



Review Article

Evidence based nursing practice – A review

Hinal Rathod^{1*}

¹ Staff nurse, V.S. General Hospital, Ahmedabad, Gujarat, India.

Abstract

Evidence based practice, evidence based medicine, evidence based nursing etc. are not new terminology in the recent era. For implementation of evidence based nursing practice, only knowledge is not sufficient among core workers but nursing community must have attitude and intention to practice it by their heart. In current Indian scenario, there are plenty of challenges in integrated evidence based nursing practice. For effective implementation of evidence based nursing practice, a nurse must be able to decide either the evidence is relevant and appropriate for the particular patient or not before its application. All patients must receive safe, effective person centred care, based on the best available evidence is the aim of evidence based nursing and nurses have to play a key role in it.

Key words

Evidence based nursing practice, Strategy, Current situation.

Introduction

Evidence based practice, evidence based medicine, evidence based nursing etc. are not new terminology in the recent era. Most of the experts in these fields are agreed to accept current trends. For implementation of evidence based nursing practice, only knowledge is not sufficient among core workers but nursing community must have attitude and intention to practice it by their heart. Application is possible

by introduction of course of up-to-date training and skills or the use of clinical reasoning – the ability to concern evidence according to the needs or circumstance of the individual patient. Hunt noted that nursing has tremendous research potential and it is truly a research-based profession [1]. Evidence-based nursing practice (EBNP) involves assimilation of a problem-solving approach within the background of caring, considering best evidence from studies, patient care data, clinical knowledge and expertise, and patients' preferences and values with its application in current practice for the benefit of community [2].

***Corresponding Author:** Hinal Rathod,
V.S. General Hospital, Ahmedabad, India.
E mail: hinalrathod12@gmail.com

Received on: 31-07-2014
Revised on: 13-08-2014
Accepted on: 25-08-2014

How to cite this article: Rathod H. Evidence based nursing practice – A review. IAIM, 2014; 1(1): 26-29.
Available online at www.iaimjournal.com



Concept of EBNP

Evidence-Based Nursing Practice deals with evidence based practice of medicine in which any problem can be addressed by support of evidence, theory, research and its application. Actually research in particular field provide framework for practice and evidence will be generated by application of theory into practice of research and thus cycle of theory, research, evidence and practice goes on and on and needs to be evaluated and checked with time for its accuracy.

Aim of EBNP

The goal of evidence based nursing practice is to provide evidence based data for practicing nurses to deliver effective and efficient patient care based on the best research evidence; resolve trouble in the clinical setting; accomplish brilliance in care delivery, even beyond quality assurance principles; and to introduce modernization with humanity to serve society [3].

Current situation of EBNP

In current Indian scenario, there are plenty of challenges in integrated evidence based nursing practice. Nursing community have basic knowledge and understanding of research and theory but no practical experience of best utilization of research, generating evidence, developing standard research protocol, identification of best search engine and search filters for collection of database, or doing critical appraisals etc. Many times, nurses assume they are effectively practicing evidence based nursing but in reality they are utilizing remote and inappropriate research results. Equally, nursing faculty members are still not constantly familiar with evidence based nursing or the connected

databases or how to search for it. If we are expecting great future in evidence based nursing in India, then faculty members must be first trained and then implement among students for betterment of evidence based practice.

One more aspect is most of the research work occurred in nursing field till date is almost qualitative in nature in different regions and setup which required thorough systematic review and meta analysis before its implementation at grass root level. A common misconception of evidence based nursing practice is that it is simply a compilation of statistical summaries, blind application of evidence to all with ignoring the patient values, humanity and preferences [4].

Mitchell et al. noted that nursing research journals were present in only 35% of small hospitals of less than 250 beds in their libraries; change in nursing practice on base of research outcome had been adopted by only 38% of health agencies; 15% implemented research utilisation programmes for nursing staff; and 97% wanted assistance in teaching their nursing staff about research utilisation [5].

Strategy to implement EBNP

For effective implementation of evidence based nursing practice, a nurse must be able to decide either the evidence is relevant and appropriate for the particular patient or not before its application. There must be positive and effective balance between clinical expertise, personal experience and recent evidences for planning management of particular patient. One must think for merits and demerits as well as advantage and danger to patient. Ultimate aim is the patient satisfaction and cure. The model for evidence based clinical decisions by Haynes et al. consisted of 4 components which includes



Resources, Clinical expertise, Research evidence and Patients' preferences [6].

It is significant to note that in many cases clinical expertise and patient preference will be given more importance and they may override the other components of the model for a given judgment in routine practice. Before implementation of any new practice, authority has to think for resources and various factors have to be well calculated in the luminosity of the fact that resources for health care are very limited. Best evidence can't be practice if it is too much expensive to effort by patient or health care authority even though it is effective and efficient and nursing staff has to keep it in mind in day to day practice.

Steps of evidence-based practice

Larrabee demonstrated following steps for evidence based practice [7].

Step 1: Collect internal data on current practice, link problems, interventions, comparison and outcome with time constraint.

Step 2: Identify sources of evidence, refine research strategy and conduct the research.

Step 3: Appraise the value of the evidence, synthesize the best evidence, and assess the risks and benefits of the new practice.

Step 4: Define proposed changes, identify the necessary resources, and design the implementation.

Step 5: Implement the proposed changes, evaluate process and outcome, and generate conclusions.

Step 6: Recommend broader changes, integrate changes into standards of practice, and monitor process and outcome periodically.

The first four steps can be taught in classroom and are frequently given to students as a research paper assignment. Steps five and six require help of healthcare environment. One

must not forget that these all steps are intermingled to each other. With the use of these steps one can practice evidence based nursing in effective manner. The accessible research may be qualitative, quantitative, or evidence-based depending upon problems. All these researches when applied on an individual basis to improve patient care one must not forget goal of EBNP that is to deliver best available care to patients.

Dream of evidence based nursing practice can come true by collaboration of all other health care professionals, NGOs, health policy makers in government etc. by their input and set up. Today we have to struggle for how to make EBNP happen in future for better outcome. This struggle is not restricted to nursing but common to all health professions, including medicine, dental, physiotherapy, pharmacy and many more.

Conclusion

All patients must receive safe, effective person centred care, based on the best available evidence is the aim of evidence based nursing and nurses have to play a key role in it. The ability to apply a balanced combination of technical expertise, clinical reasoning, patient values, and evidence appropriate to individual need in healthcare settings develops over time, and this can be true by effective teaching, experiential learning, effective mentorship, hands on effort and reflective practice. We all must have to agree on 'out today's effort will make better tomorrow'.

Acknowledgement

Authors acknowledge the immense help received from the scholars whose articles are cited and included in references of this manuscript. The authors are also grateful to



authors / editors /publishers of all those articles, journals and books from where the literature for this article has been reviewed and discussed.

References

1. Hunt J. Indicators for nursing practice: The use of research findings. *J Adv Nurs*, 1981; 6: 189–94.
2. Melynk BM, Fineout-Overholt E, Stillwell SB, Williamson KM. Evidence based practice: Step by step—igniting a spirit of inquiry and essential foundation for evidence-based practice. *Am J Nurs.*, 2009; 109(11): 49-52.
3. Grinspun D., Virani T., Bajnok. Nursing best practice guidelines: The RNAO project. *Hospital Quarterly*, 2001/2002, 54-58.
4. DiCenso A., Bayley L. Evidence-based nursing: Searching for the literature. Sigma Theta Tau International Biennial Convention. Toronto, Canada, 2003.
5. Mitchell A, Janzen K, Pask E, et al. Assessment of nursing research utilization needs in Ontario health agencies. *Can J Nurs Admin*, 1995; 8: 77-91.
6. Haynes RB, Sackett DL, Gray JAM, et al. Transferring evidence from research into practice. 1. The role of clinical care research evidence in clinical decisions [editorial]. *ACP Journal Club*, 1996; N125: A14–6.
7. Larrabee J. H. Nurse to nurse: Evidence-based practice. New York: McGraw-Hill, 2009.

Source of support: Nil

Conflict of interest: None declared.