

sentara nurse

Evidence-Based Practice: What Does it Mean to YOU?

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PURPOSE

The purpose of this study is to identify factors that contribute to the readiness and confidence of Sentara CarePlex Hospital's (SCH) registered nurses to access and use evidence-based information and materials in their practice.

BACKGROUND

- EBP improves patient safety, outcomes, cost and healthcare delivery (Melynyk & Fineput-Overholt, 2011).
- A study by Healsip, Hewitt-Taylor, & Rowe (2012) noted that to change current practice through instituting research findings, nurses would need to develop skills, obtain knowledge and confidence in current best practices.

METHODS

- EVMS IRB approved research study explored organizational constraints, nurses' informational needs and seeking behaviors, resources availability and use, and nurses' knowledge, beliefs and confidence related to readiness to engage in EBP.
- A mixed method cross-sectional design was utilized. The 25 question survey was deployed via password protected email to 437 registered nurses with a sample size of 135 nurses which represent a 31% response.
- 79% identified themselves as full time employees
- 43% had a baccalaureate degree in nursing
- 47% of the participants were 51 or older
- Qualitative analysis used NVIVO to discover themes.
- Word cloud developed from comment question.

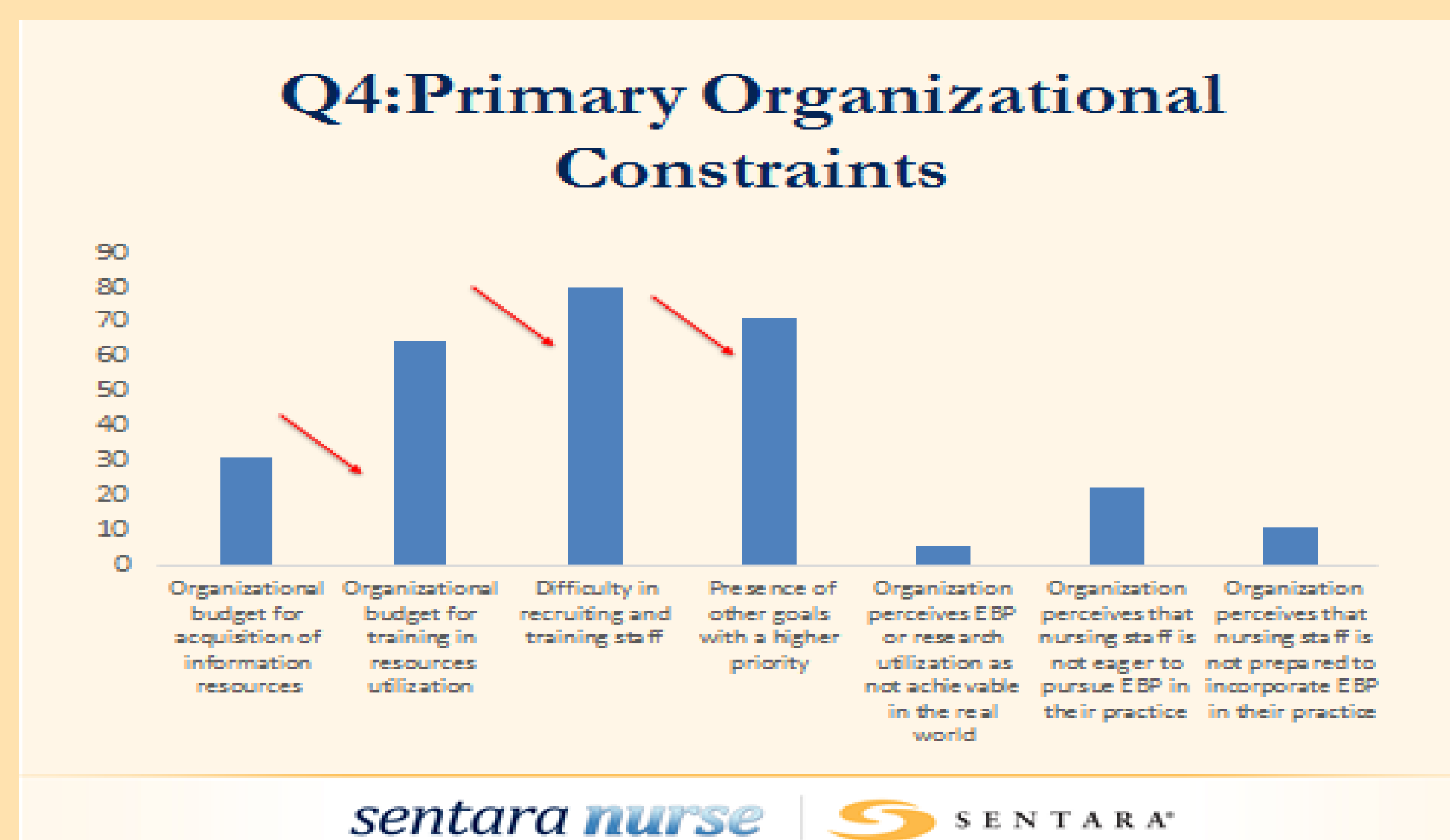
AN ANONYMOUS SCH NURSE QUOTE

"Evidence based practice is an important step forward in the profession of nursing. Adapting it into practice without forgetting the unique individual you serve is the difficult part. There are individuals that land outside of the bell curve and we must give them the high quality service and safety they deserve."

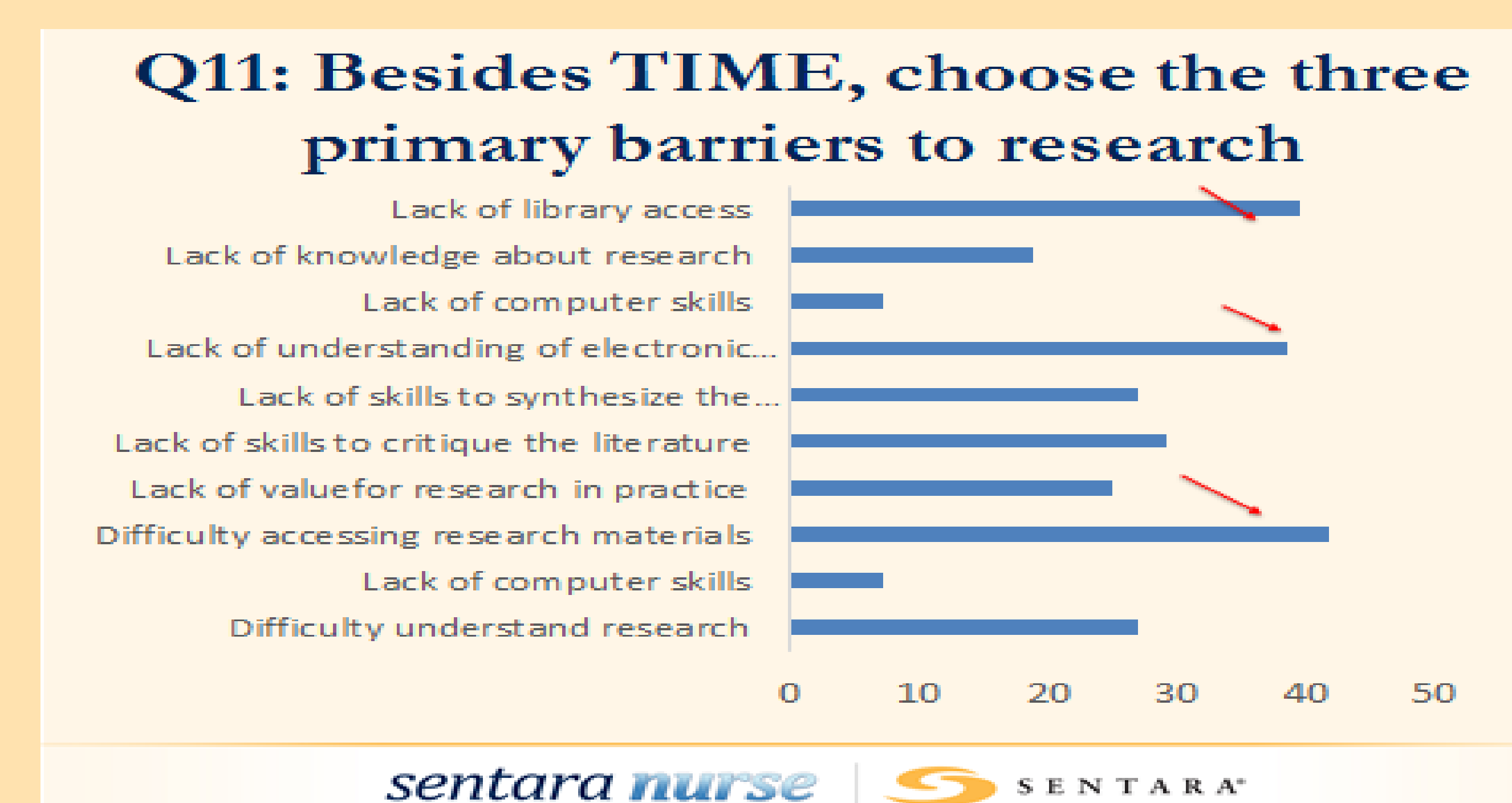


RESULTS

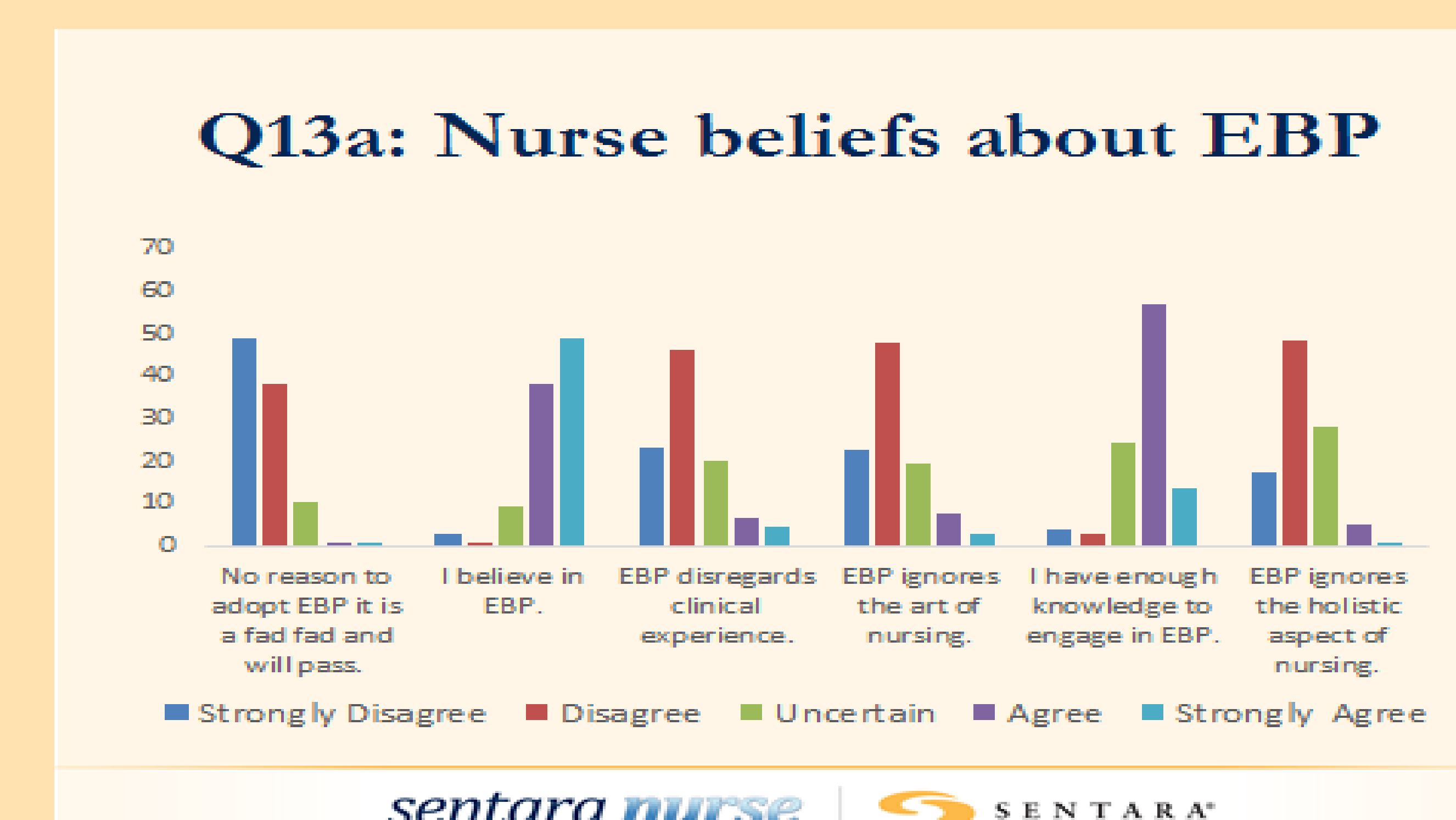
- The three organizational constraints affecting research utilization were: recruitment and retention of staff; presence of organizational goals with a higher priority; and budget constraints.



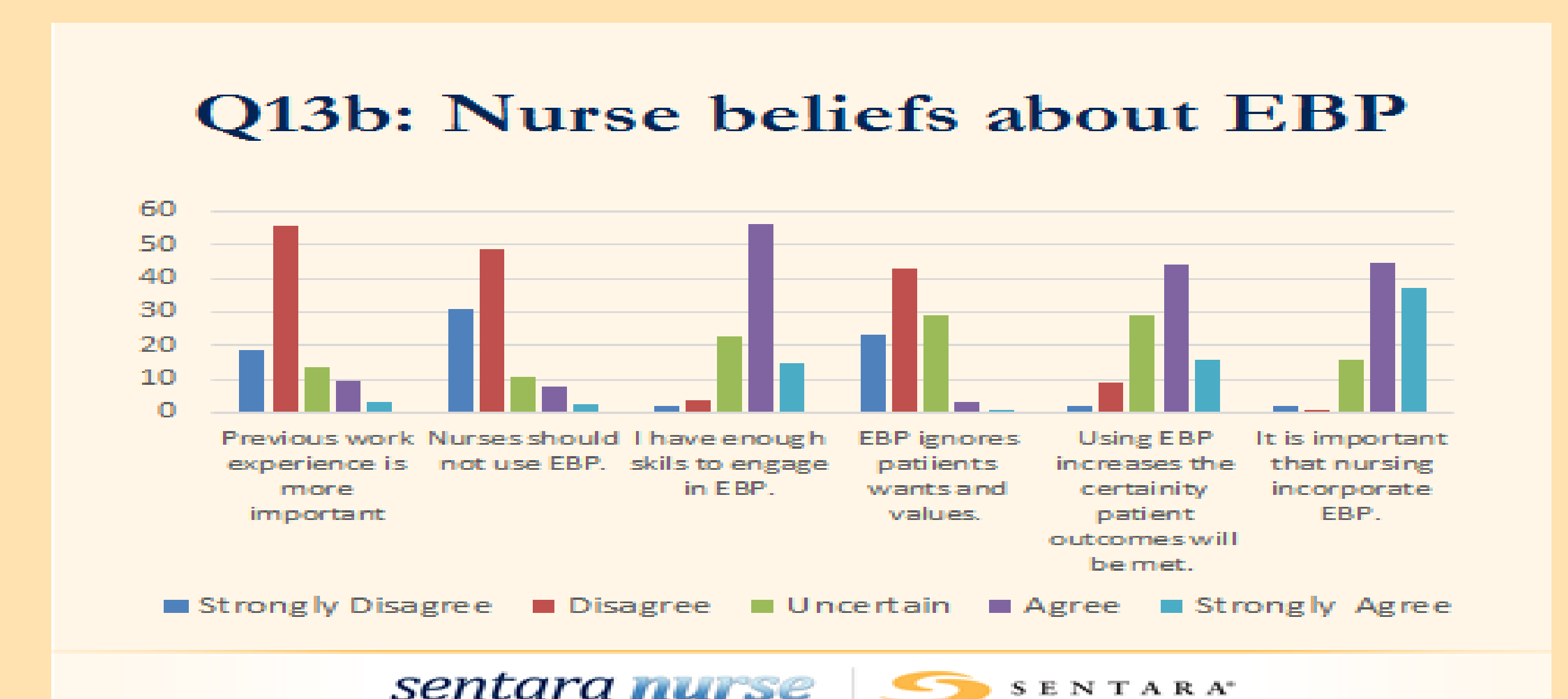
- Besides time, the primary barriers for nurses to engage in research were: difficulty in accessing research materials; utilizing electronic databases; and lack of library access. Nurses tend to get their information from peers and the internet.



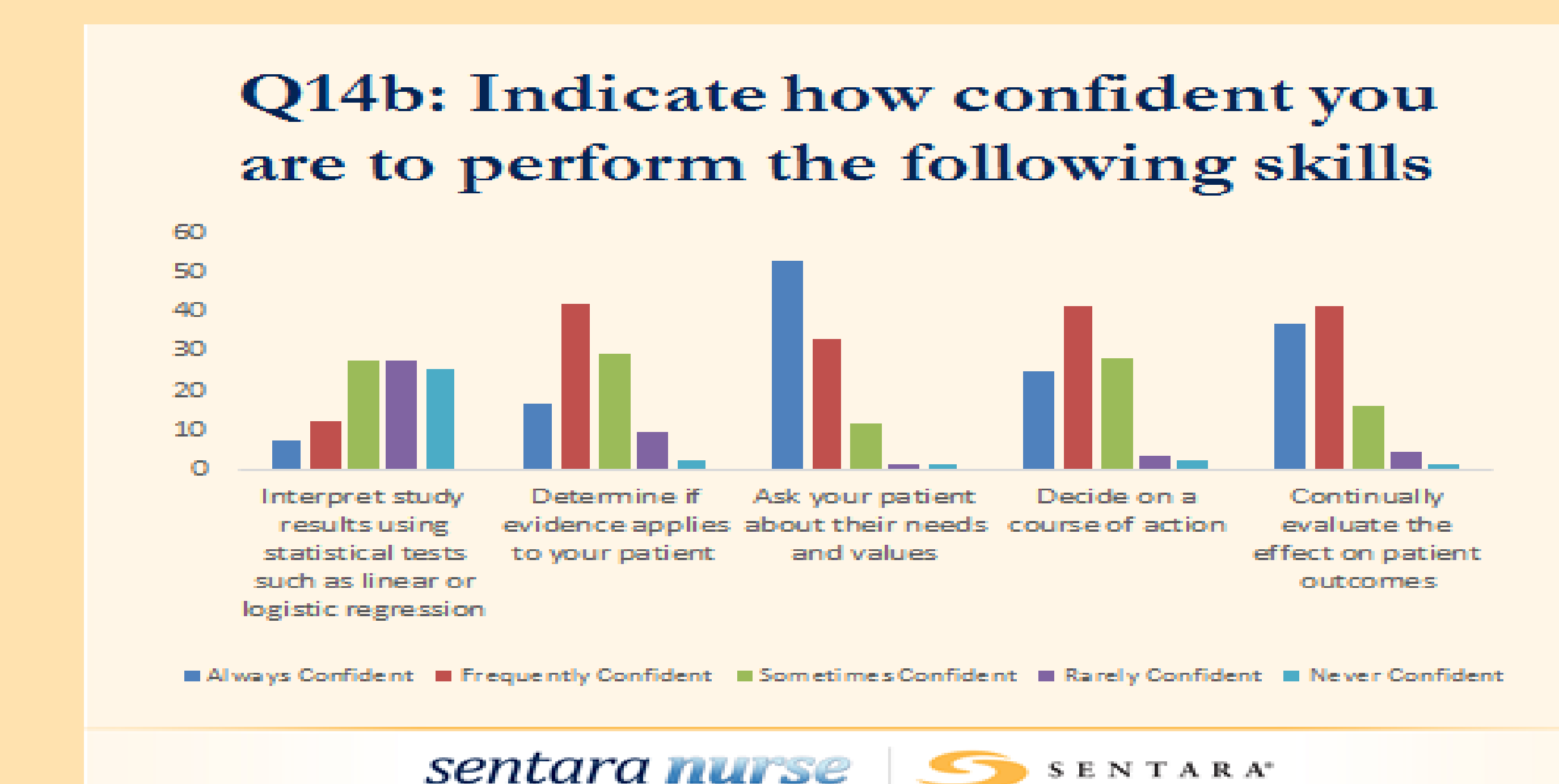
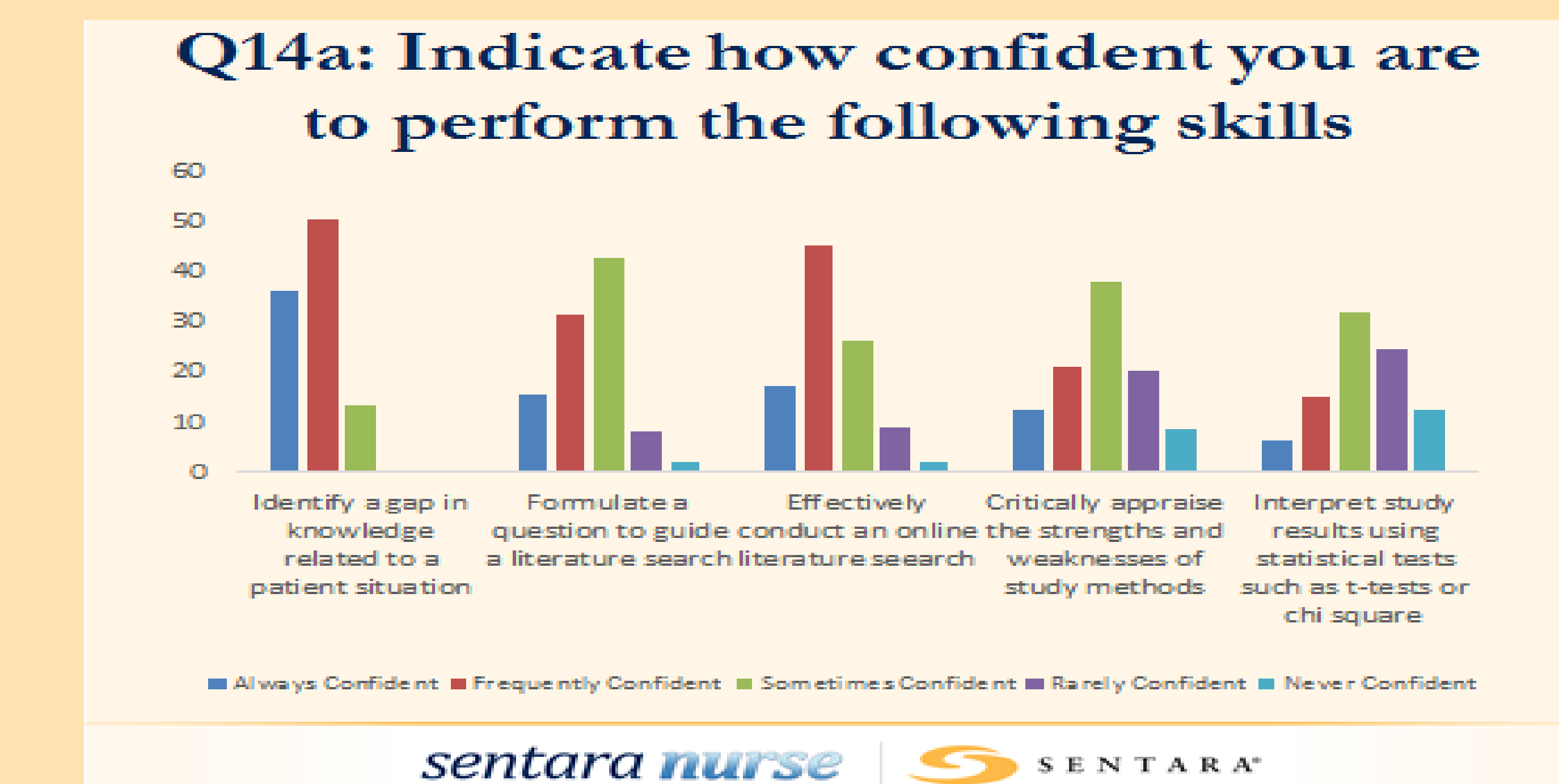
- Three quarters of the nurses agreed or strongly agreed that they had enough knowledge and skills to engage in EBP.



RESULTS



- Over half of the nurses lacked confidence in their skills to critically appraise assessment tools and interpret study results.



CONCLUSION

- This study provided baseline information about the organizational constraints that prevent nurses from using EBP and research in their practice.
- Due to nurses' lack of confidence in critically appraising and interpreting study results, targeted educational offerings will be developed to assist nurses in understanding EBP studies and their implications for better patient outcomes.

References:

Melynyk, B.M. & Fineput-Overholt, E. (2011). *Making the case for evidenced-based practice and cultivating a spirit of inquiry in evidence-based practice in nursing and healthcare: A guide to best practice* 2nd Ed. Wolters Kluwer Health/Lippincott Williams & Wilkins, Philadelphia.

Healsip, V., Hewitt-Taylor, J., & Rowe, N. (2012). Reflecting on nurses' views on using research in practice. *British Journal of Nursing*, 21(22).