

Scope & Significance of Evidence Based Research in Nursing Practice

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Abstract

Introduction: Research evidence has greatly expanded over the last 30 years as numerous quality studies in nursing, medicine, and other healthcare disciplines have been conducted and disseminated. These studies are commonly communicated via conferences, journals, and the Internet. The expectations of society and the goals of healthcare systems are the delivery of quality, safe, cost-effective health care to patients, families, and communities, nationally and internationally. To ensure the delivery of quality health care, the care must be based on the current best research evidence available. Healthcare agencies are emphasizing the delivery of evidence-based health care, and nurses and physicians are focused on evidence-based practice (EBP). With the emphasis on EBP over the last 2 decades, outcomes have improved for patients, healthcare providers, and healthcare agencies.(1)

Objectives & Aims: 1. To hark back to the terms of EBP and Nursing Research. 2. To comprehend the importance of EB Research in Nursing Practices. 3. To project the future of EB Research in Nursing Practices.

Conclusion: Research provides the foundation for high-quality, evidence-based nursing care. However, there isn't a direct flow of knowledge from research into practice. When a question is asked to nurses where the "evidence" to guide the development of "evidence-based care" comes from? And "an interesting array of answers, from "researchers" to blank stares, as if there's no connection between the worlds of researchers and bedside nurses". If research evidence informs our nursing practice, why doesn't it come from all of us? Nurses are inquisitive, think critically about their patients' care, and want to know the best treatments for their patients—all of which makes them perfectly suited for research. Though the majority of nurses don't have the training to conduct research projects without assistance, they know how to ask questions and they know which questions need answering⁹. Message: Work in collaboration with other health care team members: Intra professional/disciplinary: Members of one profession work together, sharing information through the lens of their own profession. Multi/Cross disciplinary/professional: An additive process whereby members of multiple professions work in parallel alongside each other to provide input, making complementary contributions, each staying within their own professional boundaries, working separately on distinct aspects of the problem. Interdisciplinary/professional: Members Of multiple professions work together, contributing their various skills in an integrative fashion, sharing perspectives to inform decision-making. Tran disciplinary/professional: A high level of cooperation of professionals from multiple fields who understand each other's roles and perspectives sufficiently to blur boundaries, share skills and expertise, and use them to develop new ways of viewing a problem¹⁰.

Keywords: Evidence Based Practice, Evidence Based Research, Quality Care, Nursing Practices.

INTRODUCTION

- Research evidence has greatly expanded over the last 30 years as numerous quality studies in nursing, medicine, and other healthcare disciplines have been conducted and disseminated.
- These studies are commonly communicated via conferences, journals, and the Internet.
- The expectations of society and the goals of healthcare systems are the delivery of quality, safe, cost-effective health care to patients, families, and communities, nationally and internationally.
- To ensure the delivery of quality health care, the care must be based on the current best research evidence available.
- Healthcare agencies are emphasizing the delivery of evidence-based health care, and nurses and physicians are focused on evidence-based practice (EBP).
- With the emphasis on EBP over the last 2 decades, outcomes have improved for patients, healthcare providers, and healthcare agencies¹.

OBJECTIVES

1. To hark back to the terms of EBP and Nursing Research.
2. To comprehend the importance of EB Research in Nursing Practices
3. To project the future of EB Research in Nursing Practices.

To hark back to the terms of EBP and Nursing Research

Research consists of three steps

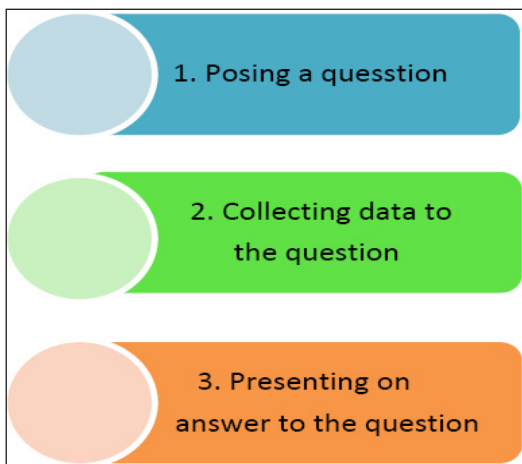


Figure 1. Three steps of Research

Nursing Research

Nursing Research: It is “A Systematic inquiry designed to develop knowledge about issues of importance to the nursing profession, including nursing practices, education, administration and informatics².

-Polit and Beck

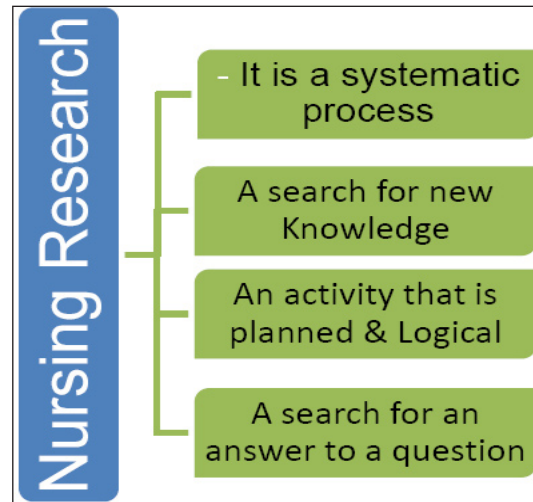


Figure 2. Nursing Research Meaning

Evidence Based

- In 1996, **Dr. David Sackett** defined EBM as “the conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients” (2000)³.
- “The society defines EBN as an integration of the best **evidence** available, nursing expertise, and the values and preferences of the individuals, families and communities who are served”⁴.(STTI-2007)

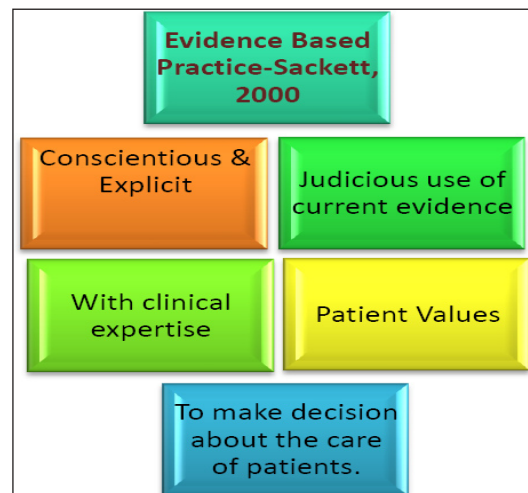


Figure 3. Definition of Evidence Based Practice by Sackett

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Figure 4. Definition of Evidence based Nursing Practice by Sigma Theta Tau International

Nursing Process

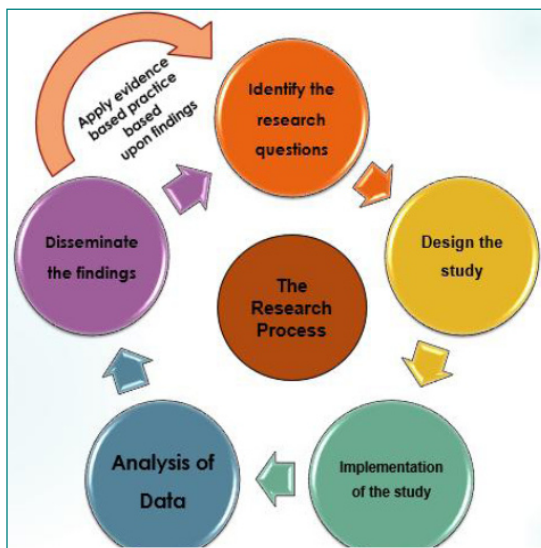


Figure 5. Model of the Research Process¹⁰

“There are not two sciences, There is science, and the application of science, and these two are linked as the fruit is to the tree.”-Louis Pasteur.

To Comprehend the Importance of EB Research in Nursing Practices

1. A hospital-based research and EBP mentorship program increases nurses’ knowledge, attitude, and practice of EBP, creating an EBP culture change⁵. The greatest benefits of EBP are improved outcomes for patients, providers, and healthcare agencies.

2. These evidence based research syntheses strong evidence-based guidelines for practice by using systematic reviews and meta-analyses etc.
3. These guidelines identify the best treatment plan, or gold standard, for patient care in a selected area to promote quality health outcomes.
4. Students and clinical nurses have easy access to numerous evidence-based guidelines to assist them in making the best clinical decisions for their patients.
5. Healthcare agencies are highly supportive of EBP because it promotes quality, cost-effective care for patients and families and meets accreditation requirements.
6. The Joint Commission (2014) revised their accreditation criteria to emphasize patient care quality achieved through EBP.
7. We can overcome the One of the most serious barriers is the lack of research evidence available regarding the effectiveness of many nursing interventions.
8. Generalisation of research findings by practicing evidences in nursing care in different settings.
9. Helps in reviewing and preparation of best practice guidelines.
10. Helps in over coming the barriers in implementation on EB Research in Nursing Practice like provision of necessary support and resources by higher authority, might include the following:
 1. Provision of adequate access to research journals and other sources of synthesized research findings and evidence-based guidelines.
 2. Helps in refining adequate knowledge on how to implement evidence-based changes in Practice.
 3. Minimize the workload of nurse researcher and allow time to make research-based changes in practice.
 4. Provide authority to implement change in patient care based on evidence based research findings;
 5. Provision of funds to support Evidence based research projects and research-based changes in practice; and

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6. Encourage in terms of rewards for providing evidence-based care to patients and families⁶.
12. The success of EBP is determined by all involved, including health-care agencies, administrators, nurses, physicians, and other healthcare professionals.
13. It gives platform to take active role in ensuring that the health care provided to patients and families is based on the best available research findings / evidences.

➤ **Evidence Based Nursing Research Practices** ensures an effective research enterprise in nursing, like

➤ It helps in

- (1) Creating a research culture;
- (2) Provision of high-quality educational programs
- (3) Developing a sound research infrastructure; and
- (4) Obtaining sufficient funding for essential research (AACN, 2006).

To Project the Future of EB Research in Nursing Practices

1. The vision for Evidence Based Research in Nursing Practice in the 21st century includes conducting quality studies through the use of a variety of methodologies, synthesizing the study findings into the best research evidence, using this research evidence to guide practice, and examining the outcomes of EBP⁷.
2. Broadly speaking, the priority for future nursing research will be the promotion of excellence in nursing science.
3. Toward this end, nurse researchers and practicing nurses will be sharpening their research skills and using those skills to address emerging issues of importance to the profession and its clientele⁷.

Among the Trends We Foresee for the Early 21st Century are the Following

Continued focus on EBP

1. Encouragement for nurses to engage in evidence-based patient care is sure to continue.
2. In turn, improvements will be needed both in the quality of studies and in nurses' skills in locating, understanding, critiquing, and using relevant study results.

3. Relatedly, there is an emerging interest in translational research—research on how findings from studies can best be translated into practice.

4. Translation potential will require researchers to think more strategically about long-term feasibility, *scalability*, and sustainability when they test solutions to problems.

Stronger evidence through confirmatory strategies

1. Development of a stronger evidence base through confirmatory strategies.
2. Practicing nurses are unlikely to adopt an innovation based on weakly designed or isolated studies.
3. Strong research designs are essential, and confirmation is usually needed through the **replication** (i.e., the repeating) of studies with different clients, in different clinical settings, and at different times to ensure that the findings are robust.

Continued emphasis on systematic reviews

1. *Greater emphasis on systematic reviews.* Systematic reviews are a cornerstone of EBP and will take on increased importance in all health disciplines.
2. Systematic reviews rigorously integrate research information on a topic so that conclusions about the state of evidence can be reached.
3. Best practice clinical guidelines typically rely on such systematic reviews.

Innovation

1. There is currently a major push for creative and innovative solutions to recurring practice problems.
2. "Innovation" has become an important buzzword throughout nursing profession worldwide.
3. Innovative interventions—and new methods for studying nursing questions—are sure to be part of the future research landscape in nursing.

Expanded local research in health care settings.

1. Small studies designed to solve local problems will likely increase.
2. This trend will be reinforced as more hospitals involve in clinical side research like other countries.
3. Mechanisms will need to be developed to ensure that evidence from these small projects becomes available to others facing similar problems, such as

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communication within and between regional nursing research alliances.

Strengthening of interdisciplinary collaboration.

1. Collaboration of nurses with researchers in related fields is likely to expand in the 21st century as researchers address fundamental health care problems.

2. In turn, such collaborative efforts could lead to nurse researchers playing a more prominent role in national and international health care policies.

3. One of four major recommendations in a 2010 report on the future of nursing by the Institute of Medicine was that nurses should be full partners with physicians and other health care professionals in redesigning health care.

Expanded dissemination of research findings.

1. The Internet and other electronic communication have a big impact on disseminating research information,

2. Which in turn helps to promote EBP. Through technologic advances, information about innovations can be communicated more widely and more quickly than ever before.

Increased focus on cultural issues and health disparities.

1. The issue of health disparities has emerged as a central concern in nursing and other health disciplines;

2. This in turn has raised consciousness about the cultural sensitivity of health interventions and the cultural competence of health care workers.

3. There is growing awareness that research must be sensitive to the health beliefs, behaviors, and values of culturally and linguistically diverse populations.

Clinical significance and patient input.

1. Research findings increasingly must meet the test of being clinically significant, and patients have taken center stage in efforts to define clinical significance.

2. A major challenge in the years ahead will involve getting both research evidence and patient preferences into clinical decisions, and designing research to study the process and the outcomes⁸.

What are nurse researchers likely to be studying in the future?

Research priorities that have been changed so far includes

- Health promotion,
- Preventing disease and
- Recognizing social, economic, and political determinants;
- Implementation of evidence-based practice;
- Targeting the needs of vulnerable populations such as the poor and chronically ill; and
- Developing nurses' capacity for evidence based nursing research⁴.

-Sigma Theta Tau International

CONCLUSION

Research provides the foundation for high-quality, evidence-based nursing care. However, there isn't a direct flow of knowledge from research into practice.

When a question is asked to nurses where the "evidence" to guide the development of "evidence-based care" comes from?

And "an interesting array of answers, from "researchers" to blank stares, as if there's no connection between the worlds of researchers and bedside nurses".

If research evidence informs our nursing practice, why doesn't it come from all of us? Nurses are inquisitive, think critically about their patients' care, and want to know the best treatments for their patients—all of which makes them perfectly suited for research. Though the majority of nurses don't have the training to conduct research projects without assistance, they know how to ask questions and they know which questions need answering⁹.

MESSAGE

Work in collaboration with other health care team members:

Intraprofessional/disciplinary: Members of one profession work together, sharing information through the lens of their own profession.

Multi/Crossdisciplinary/professional: An additive process whereby members of multiple professions work in parallel alongside each other to provide input,

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making complementary contributions, each staying within their own professional boundaries, working separately on distinct aspects of the problem.

Interdisciplinary/professional: Members of multiple professions work together, contributing their various skills in an integrative fashion, sharing perspectives to inform decision-making.

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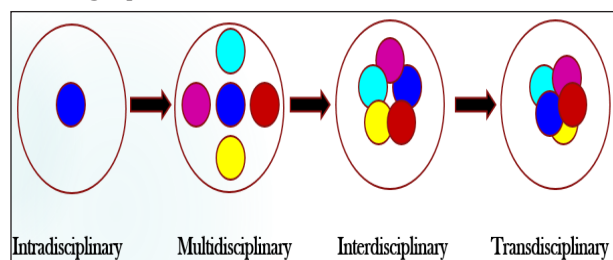


Figure 6. Level of disciplinary and professional collaboration

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