

Type: EVIDENCE BASED PRACTICE

Subject: Issues in Nursing

Subject area: Nursing

Education Level: College

Length: 4 pages

Referencing style: APA

Preferred English: US English

Spacing Option: Double

Instructions: i have 1 journal i found; however my instructions say use 2-3 journal articles to support my topic (must be published within the last 5 years). can use .gov , .edu i need to make a recommendation for change!

Focus: impact on patient outcomes and implications for evidence-based practice-include several supporting details in well constructed paragraphs and subheadings. use 3 or more referenced and (information and graphics) are accurately documented in apa.

Structure: apa 7th edition; title page, headings, citations, and reference page. font, layout, and margins adhere to apa format. 3-4 pages of content plus title page and reference page total of 5 pages.

Important notes: i can use any peer reviewed journal this was the best one i could find. i need to use 2-3 journal articles to support my topic (do not use if it is more than 5 yrs old. introduction of the topic; this includes what is evidence based nursing care and the purpose of the paper. discuss the following based on your research; 1. what is the problem that the research is addressing? 2. why is the problem significant to the nursing practice? 3. summarize the findings from the research articles (indicate the research level/tier of their articles). 4. describe the recommendation (s) for the nursing practice. conclusion; include how your findings will impact your personal nursing practice.

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A Research to Evaluate the Trend in the Adoption of Evidence-based Research and determine
Barriers to Adoption of Evidence-based Practice

Name

Institution

Introduction

Evidenced based nursing care can be viewed as the approach to health care which adopts the most current research and practices to enhance the health and safety of the patients thereby reducing variations in health outcomes. Evidences-based nursing practices have been adopted in various health facilities since it is associated with enabling healthcare professionals to use current protocols, use real-time data to make clinical decisions, enhancing the quality of care offered and improving patient outcomes among other benefits. Evidence-based care has three main facets including individual clinical expertise, patient-centered care and current best practices. The term evidence-based practice (EBP) was coined by Rhazes and Avicenna who defined EBP as the application of best research findings on clinical decision making process (Mohammadi, Poursaberi and Salahshoor, 2018).

Although EBP has been found to be associated with numerous benefits, some researchers have claimed that the adoption of EBP has been extremely low with most health care professionals relying on theoretical-based practices. The current analysis aims at evaluating whether evidence-based practices have been adopted by health care professionals over time. The analysis will also evaluate the challenges that hinder effective adoption of evidence-based practices.

The problem that the research is addressing

Evidence-based practice is viewed as a major element of quality patient care and numerous studies have demonstrated that EBP has various merits on patient care and overall performance of health care professionals. However, Mahmoud and Abdelrasol (2019) showed that EBP is not yet the standard of care across the world. It is not known whether the adoption of EBP has been on the increase, decrease or no change. Evidence-based research is a crucial element for the success of evidence-based -practice. Determining whether evidence-based

research has been on the rise would be crucial in evaluating the trend for the adoption of EBP. The current research aims at evaluating whether there has been an increase or decrease in the adoption of evidence-based research and evidence-based practice hence bridge the literature gap.

Although numerous studies have demonstrated that EBP is crucial in providing quality of care provided to patients, there are numerous health facilities and health professionals that have not yet adopted the practice. Limited research has been conducted to explore the challenges that hinder the adoption of EBP. Lack of sufficient knowledge on the challenges facing the implementation of EBP hence the relevant stakeholders fail to implement necessary infrastructure and policies to ensure full adoption of evidence-based policies.

Why the problem significant to the nursing practice

Evidence-based practices have become essential in the medical care industry. EBP has been associated with increased use of real-time data in making clinical decisions, enhanced quality of care, improved accuracy, transparency and accountability, enhanced quality of care offered to patients and improved outcomes among other numerous benefits. However, failure by health professionals, researchers and facilities to adopt the policies prevents patients from experiencing the benefits of EBP. The current research aims at evaluating whether there has been an increase, reduction or no change in the adoption of evidence-based practices and research. Determining the trend in the adoption of EBP is crucial in informing stakeholders including researchers, hospital managements, healthcare practitioners and research institutions on whether their efforts to promote evidence-based care have been effective. Additionally, the trend analysis will be crucial in evaluating the effectiveness of current policies and programs aimed at increasing the adoption of EBP. For example, medical experts prepared the Quality Chasm report

in 2001 to offer a blueprint for healthcare professionals to adopt EBP. However, the report can only be effective if there has been an increase in EBP since the preparation of the report. The current research will therefore evaluate how the reports and policies adopted by various stakeholders impacted on the adoption of the EBP.

The research will also evaluate various barriers that have hindered the implementation of EBP. Various studies have demonstrated that various researchers and health care facilities are yet to embrace evidence-based practices but have failed to suggest reasons for low adoption of EBP. The current research will therefore provide vital information on the challenges and obstacles that prevented researchers and health care professionals and facilities to adopt evidence-based practices. The research will therefore inform researchers, health care facilities' management and government institutions the major challenges for EBP hence enable them to adopt policies and strategies to increase adoption of the practices.

A summary of the findings from the research articles

Richards, Hanssen and Borglin (2018) conducted a research to identify, appraise and synthesis studies conducted on European nursing and determine whether they were descriptive or research-based. The research selected 254 reports from 19 European countries from a population of 2,220 reports. The research demonstrated that 48 studies (18.9%) were experimental while 24 studies (9.4%) were randomized controlled trials. Additionally, 11 studies (4.3%) involved experiments without randomization and 85 (33.5%) were qualitative studies. The research was a second triennial systematic literature hence compared the results from the first research conducted previously. The results demonstrated that there had been an increase in experimental studies compared to the first research, an increase from 11.7% to 18.9%. The research therefore showed that there has been an increase in the adoption of evidence-based practices and research

over time. The research conducted by Richards, Hanssen and Borglin (2018) is a tier 1 article since it is a peer-reviewed academic publications.

Li, Cao and Zhu (2019) conducted a research to evaluate the status of knowledge, attitudes and barriers of evidence-based practices (EBP). The study showed that EBP has been adopted and preferred by community nurses. The research evaluated twenty articles delivered from 7 medical databases and published between 1996 and 2018. The study showed that community nurses had a positive attitude towards EBP. However, there were various limitations that hindered the adoption of EBP. The study showed 21 barriers which were categorized into three themes including evidence, environment, and nurses. Some of barriers of EBP implementation under the evidence theme included insufficient evidence, lack of constituency across various clinical areas and conflicting research findings. Some of the barriers under the environment theme include lack of time and increased workload, insufficient facilitators, lack of commitment for change, lack of collaboration across the medical industry and insufficient financial resources to finance evidence-based research and practices. Some barriers under the nurses theme included lack of opportunities to make changes, lack of knowledge and skills for EBP, nurses not willing to make changes and lack of motivation and reconnection. The article by Li, Cao and Zhu (2019) can be categorized as tier 1 since it is peer-reviewed academic publication.

The recommendation for the nursing practice

The study conducted by Richards, Hanssen and Borglin (2018) shows that the policies and strategies adopted by various stakeholder including nursing professionals, health care facility management, and research institutions have been effective in increasing EBP adoption. However, the increment is low hence there is need to increase the policies and strategies to adopt EBP. For

example, editors of nursing research should require authors to adopt more research-based methodologies. Additionally, government and medical regulatory bodies should motivate researchers and nursing professionals to use experimental studies to raise the level of evidence hence provide evidence-based interventions. The study conducted by Li, Cao and Zhu (2019) shows that there are various barriers that hinder full implementation of EBP spread across the evidence, environment and nurses themes. To overcome the barriers under evidence theme, medical stakeholders should harmonize the studies to reduce conflicting findings. The stakeholders should work with researchers to eliminate the complexities in conducting evidence-based research. To eliminate environment-based barriers, the government and non-governmental medical agencies should employ more facilitators to guide medical professionals in adopting EBP. Additionally, sufficient resources and time should be allocated to EBP. To overcome nurses-based barriers, medical professionals and stakeholders should collaborate and work together to ensure the success of EBP. Additionally, the management of health facilities and the government agencies should also be ready to accept, finance and be committed to change brought about by EBP.

Conclusion

The current research aimed at evaluating whether evidence-based practices have been adopted by health care professionals over time and also evaluate the challenges that hinder effective adoption of evidence-based practices. The research has demonstrated that health care professionals and researchers have continued to embrace EBP. The findings strengthen the need to embrace EBP. The results will motivate me to embrace EBP by conducting evidence-based research and patient-centered care. Additionally, the results showed that there are various barriers to the implementation of EBP. In my personal nursing practice, I will always strive to overcome

the barriers within my capacity. For example, I will work closely with other professionals hence creating a suitable environment for EBP to thrive.

References

- Li, S., Cao, M., & Zhu, X. (2019). Evidence-based practice: Knowledge, attitudes, implementation, facilitators, and barriers among community nurses—systematic review. *Medicine, 98*(39).
- Mahmoud, M. H., & Abdelrasol, Z. F. M. (2019). Obstacles in employing evidence-based practice by nurses in their clinical settings: a descriptive study. *Frontiers of Nursing, 6*(2), 123-133.
- Mohammadi, M. M., Poursaberi, R., & Salahshoor, M. R. (2018). Evaluating the adoption of evidence-based practice using Rogers's diffusion of innovation theory: a model testing study. *Health promotion perspectives, 8*(1), 25.
- Richards, D. A., Hanssen, T. A., & Borglin, G. (2018). The second triennial systematic literature review of European nursing research: Impact on patient outcomes and implications for evidence-based practice. *Worldviews on Evidence-Based Nursing, 15*(5), 333-343.