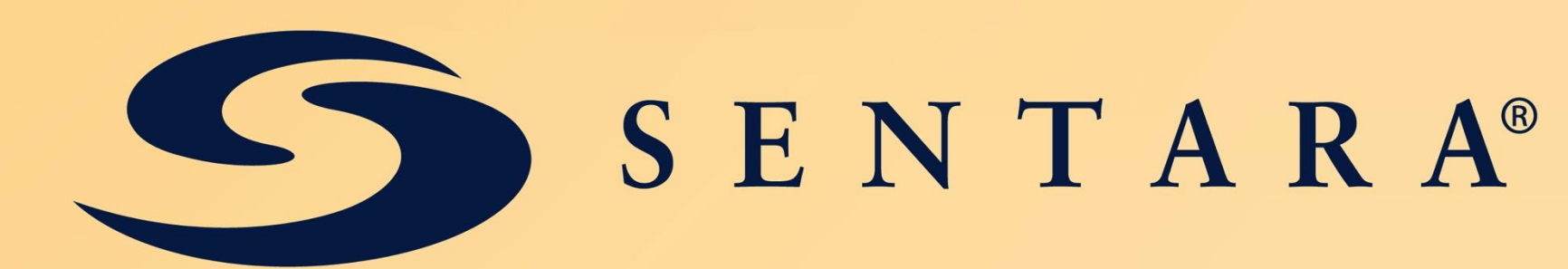# Evidence-Based Practice: Are Nurses Ready?

Susan Kaplan, PhD, RN; Susan Cutrell, MSN, RN; Susan A.Tweed, PhD, RN
Sentara Norfolk General Hospital

SENTARA®

Background

As organizations struggle to strengthen the implementation of Evidence-Based Practice (EBP) throughout nursing, key elements have been identified in the literature (2009) as contributing to implementation success. These include characteristics of the individual nurse and the organization, access to evidence itself, and the overall practice environment. This study builds on the work of Thiel & Ghosh (2008) who developed the Nurses' Attitudes Toward Evidence-Based Practice Scale (NATES) and Pravikoff (2005) who researched the Informational Literacy for Evidence-Based Nursing Practice tool.

Purpose

The purpose of this study is to evaluate the factors that determine the readiness of registered nurses to adopt evidence based practices and research outcomes in their nursing practice.

Methods

- A cross–sectional design was used.
- Permission to modify and use the tool was granted
- The combined tools, with established reliability and validity, created the Evidence- Based Practice Readiness Survey.
- Target population was 1490 registered nurses working in the clinical setting of a Magnet® recognized 525 bed tertiary care hospital.
- Survey consisted of 24 questions and sent to participants each Monday during the month of November 2014.
- 367 participants completed the survey with a 25% response rate.

Results

Results were analyzed using Statistical Package for Social Sciences 22 . Descriptive and inferential statistics were used . The mean of the 12 nursing beliefs was converted into a scale and correlated with:

- years in nursing
- membership in a professional organization
- student status
- ability to perform a literature search
- participation in research
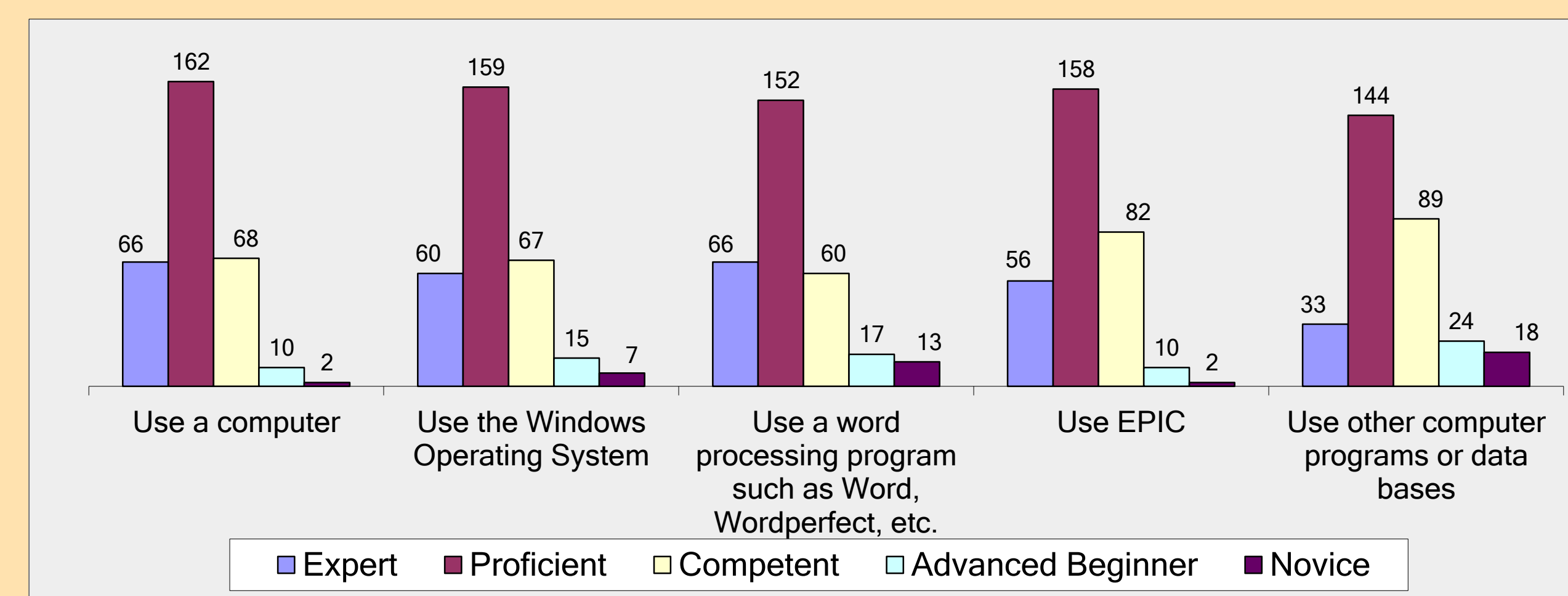- ability to identify research problems and utilization of research in practice

All were statistically significant except years in nursing and student status.

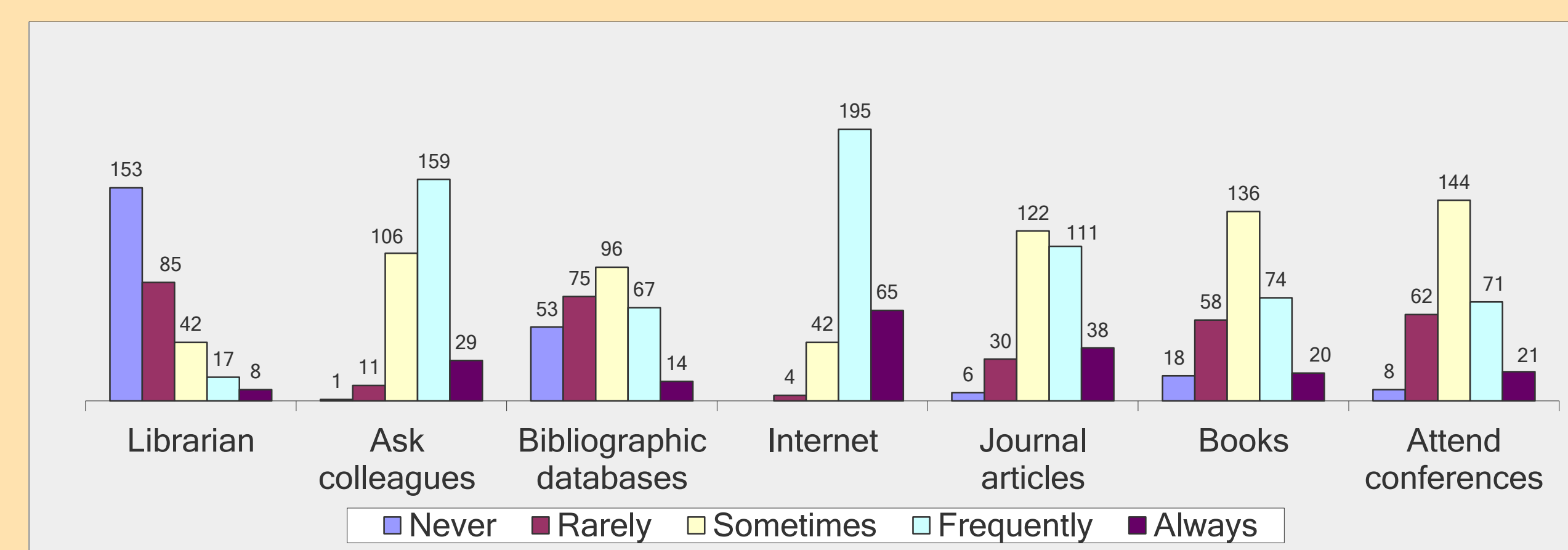## Demographic Characteristics of respondents

- 70% White, 15% Black, 8% Asian, 3% Latino, 5% Other
- Average age was 43 (range 21-65 years)
- 58% described themselves as an RN, 26% RN certified, 7% RN manager, 6% RN educator, 4% APN
- 87% employed full-time
- 63% members of a professional organization
- 29% current students
- 14% MS Degree, 49% BSN, 24% Associate, 12% Diploma
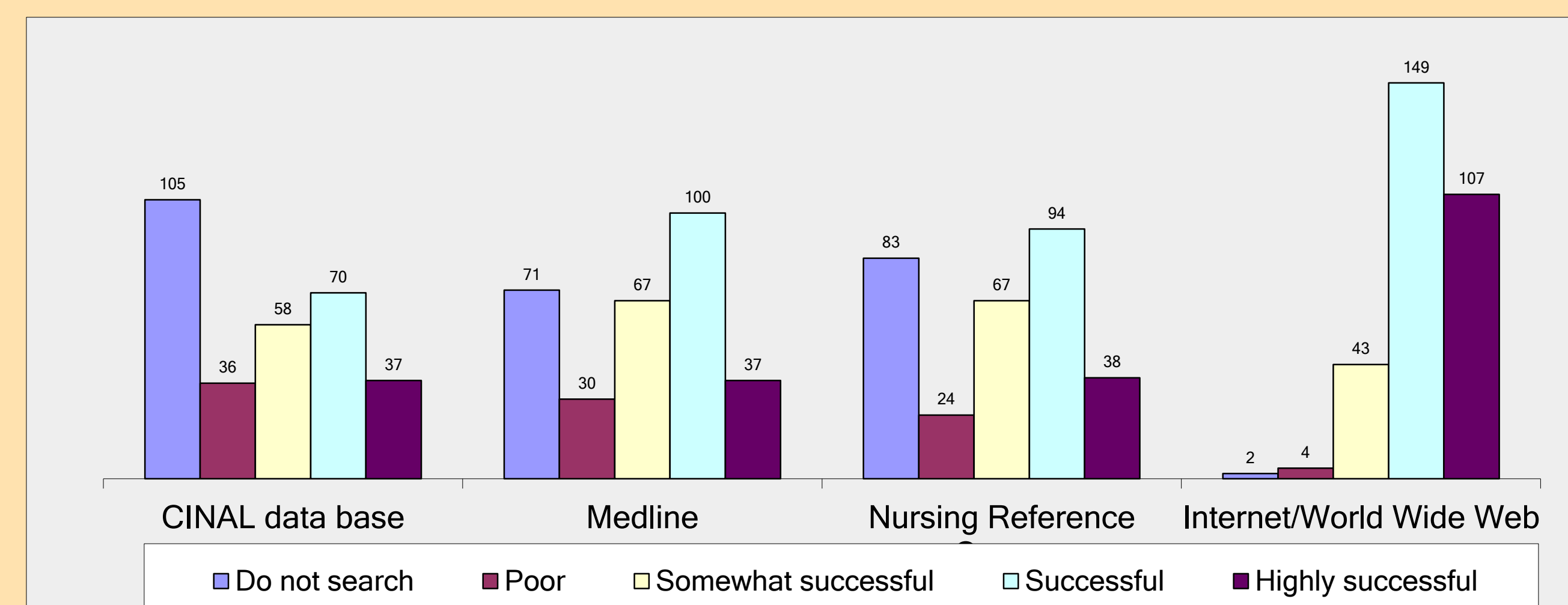
Sample Questions

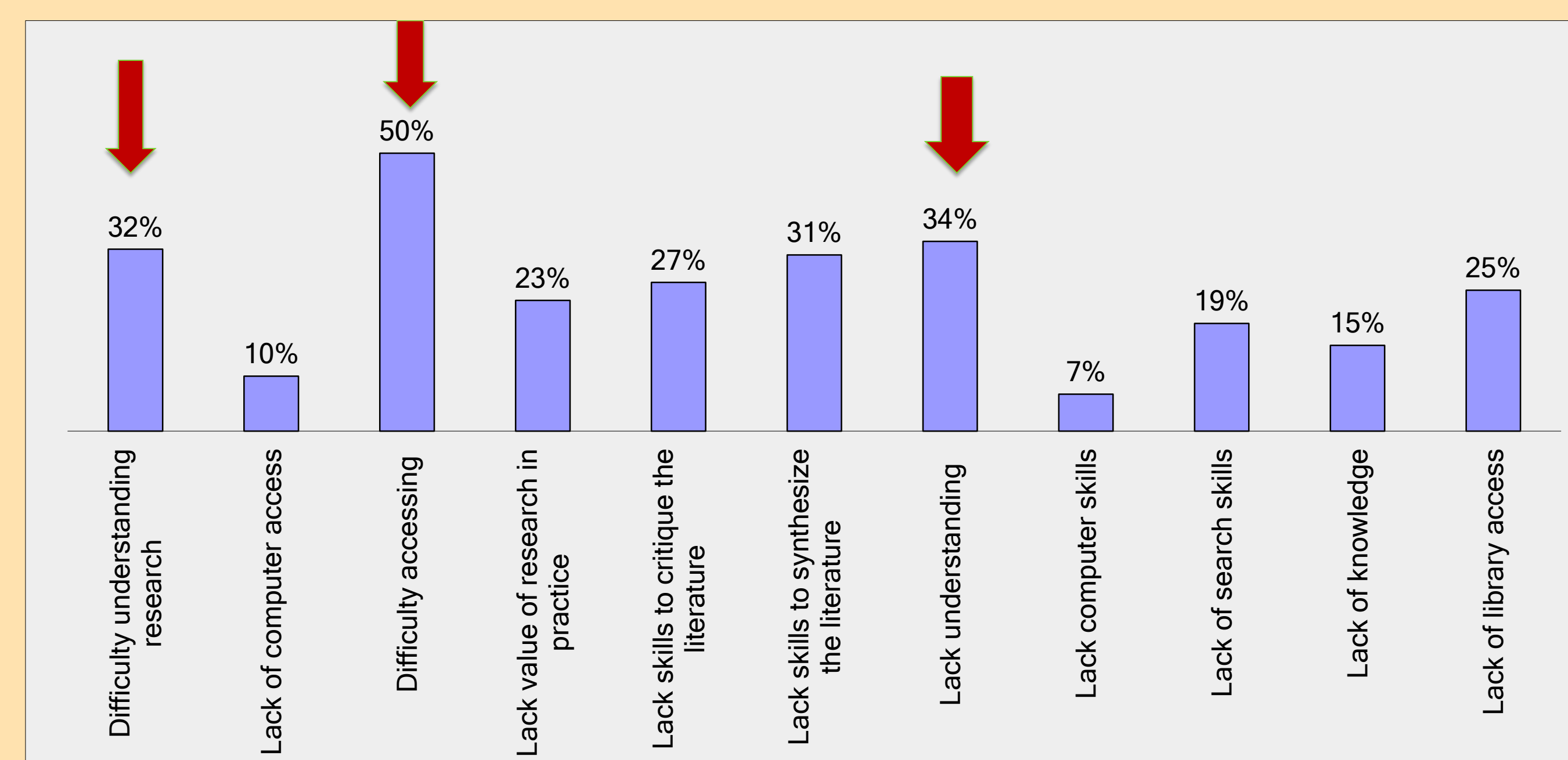On a scale of 1 (Novice) to 5 (Expert) how would you rate your overall ability to:

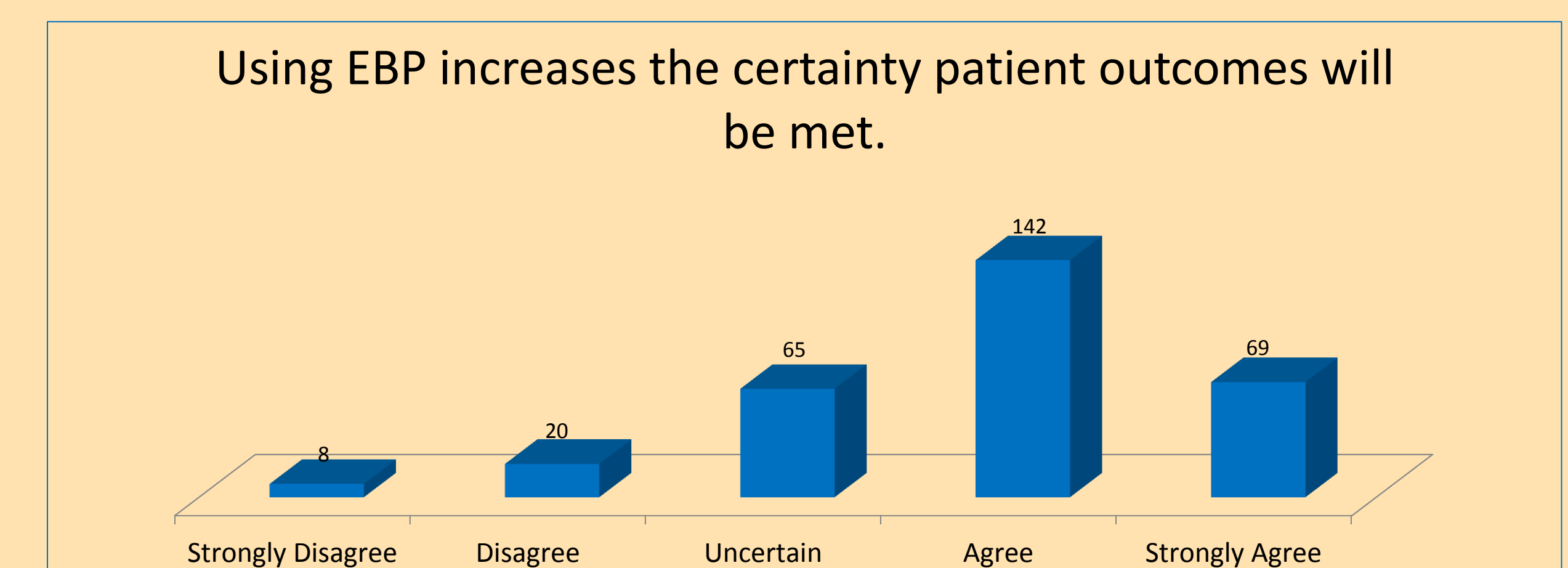When you need nursing information how do you find it?
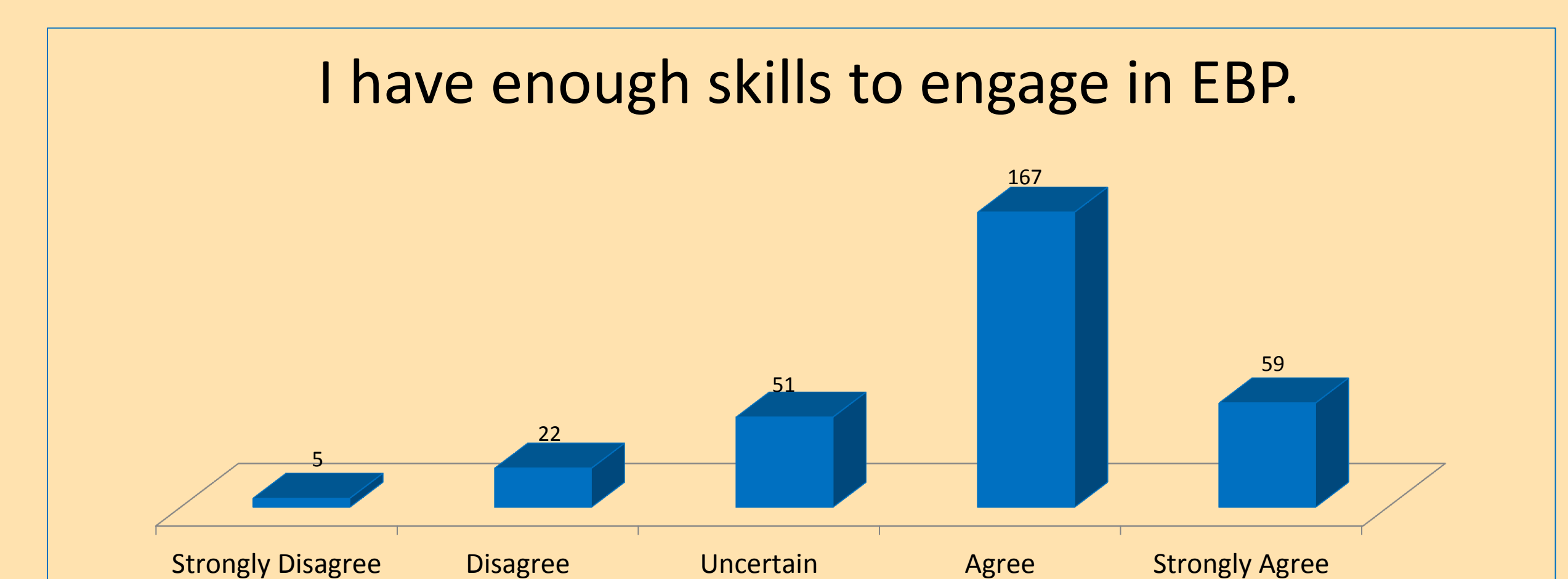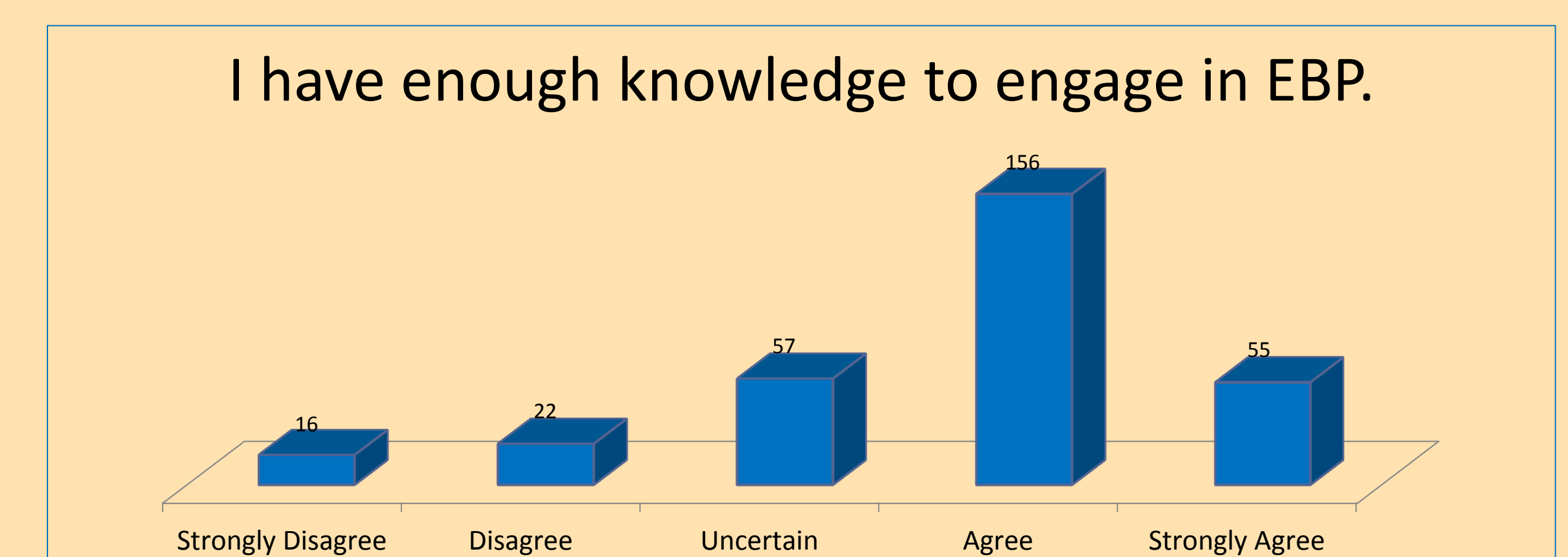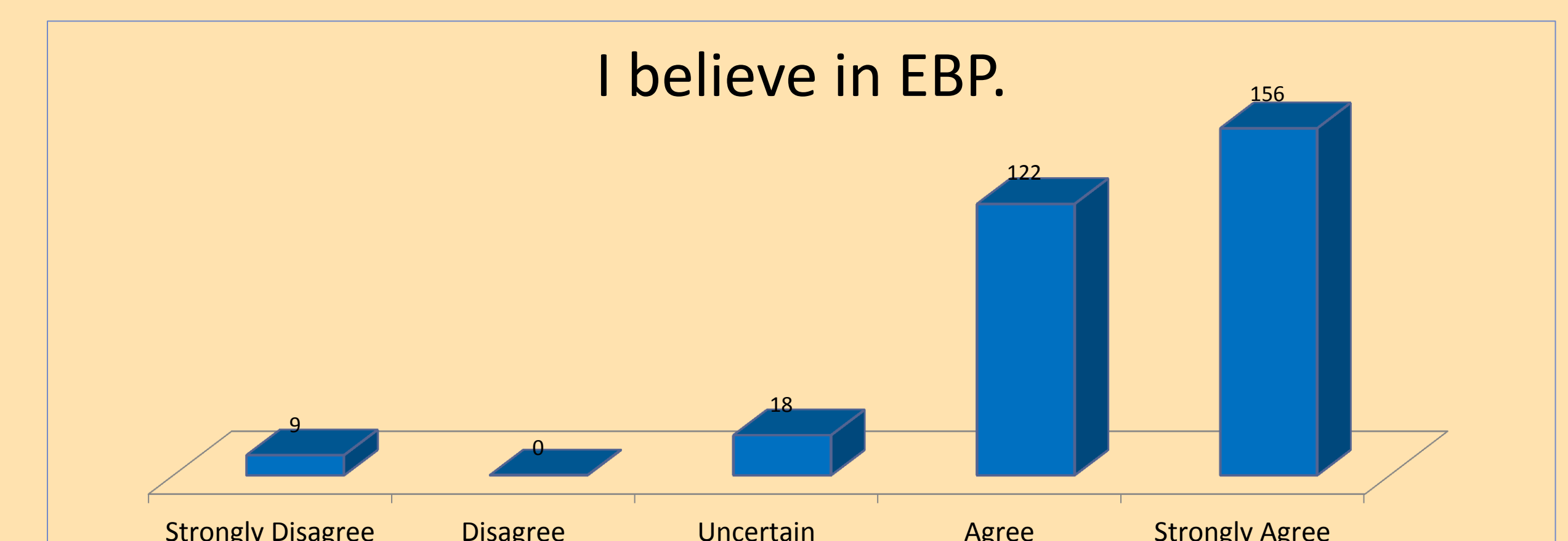

When you need nursing information how do you find it?

Besides TIME, choose the three primary barriers to your use of research?

Sample of Nursing Beliefs

Conclusion

Nurses overwhelmingly believe in EBP and that it is important in their nursing practice. Many believe they have the knowledge and skills needed to employ EBP. Besides time, nurses identified difficulty accessing resource materials, lack of understanding of electronic databases, and difficulty understanding research articles as the primary barriers to the use of research. Organizational constraints included recruiting and retaining staff, other goals of higher priority and budget limitations. Knowledge gaps were found in the ease of access and application of information sources. The results of this study will be broadly disseminated throughout the hospital and the healthcare system. Strategies will be designed to address knowledge gaps, increase resource utilization and strengthen organization support for EBP and research in nursing.

References

Pravikoff, D., Tanner, A., & Pierce, S. (2005). Readiness of U.S. Nurses for evidence-based practice. *American Journal of Nursing,* 105(9), 40-51.

Thiel, L. & Ghosh, Y. (2008). Determining Registered Nurses' Readiness for Evidence-Based Practice. *Worldviews on Evidence-based Nursing; 5*(4):182-192.

Contact Information: Dr. Susan Kaplan at smkaplan@sentara.com