

Evidence-Based Practice (EBP): Are SPAH Nurses Ready?

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Background

Evidence-based practice (EBP) improves patient safety, outcomes, cost and healthcare delivery (Melnik & Fineout-Overholt, 2011). However, in this fast paced healthcare environment, there are often obstacles which prevent a bedside nurse from implementing the latest evidence-based practice into their daily care. A recent study found staff nurses most often rely on their personal clinical experiences, facility policies and procedures, and physicians and other nurses' advice on traditional practice rather than using evidence-based practices (Yoder, Kirkley, McGall, Kirdsey Stalbaum, & Sellers, 2014). Several researchers identified barriers to nurses using EBP which include; increased workload, minimal support, inability to change practice, lack of resources, and resistance.

Purpose

The purpose of this project was to evaluate the factors that determine the readiness of Sentara Princess Anne Hospital (SPAH) registered nurses to access and use evidence-based materials in their nursing practice.

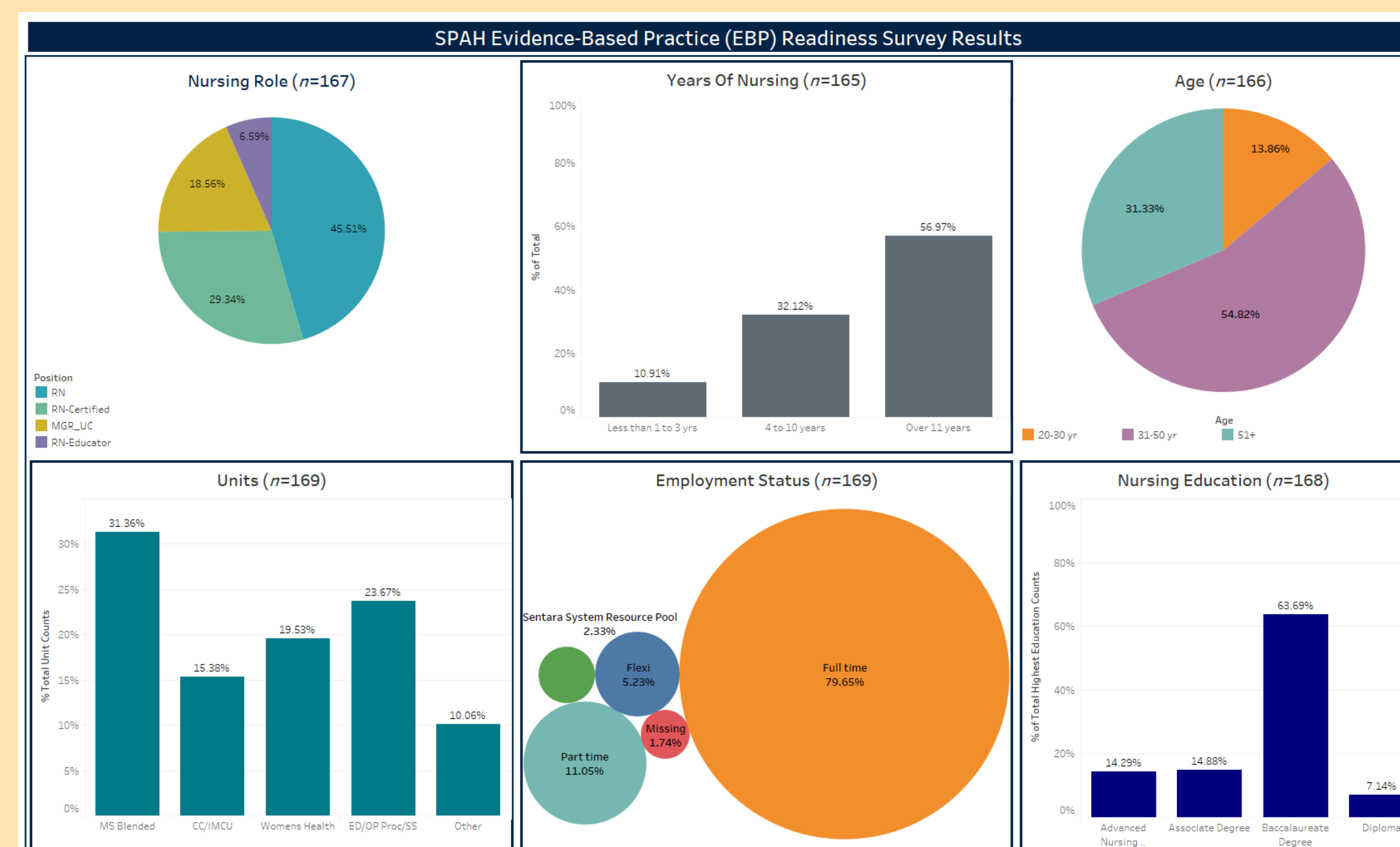
Methods

- Study was approved by the EVMS IRB
- A cross-sectional design was used employing quantitative and qualitative data.
- Permission to modify and use the tool was granted .
- The combined tools, with established reliability and validity, created the Evidence- Based Practice Readiness Survey.
- Survey consisted of 24 questions.
- Areas addressed in the questionnaire included nurses' knowledge, informational needs and seeking behaviors, resource availability and use, nurses' beliefs and nurses' confidence related to evidence-based nursing practice, and organizational constraints.
- Target population was 544 registered Med Surg nurses at SPAH
- 172 nurses completed the survey
- Survey response rate was 31.6%, resulting in a confidence level of 85% with a margin of error of 5%.

Results

Demographics

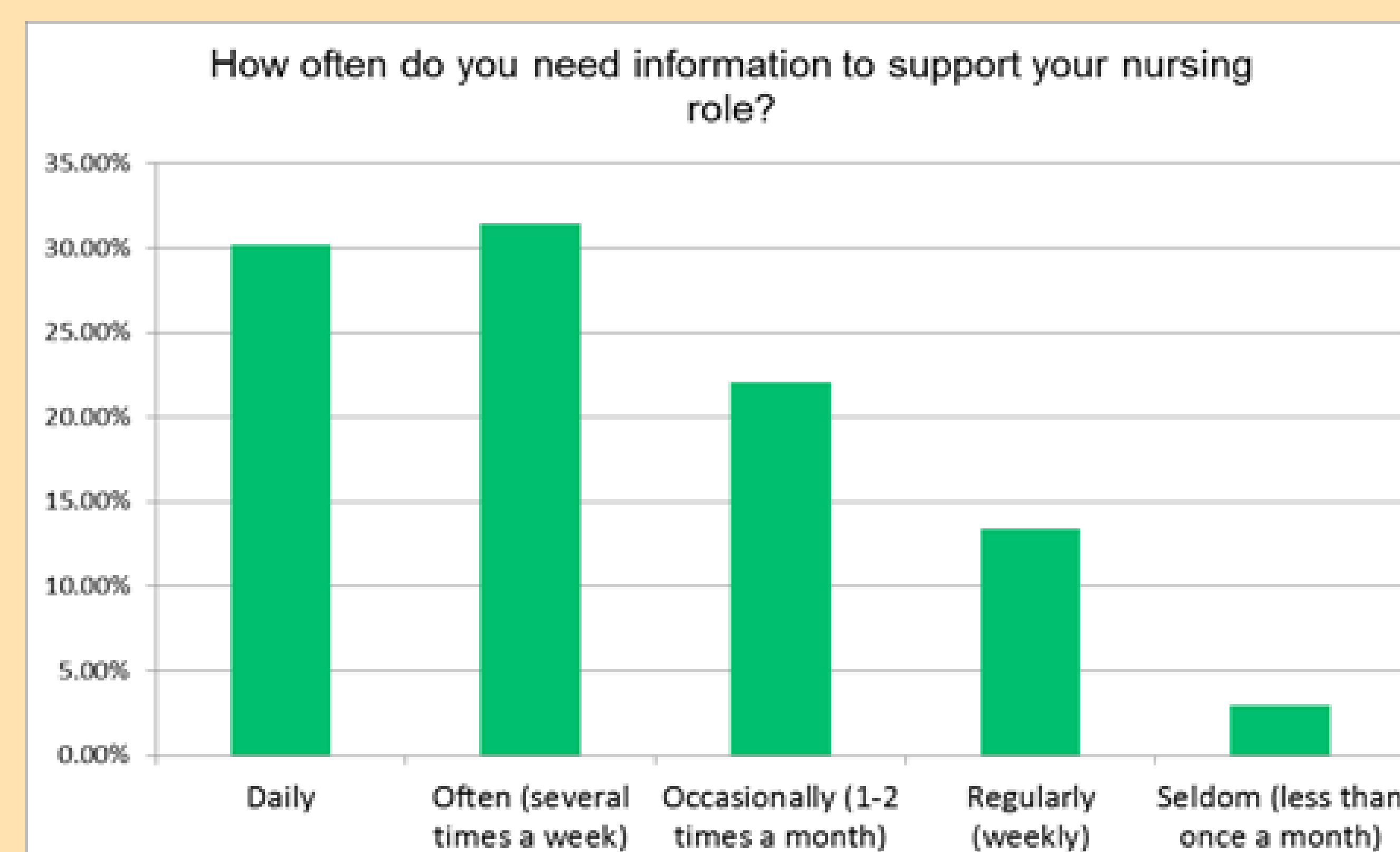
In general, respondents are nurses who are bachelor-prepared (63.4%), between 31-50 years of age (54.8%) with over 10 years of experience (60.0%) and working full-time (79.7%). The Med Surg/Blended Unit had the highest number of respondents (31.4%)



Nurses' Beliefs on EBP

- 93.5% of SPAH nurses' believe in EBP with most disagreeing with negative statements such as EBP is a fad, disregards clinical experience, and ignores patients' wants and values.
- Over one-fifth of the respondents state they are "uncertain" as to whether EBP increases the certainty patient outcomes will be met and that they have enough knowledge to engage in EBP

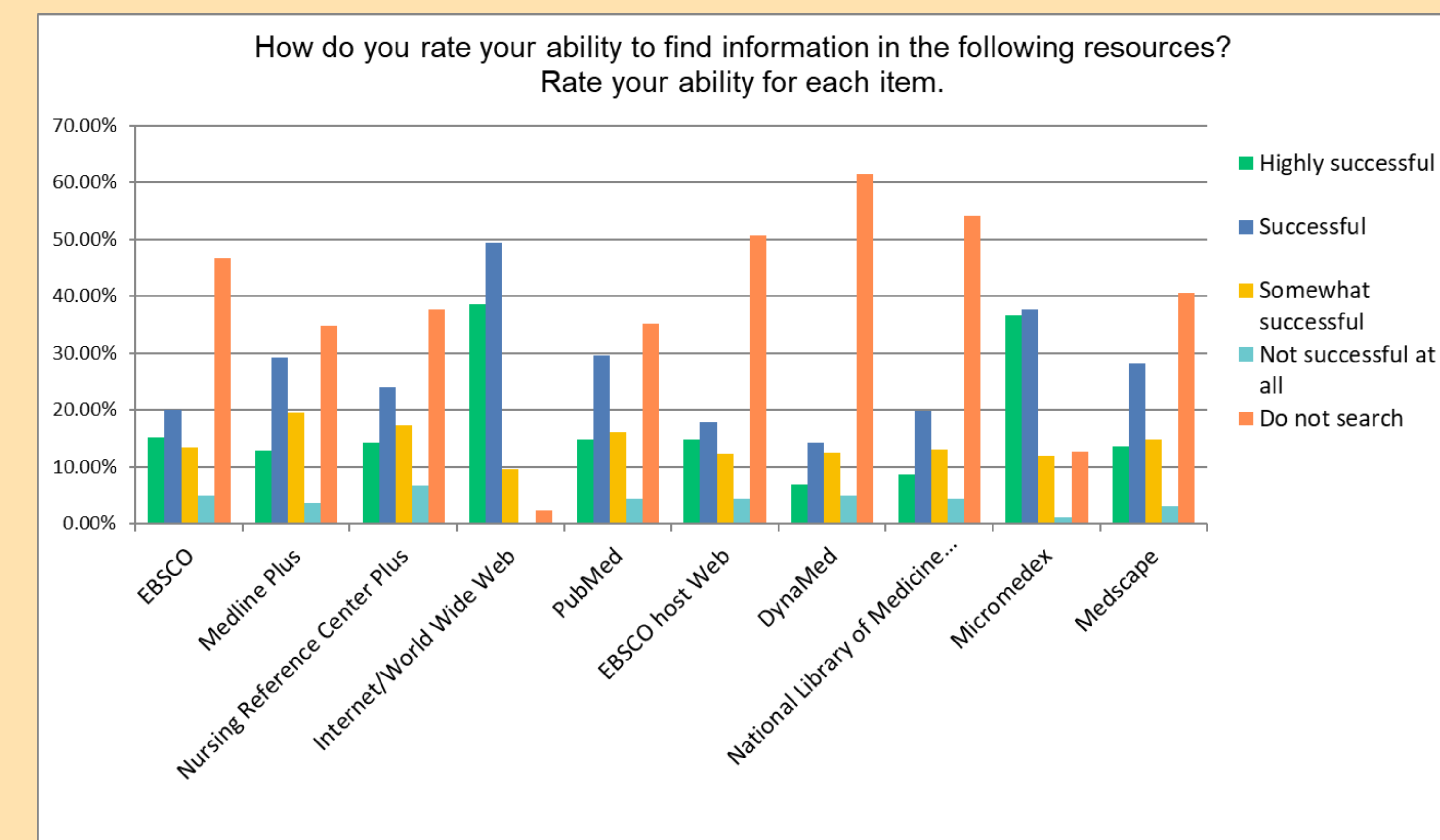
Informational Needs and Skills



Results (continued)

Ability to use EBP

- 88.0% are "successful" to "highly successful" in finding information on the internet or Micromedex (74.3%). Micromedex is readily available in Epic.
- A high percentage of nurses (34.7% - 61.5%) do not use bibliographic databases or clinical reference tools which require going to Sentara's internal website, Wavenet.



Nurses Opinions on EBP

"I just completed my BSN. Researching data bases can be difficult. Many students use the librarians to do it for them and have specified studies emailed to them. It would be good if Sentara put more promotion and education into searching the databases and our library, because EBP is very important to the nurses job."

Conclusion

Although nurses believe in the importance of EBP in their nursing practice many expressed difficulty in accessing resource materials, lack of familiarity with electronic databases, and limited skills to evaluate research articles as the primary barriers to the use of research.

- Organizational barriers reflect a need to focus training that increases their skills in accessing research materials, understanding how to use electronic databases, and how to synthesize the literature.
- Strategies will be designed to address knowledge gaps, increase EBP resource utilization and strengthen nurses' familiarity with using electronic databases.

See Cat Paler for Reference List