Nursing students’ readiness to adopt and implement Evidence-based Practice

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Nowadays it is widely accepted by the global scientific community that the implementation of Evidence-based Practice (EBP) in the field of Nursing offers multiple benefits throughout the health care system. Undoubtedly, through the implementation of the EBP, the quality of patients’ health is ensured and health problems are addressed on time and effectively treated with safe methods. It is worth noting that the benefits of EBP implementation in Nursing and in the healthcare sector, in general, are accepted worldwide as its importance is recognized both in the nursing education and professional nursing. The purpose of this review was to investigate nursing students’ grade of EBP adoption and the level of their readiness towards EBP implementation into practice. Literature shows that, despite the importance of the EBP integration into clinical practice, nurses face a number of personal and organizational obstacles on the way to implementation and adoption of EBP, focusing mostly on lack of administration support, nurses’ limited EBP competence and high overload which leads to lack of time. Similar findings are highlighted by researcher who reveal that nursing students have limited skills and knowledge towards EBP, although they hold a positive attitude. Nevertheless, the necessity of familiarization with EBP very early during the undergraduate studies in Nursing, is considered of major importance and, therefore it is necessary and immediately recommended to incorporate such modules into undergraduate and postgraduate programs and in this way enhance future nurses to overcome any obstacle that hinders the EBP adoption.

Introduction: Nowadays it is widely accepted by the global scientific community that the implementation of Evidence-based Practice (EBP) in the field of Nursing offers multiple benefits throughout the health care system. Undoubtedly, through the implementation of the EBP, the quality of patients’ health is ensured and health problems are addressed on time and effectively treated with safe methods. It is worth noting that the benefits of EBP implementation in Nursing and in the healthcare sector, in general, are accepted worldwide as its importance is recognized both in the nursing education and professional nursing. Studies have shown, that nurses have to be able to cope with the ever-increasing angles of their profession by adhering faithfully to the rules of quality and holistic care and finally make informed decisions. It is important for them to be able to accept and recognize their potential lack of competence in this field and focus on cultivating EBP skills, knowledge and positive attitudes. Notably, World Health Organization’s reference to the importance of a high level of education in the nursing industry should not be overlooked, as nurses are the ones who establish the national health system in each country. However, it is appropriate to mention the obstacles to the implementation of the EBP.

Methods: A literature review was conducted based on articles published in PubMed and SCOPUS in English language during the last decade. The search was conducted based on the following terms: attitude, barriers, education, evidence-based practice, nursing, nursing students, readiness.

Results-Discussion: Literature shows that, despite the importance of the EBP integration into clinical practice, nurses face a number of personal and organizational obstacles on the way to implementation and adoption of EBP, focusing mostly on lack of administration support, nurses’ limited EBP competence and high overload which leads to lack of time. Furthermore, additional obstacles are the difficulty in accessing and interpreting bibliographic references in electronic databases, the lack of skills, the increased workload and lack of knowledge. Similar findings are highlighted by researcher who reveal that nursing students have limited skills and knowledge towards EBP, although they hold a positive attitude. Nevertheless, the necessity of familiarization with EBP very early during the undergraduate studies in Nursing, is considered of major importance and, therefore it is necessary and immediately recommended to incorporate such modules into undergraduate and postgraduate programs. With these enriched lessons we enhance future nurses to overcome any obstacle that hinders the EBP adoption. Taking into account that important studies, especially in the last decade, point out the importance of implementing the EBP application, we must focus on higher education programs for nursing students, as it is of the utmost importance to focus their training on the adoption of the EBP. It is clear that the adoption of EBP by nursing students is beneficial for students and for nursing science in general. Increased communication, teamwork and the ability of nurses to promote their education are achieved through EBP.

The only way to overcome any barriers towards EBP implementation in clinical practice is to cultivate students’ inquiry spirit by following appropriate innovative methods in nursing undergraduate education, in order to acquire skills and supplies, in relation to formulating a question, information retrieval, critical appraisal and evaluation. Numerous studies that have focused on finding barriers to the implementation of the EBP point out that usually the non-approach of the indications was related to both the students and the curriculum. A typical example is a 2019 study, which refers to a sample of nursing students and states that they adopt a positive attitude towards EBP. However, it is necessary to further train and cultivate their skills in order to have the ability to implement EBP in clinical practice in the future in their work as nurses.

In order to achieve the previously mentioned goals, it is necessary to review the study programs of Nursing and improve the level of students related to EBP. In more detail the attitude, the level of knowledge and the range of their skills in the specific subject of EBP. It is worth noting that looking back at the literature we have the opportunity to study important efforts to modify such educational programs. However the weakness of Nursing students leads to the need for action.

Conclusion: As a result of the adoption of EBP by nursing students and its proper implementation in the future by most nurses, it brings not only personal benefit to every nurse but also collective benefit such as better connectivity and improved patient care. Also, clinical decisions will be made on a scientific base and they will not rely on tradition. In addition, nurses applying the practice have a sense of self-sufficiency, while there is a significant reduction on burnout syndrome prevalence. Thus, the nursing care will be promoted responsibly and reliably. Moreover, the promotion of
and upgrading of the nursing profession is undoubtedly one of the most important results from the adoption and implementation of EBP. The previous one is explained because the efficiency in the daily life of the nurses is increased and their mistakes follow a declining course. In addition, the nursing care provides relief and pleasure for the patients, who are the basis of the pyramid in Nursing, is receiving a positive response. At the same time, the adoption and successful implementation of EBP in Nursing inevitably leads to significant economic and financial gain in the health system as based on the practices applied, a targeted course is followed.

The necessity of the EBP implementation in the nursing sector is considered of main importance for the patients safety promotion. However, in order to achieve this, health care organizations must focus on the adoption of the EBP, even from the undergraduate level of nursing studies to prepare future nurses and immerse them early in the field of EBP. This in turn will be one of the greatest achievements in the history of Nursing, as with the evolution of nurses, they will be able to overcome major obstacles and support their professional role effectively on a daily basis. Therefore, the integration of such innovative programmes and modules in nursing education are essential in an undergraduate and postgraduate level. It is mentioned that the planning of innovative programs in nursing education is important because it will be a springboard for the adoption of EBP and its successful implementation.

REFERENCES:


