

Transforming Evidence into Nursing Practice: A Strategy to Reality Process

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Problem

Evidence-based practice (EBP) involves defining a clinical question, searching the literature, and critically appraising research information. Nurses often find these processes challenging and consider them barriers to integration of research evidence in clinical practice.

Evidence

As an EBP program was implemented in a large, comprehensive cancer center, it was identified that not all nurses in the organization had recent, formal, basic training in nursing research and/or had not yet developed necessary skills to search the literature and critically evaluate research study findings. Development and implementation of strategies to overcome identified barriers was critical to successful transformation of evidence into practice.

Strategy

A 2-day class was created and offered to introduce nurses to basic principles of research and EBP. Information about searching the literature and conducting critical appraisal of research articles was provided. Class participants met in small groups to practice article critique exercises and complete evidence summary tables. Classroom knowledge was supplemented by development and dissemination of self-study modules on the nursing website. Examples of module topics include: *Searching in PubMed*, *Using Limits in PubMed*, and *Conducting Article Reviews*. Additionally, the researcher librarian offered special classes aimed at searching the literature using EBP processes.

Practice Change

The modules were made available for class participants' use to educate other team members, facilitate continuing educational opportunities, and provide hands-on experiences to further develop literature search strategies and skills. Nursing units have formed journal clubs, where team members meet to critique articles.

Evaluation

Open forum sessions have been routinely scheduled to provide consultation, share experiences, discuss questions and concerns, and feature successes.

Results

Class participants have acknowledged professional growth in ability to more effectively judge the scientific merit of published study results.

Recommendations

Enhancing nurses' skills with EBP processes was critical for evidence-based nursing to become a practice reality within the organization.

Bibliography

LoBiondo-Wood, G. & Haber, J. (2006). *Nursing Research: Methods and Critical Appraisal for Evidence-Based Practice*, 2006 6th Ed. Philadelphia: Elsevier-Mosby.