

Evidence-Based Practice Paper

The dramatic changes in the nursing profession have become evident; evidence-based practice –EBP is now the epitome of nursing practice and research has become its accelerator. *- What does this mean for professional nursing?*

Nevertheless, these dramatic changes have left most nurses unable to grasp the concept of EBP and its role in healthcare, thus unable to implement EBP. To understand EBP, nurses must understand the role of research on professional nursing knowledge to help internalize their key role as implementers of EBP, which is a game changer is prioritization of nursing roles. This is an information blog, seeking to address these challenges; specifically examine the effect that research has on professional nursing knowledge that already exists, EBP patient care effect on quality care and clinical strategies that facilitate EBP practice (Godshall, 2016). *Have not defined EBP.*

The Effect of Research on Existing Knowledge of Professional Nursing

write in 3rd person
Since I acquired my license, I have to admit that research has increased and expound professional nursing knowledge, thus evolving the role of the professional nurse. As Conner (2014) indicates, nursing ^{has} ~~researches have~~ allowed the rigorous exploration, discovery and investigation to answer the pertinent questions and test hypothesis that exist in professional nursing. In this case, research has refined existing knowledge, as well as, developed new knowledge from the knowledge that exists regarding professional nursing. For instance, technology has been key in practicing professional nursing and now research records an increase in applications and technologies available that could facilitate care. These include:

- iPhone Blood Pressure Monitor
- iHealth
- DailyBurn
- Bedometer

- iBreastfeed

This has mounted increased pressure on nurses to examine the available technology/applications to determine their effectiveness and decide on which to recommend or rule out. Research is also advancing professional nursing knowledge in specific specialties, such as in the case of

oncology. New discoveries on cancers have been made by drawing on existing information, including the role of nutrition in cancer, the role of liquid biopsy/blood test to determine the best prostate cancer treatment, and increased serious complications, that may develop years after

receiving Hodgkin lymphoma. Such findings require professional nurses to actively make use of the current information when making decisions regarding patient care. Of particular interest is

the ability of research to expound nursing knowledge relating to patient care delivery, thus necessitating the employment of evidence-based patient care as a key role for professional nurses (Brown, 2014).

How have these examples of research been translated into EBP?

Evidence-Based Patient Care in Improving Quality of Care

Through numerous ways, evidence-based patient care improves the quality of care that patients get. Out of the recognition that more patients prefer having a sense of empowerment

and self-independence in managing their health, healthcare practitioners have managed to improve the quality of care they provide by providing consumer education to enable patients to

search for medical information online. Currently, as Ardito (2013) show, 63% of patients use research information garnered online to diagnose themselves accurately while 67% attest that

they feel better after conducting their own research online. In effect, practicing healthcare professionals, including nurses have teamed up with medical researchers to develop online resources for consumers, advocate for consumer education and provide research-guiding consumers on how to identify reputable sources. In effect, consumers are using credible online

*grammar?
- What is the reference source to support this as a "best practice?"

True, however, this is an outcome of technology - not a body of research suggesting this is 'best practice' resulting in EBP.

sources, including symptom checkers, such as MedlinePlus, sites to check physician rankings trustworthiness, such as Vitals.com and support groups, such as Mayo Climactic Support Networks to get the information and motivation needed to proactively manage their health. In this case, nurses are using research-based information to educate patients by advising them to seek for the most credible information, which comes from .gov sources. As a result, most patients are well informed about their health conditions, thus making it easier to self-manage themselves and seek the appropriate interventions.

Evidence-based patient care practices, such as the use of TeamSTEPPS, support communication skills and teamwork that optimize patient outcomes, has led to great improvement of patient quality. The system has facilitated the formation of effective and efficient teams that facilitate interprofessional collaboration to offer comprehensive care and allow nurses to function efficiently under minimum human capital resources without sabotaging patient safety. Brown (2014) and Godshall (2016) further indicate that healthcare facilities that employ evidence-based patient care in regard to using evidence to draw best practices for patient care in respective healthcare professions, as well as, the best current assessment, diagnostic, prevention, interventions protocols record better patient outcomes/quality. This is in reference to better patient satisfaction, low rates of medical errors and infections, faster recuperation, reduced length of stay and reduced costs.

Clinical Strategies Fostering Evidence-Based Nursing Practice

Considering the benefits of evidence-based patient care in improving patient quality, there is a need for nurses to employ clinical strategies that facilitate EBP nursing practice. Linton and Prasun (2013) research shows that ^{grammar ?} nurses report lack of time due to hefty workload, lack of research process knowledge and inability to identify how to exactly use evidence-based

practice as major challenges in implementing EBP. In this case, Nurse managers should schedule time for nurses, away from bedside, to enable them review research garnered in the form of data collected regarding patient problems and other institutional problems, as well as, evidence to help solve such patient issues. This also goes for creating a culture that values EBP, including one where role modeling or mentorship is encouraged and a protocol to implement EBP. Black, Balneaves, Garossino, Puyat and Qian (2015) recommend the development of a training progress for research process and EBP implementation within the clinical settings, to enable nurses' understanding on how to use the research process and implement the evidence derived. Levin, Fineout-Overholt, MelnykBarnes & Vetter (2011) show that the use of EBP implementation models, such as John-Hopkins Change Implementation Model, as well as, Advancing Research and Clinical practice through close Collaboration (ARCC) could help design protocols for implementing EBP that nurses could follow to facilitate EBP practice. The ARCC enables an advance practice nurse to act as a mentor by honing the EBP skills and knowledge of other nurses, as well as, supporting them in implementation of EBP projects to improve patient outcomes and care. The John Hopkins model on the other hand offers a framework for EBP implementation, including identification of the problem and searching and appraising research to support change. This also goes for coming up with recommendations, as well as, implementation of the recommendations. All EBP frameworks/protocols and suggestions hereby must seek to solve issues identified within the clinical settings, such as:

- increased patient infection
- increased re-hospitalization of cardiac patients
- low morale in nurses
- increased patient complaint

- lack of constant medical supplies

Conclusion

The impact of research of nursing knowledge shows the need for nurses to embrace EBP as a key nursing role to facilitate inquiry and the use of EBP in clinical decision-making. When this is done, it facilitates EBP patient care to improve patient quality. Nonetheless, amidst the challenges of implementing EBP, different clinical strategies must be employed to facilitate EBP practice, as discussed.

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