

# Does EBP affect the Delivery of Nursing Care in US Hospitals?

Lauren DiCarlo, Student Nurse

## INTRODUCTION

Evidence based practice (EBP) is a process of clinical decision making that considers the best available research evidence, clinical expertise, and patient preferences.

EBP is recommended in clinical settings to promote high quality health care while also improving patient experience and health outcomes (Cardosa, 2021, p. 1).

Implementation of EBP has resulted in better patient outcomes and reduced costs, regardless of facility or setting (Duquesne, 2020).

"EBP integrates the clinical expertise, the latest and best available research evidence, as well as the patient's unique values and circumstances" (Abu-Baker, 2021, para. 1).

## SIGNIFICANCE

- When nurses were asked about their motivation regarding EBP training courses, 47.7% indicated personal interest while 35.3% indicated it was required by their job (Chen, 2020, p. 7).
- "Several significant factors have been reported as influencing EBP implementation, such as age, gender, awareness, and training on EBP" (Abu-Baker, 2021, para. 4).
- The survey of the state of EBP regarding nurses indicated that although nurses had positive attitudes towards EBP and wished to gain more knowledge and skills, they faced multiple barriers in implementing it into practice.
- "Findings from previous studies indicate that nurses' implementation of EBP can be promoted by improving their belief about EBP" (Abu-Baker, 2021, para. 2).

## POSITION STATEMENT

EBP implementation improves the delivery of nursing care within U.S. hospitals because it prevents unsafe nursing practices and emphasizes patient safety.

## SUPPORT FOR POSITION

"Implementation of evidence-based practice (IEBP) improved quality healthcare and client outcomes in the care setting like reducing pain, hospital stay, and pressure ulcers" (Dagne, 2021).

Examples of EBP used today:

- Measuring BP noninvasively in children
- Infection control: hand hygiene and barrier protection
- Supplemental oxygen used in patients with COPD
- Intravenous catheter size and blood administration
- Hourly patient rounding
- Handoff reports at the time of shift change

(3 Examples of Nursing Best Practice, 2017)

EBP is essential for nurses and offers a wide variety of benefits (Abu-Baker, 2021, para. 1).



(Norwich University, 2021)

## IMPLICATIONS FOR PRACTICE

Sufficient EBP education and training programs should be integrated in both classroom teaching and practical exercise in order to be more effective in improving student knowledge levels, skills, and attitudes (Chen, 2020, p. 2).

"Education and training can improve EBP skills and knowledge among nursing staff, thereby facilitating clinical implementation" (Chen, 2020, p. 2).

"Nurses who have earned Doctor of Nursing Practice (DNP) degrees and utilize EBP will consult the best research evidence, relate it back to the patient's history, and then merge care with the patient's own values" (Duquesne, 2020).



(Studer, 2022)

The uptake of EBP allows updated knowledge, skills, and attitudes which improves the advance practice of nurses through role modeling, problem solving, facilitating changes, and training (Dagne, 2021).

"The first documented use of EBP in nursing is attributed to one of the most famous names in the profession: Florence Nightingale" (Duquesne, 2020).

## CONCLUSION

Nursing schools and educators should promote the use of EBP approach in clinical settings to contribute to better healthcare outcomes

EBP is an important and necessary approach used in healthcare systems to improve patient outcomes

EBP positively affects the delivery of nursing care because it ensures that nurses are implementing the most current and reliable research-based outcomes.

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