

EVIDENCE BASED PRACTICE IN COMMUNITY HEALTH NURSING

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Knowing is not enough-we must apply. Willing is not enough- we must do

In the area of health and illness, these can pertain to health promotion, prevention of illness, control of symptoms, managing chronic conditions, enhancing quality of life, providing and testing nursing interventions and measuring outcomes of care. Public health nurse will use interventions that have a research basis, Evidence based practice is a process of using current evidence to guide practice and clinical decision making: it is piece of out comes management and the application of available research evidence.

The culture has been changing over the last few decades to emphasize the importance of evidence-based care giving for nurses. Many Registered Nurses are well educated and well experienced and are expected to take continuing education throughout their profession.

Evidence-Based Practice: A way of providing health care that is guided by a thoughtful integration of the best available scientific knowledge with clinical expertise. This approach allows the practitioner to critically assess research data, clinical guidelines, and other information resources in order to correctly identify the clinical problem, apply the most high-quality intervention, and re-evaluate the outcome for future improvement.

Evidence-Based Nursing: A way of providing nursing care that is guided by the integration of the best available scientific knowledge with nursing expertise. This approach requires nurses to critically assess relevant

scientific data or research evidence, and to implement high-quality interventions for their nursing practice.

Rychetnik et al. (2003) define *evidence-based public health* as "a public health endeavor in which there is an informed, explicit, and judicious use of evidence that has been derived from any variety of science and social science research and evaluation methods"

Goals of evidence based practice in community

- ☛ To Provide practicing nurses with evidence based data
- ☛ To Resolve problems in community setting
- ☛ To Achieve excellence in nursing cares
- ☛ To Introduce innovation
- ☛ To Reduce variation in nursing care
- ☛ To Assist with efficient and effective decision making
- ☛ To Resolve regulatory problems and achieve excellence in regulation

Steps of Evidence-Based Public Health

Brownson et al.(2011)describe the evidence-based public health process bys using the following framework.

Step 1: Conduct a community assessment.

Step 2: Develop an initial statement of the issue.

Step 3: Quantify the issue.

Step 4: Search the scientific literature and organize information.

Step 5: Develop and prioritize intervention options.

Step 6: Develop an action plan and implement interventions.

Step 7: Evaluate the program or policy.

Barriers to practice evidence based practice in community health nursing

Research related barriers: As we have repeatedly stressed, most studies have flaws and so if nurses were to wait for perfect studies before basing clinical decisions on research findings, they would have a very long wait indeed.

Nurse related barriers: Nurses attitude toward research and their motivation to engage evidence based practice have repeatedly been identified as potential barriers. Some nurses see research utilization as little more then a necessary evil but there has been a trend toward more positive attitude.



Organizational barriers: Organizations, perhaps to an even greater degree than individual, resist unless there is a strong organizational perception that there is something fundamentally wrong with the status quo. Thus organizations have failed to motivate or reward nurses to seek ways to implement appropriate findings with the clients.

Professional barriers: Some impediments that contribute to the gap between research and practice are more global than those discussed previously and can be described as reflecting the state of the nursing profession or even more broadly the state of western society. It some times been difficult to encourage clinicians and researchers to interact and collaborate.

Models for evidence based nursing practice

Stelter model of research utilization

Iowa model of research in practice

Ottawa model of research use

Evidence-based multidisciplinary practice model

Model for change to evidence based practice

Centre for advanced nursing practice model

Sources of Evidence- Based Nursing information

Systemic reviews

Cochrane Collaboration

Evidence based Journal

Evidence based practice guidelines

National guidelines clearing house (WWW.guidelines.gov)

Limitations

Resistance to changes in nursing practice

Ability to critically appraise research findings

Time work load pressure, and competing priorities

Lack of continuing nursing education programs

Fear of stepping of on ones toes

Poor administrative support

Conclusion

Evidence based nursing started in the 1800s with Florence Nightingale. Evidence based nursing started in the 1800s with Florence Nightingale. Research can be incorporated in to the nursing practice by undertaking evidence –based practice projects. The end result of this process is a decision about whether to adopt the innovation, to modify

it for ongoing use to revert to prior practices.

Journal abstract

Fineou-Overholt E, Melnyk BM, Schultz A (2011) Center for the advance of Evidence-Based Practice, Arizona State University College of Nursing, Tempe.

Health care is in need of change. Major professional and health care organizations as well as federal agencies and policy making bodies are emphasizing the importance of Evidence Based Practice. Using this problem solving approach to clinical care that incorporates the conscientious use of current best evidence from well designed studies, a clinician's expertise, and patient values and preferences, nurses and other health care providers can provide care that goes beyond the status quo. Health care that is evidence based and conducted in a caring context leads to better clinical decisions and patient outcomes. Gaining knowledge and skills in the EBP process provides nurses and other clinicians the tools needed to take ownership of their practices and transform health care. Key elements of a best practice culture are EBP mentors partnerships between academic and clinical settings, EBP champions, clearly written research, time and resources, and administrative support. This article provides an overview of EBP and offers recommendations for accelerating the adoption of EBP as a culture in education, practice and research.

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