

## **Nurses' Knowledge of Evidence Based Practice**

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### **Problem**

Shared governance council members at Fletcher Allen (FA) voiced their own and their peers' lack of Evidence Based Practice (EBP) knowledge. Using the best evidence in our practice is foundational in our profession and paramount to assuring achievement of optimal patient outcomes. Hence the EBP Committee was formed with the goals of educating nurses at FA about EBP and creating a culture of clinical inquiry.

### **Evidence/Strategy**

A 56 item survey was used to assess nurses' baseline knowledge, attitudes, and learning needs. It was distributed to 1200 registered nurses across all practice areas Spring 2006.

### **Practice Change**

EBP Education included the following:

- Nursing Grand Rounds
- Nursing Leadership presentations
- The primary component was a binder to all practice areas that described and provided examples of EBP

### **Evaluation**

The survey was again distributed the Winter of 2007 to evaluate the educational intervention.

### **Results**

Survey respondents from Spring (n=333, 28% response rate) and Winter (n=300, 25% response rate) had similar demographics except Winter nurses were on average newer graduates and more educated.

Improvement was noted in nurses' awareness of EBP and identification of EBP experts in the facility. Also, after the educational intervention, more nurses agreed that FA's hospital-wide policy committees searched for best practice evidence. When asked: "When you need nursing information, how do you find it?" subjects reported using colleagues and peers more than other resources for accessing EBP information. Almost half of the respondents reported accessing nursing information several times a week or weekly.

### **Recommendations**

The educational intervention positively impacted EBP knowledge and attitudes. A number of skills for accessing and using EBP/research were identified as barriers. Future projects will focus on building understanding of electronic databases, accessing research and using the best evidence in practice.

### **Bibliography**

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