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Abstract

Evidence-based practice (EBP) involves complex and conscientious decision-making which is based not only on the available evidence but also on patient characteristics, situations, and preferences. It recognizes that care is individualized and ever changing and involves uncertainties and probabilities. Evidence-Based Nursing (EBN) is a type of evidence-based healthcare, drawing on some of the traditions of evidence-based medicine. It involves identifying solid research findings and implementing them in nursing practices, in order to increase the quality of patient care. The goal of EBN is to provide the highest quality and most cost-efficient nursing care possible. EBN is a process founded on the collection, interpretation, and integration of valid, important, and applicable research. In order to practice evidence based nursing, practitioners must understand the concept of research and know how to accurately evaluate this research. These skills are taught in modern nursing education and also as part of professional training.

Key Words: Evidenced based practice; Evidenced based nursing; Evidenced based nursing practice; Intensive care unit.

Introduction

Evidence-based practice (EBP) is a problem-solving approach to the delivery of health care that integrates the best evidence from studies and patient care data with clinician expertise and patient preferences and values. 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.

- Nursing Research: “A scientific process that validates and refines existing knowledge and generates new knowledge that directly and indirectly influences nursing practice.”

- Evidence Based Nursing/Practice: ‘An integration of the best evidence available, nursing expertise, and the values and preferences of the individuals, families, and communities who are served.’
- “Evidence-based decision-making is a continuous interactive process involving the explicit, conscientious and judicious consideration of the best available evidence to provide care.”-Position Statement by Canadian Nurses’ Association
- In increasing numbers, nurses as members of interdisciplinary and Trans disciplinary teams are implementing EBP changes.
- EBP seeks to replace practice as usual, with practice guided by rigorous outcome-oriented research, ideally randomized controlled trials. It also seeks to make practice a less subjective enterprise, and to raise it to a higher level of accountability. It is associated with efforts to identify best practices in nursing and other disciplines.

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Evidence based nursing aims

1. To provide the highest quality and most cost-efficient nursing care possible.



- 2. To advance quality of care provided by nurses.
- 3. To increase satisfaction of patients
- 4. To focus on nursing practice away from habits and tradition to evidence and research.

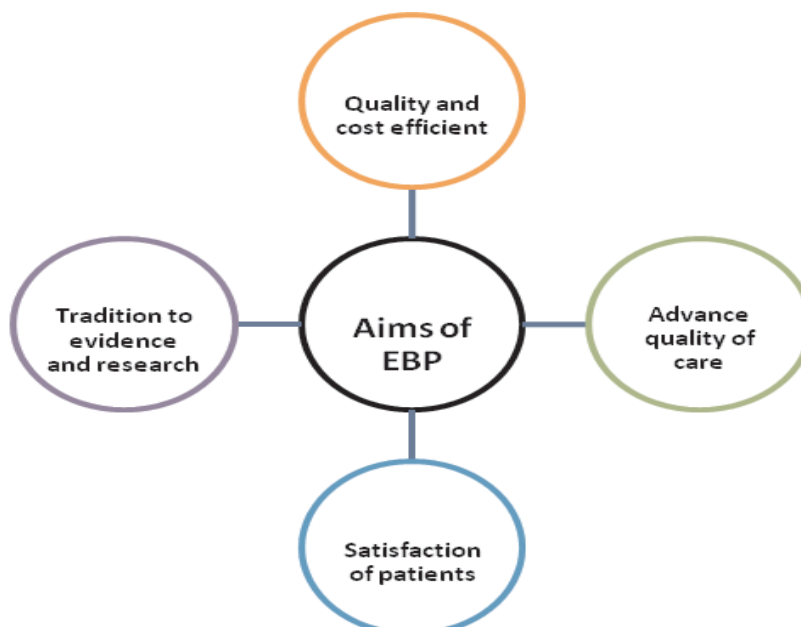
Ø When delivered in a context of caring and in a supportive organizational culture, evidence based practice can help to achieve the highest quality of care and best patient outcomes.

Components of Evidence-Based Nursing Practice

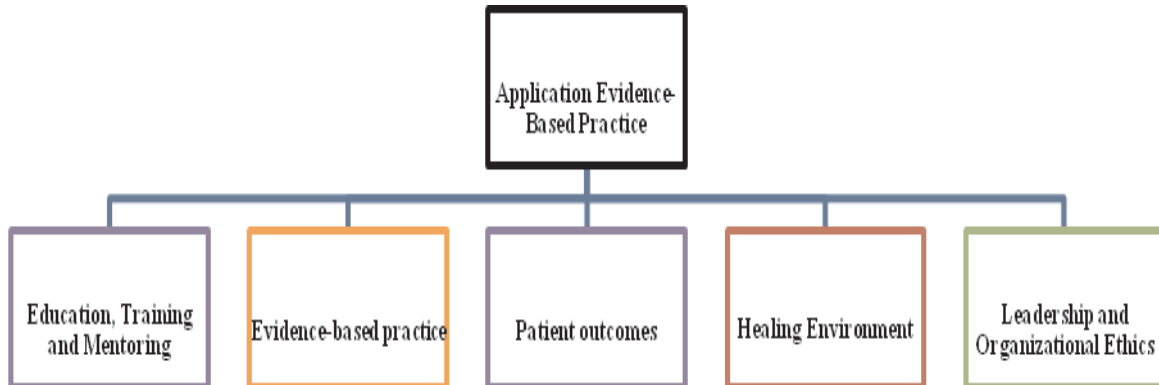
Ø Key elements of a best practice culture are EBP mentors, partnerships between academic and clinical settings, EBP champions, clearly written research, time and resources, and administrative support.

Application of Evidence-Based Practice in Nursing

There is a wealth of advice on EBN care to ensure patients undergoing procedures receive the best quality care from a competent workforce. Early discharge is a feature in today's surgical environment, so the importance of appropriate EBN assessment is



Core Values of Evidence Based Practice in Nursing



covered in the pre-operative and continues in the rehabilitation one.

The specialized nurses succeed in the following areas, as; education, training and mentoring; research and EBP; patient outcomes; leadership and organizational ethics; and healing environment.

Education, training and mentoring

Education on the unit begins with orientation and continues with advanced nursing skills such as the evolving field of research. The unit also is growing the number of staff nurses recognized for certification in critical care nursing.

Evidence-based practice

An increasing number of nurses on the unit must learn the methods of EBP, and are applying these methods to bathing with chlorhexidine gluconate to reduce skin bacteria, assessing for ICU-related delirium, and a new study to address sleep hygiene in the ICU.

Patient outcomes

Health care team and nurse has responsibility towards the unit meets or exceeds the desired standards for the outcome measures of unplanned extubations from mechanical ventilation, catheter-related urinary tract infections, central-line related blood stream infections, ventilator-associated pneumonia and pressure ulcers.

Healing environment

The interdisciplinary team contributes to the healing environment by drawing upon the talents of its diverse professional staff. The unit should have the luxury of being the newest ICU at the hospital. Staff nurses needed to be involved in the design of the unit. Large patient rooms with abundant daylight with room for patients' families helps to promote a healing environment.

Leadership and Organizational Ethics

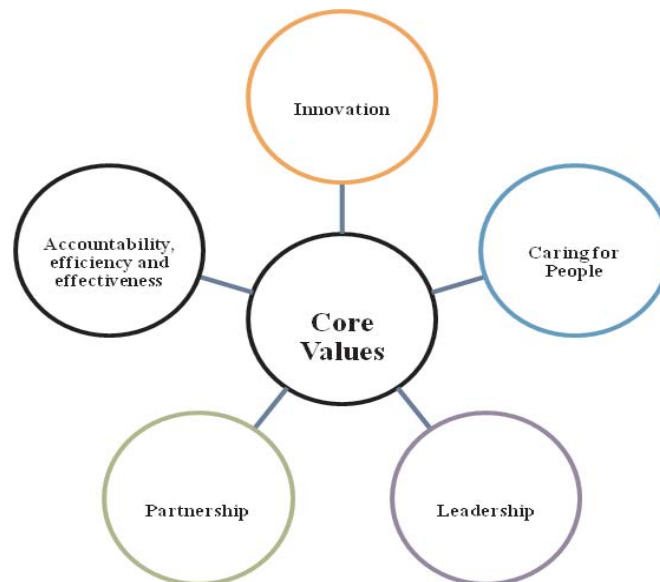
The unit's leadership of nurses must have vision in smooth running of patient care environment should be selected by the staff on the unit. The unit-based chaplain and social worker help to ensure that the unit considers all aspect of each patient's care.

Caring for People

All staff should show due regard for the contribution and diversity and treat all patients and consumers, carers and their families with professionalism and respect.

Leadership

Nurses should exercise leadership in the delivery of health services and in the broader health system by communicating vision, aligning strategy with delivering outcomes, taking responsibility, supporting appropriate governance and demonstrating commitment and consideration for people.



Partnership

Working collaboratively and respectfully with other service providers and partners is fundamental to our success.

Accountability, efficiency and effectiveness

Must measure and communicate our performance to the community and governments. Nurses should use this information to inform ways to improve our services and manage public resources effectively, efficiently and economically.

Innovation

Nurses should value creativity. Nurses must open to new ideas and different approaches and seek to continually improve our services through our contributions to, and support of, evidence, innovation and research.

Responsibilities of nurses in applying evidenced based practice

- Conduct an educational needs analysis in consultation with senior nursing staff of the department to identify opportunities for development in relation to nursing, clinical, operational and management issues and develop an educational framework and operational plan for nursing education and training.
- Develop and coordinate an educational framework with specific learning programs in consultation with senior nursing staff of the department progressing staff from beginning practitioner to advanced clinician (including identifying appropriate delivery methods and learning mediums) through evidence based research.
- Liaise with interdisciplinary management groups to ensure program development reflects best practice across the continuum of care. Promote the use of, and/or undertaking of research to enhance evidence based nursing practice.
- Consult with management to identify outcomes from learning programs. Develop outcome criteria linking such with Senior Nurse Practitioners while adhering to sound education principles.
- Periodical identification of level of knowledge and competence of individual nurses; providing mentoring, coaching and training for competency achievement and practical skills attainment in the workplace setting promoting excellence in nursing practice throughout the unit.
- Demonstrate communication and interpersonal skills of a high level, incorporating the ability to consult, liaise and negotiate with all levels of staff and clients within a multidisciplinary health care environment whilst managing change effectively.
- Apply specialized clinical and education knowledge to develop suitable internal and

external educational initiatives to provide capacity of staff to deliver a consistent high standard of patient care in accordance with current legislation, clinical standards and professional guidelines.

- Foster critical thinking and decision making with all levels of clients; develop and sustain effective working relationships and clinical teaching within the unit.
- Develop and support the orientation and continuing learning needs of current, new and graduate nursing staff. Identify levels of knowledge, competence and time frames progressing staff from beginning practitioner to advanced clinician.
- Provide input and/or leads the regular review of departmental policies and procedures reflecting evidence based principles of nursing care.
- Promote quality initiatives aligning evidence based nursing practice with all components of quality frameworks. Benchmarking to gain perspective with like facilities and actively support research with the goal of achieving excellence in nursing practice and improved service delivery.
- Provides advanced skills and knowledge in the clinical area of Cardiothoracic Nursing and the areas of educational expertise, leadership in education, evidence based practice and expert interpersonal skills
- Proactively manages own and others continuous learning and development, identifying training needs and conducting coaching, mentoring and training for continuous learning in the team.
- Consistently and enthusiastically delivers high levels of service to customers within designated timeframes, with a courteous and positive manner.
- Possess strong training skills and the ability to develop training programs, actively participates in the ongoing learning and performance development of others.
- Proactively finds solutions and uses tact, diplomacy and sensitivity to solve problems
- Demonstrates honesty, integrity and respect for all patients, carers and staff

Elements to be used while applying Evidence Based Practice in Nursing

- Continuous Learning - actively manages own and others continuous learning and development, identifying training needs and conducting coaching, mentoring and training for continuous learning in the team.
- Customer Focus - Consistently and enthusiastically delivers high levels of service to customers within designated timeframes, with a courteous and positive manner.
- Training and developing others - Possess strong training skills and the ability to develop training programs, actively participates in the ongoing learning and performance development of others.
- Problem Solving - Proactively finds solutions and uses tact, diplomacy and sensitivity to solve problems.
- Work Values - Demonstrates honesty, integrity and respect for all patients, carers and staff.
- Specialist Knowledge - Provides advanced skills and knowledge in the clinical area of Cardiothoracic Nursing and the areas of educational expertise, leadership in education, evidence based practice and expert interpersonal skills.

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