

Evidence based practice and its importance in nursing students

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Abstract

Evidence based practice constitutes one of the most important professional qualities in Nursing. Evidence based practice is the practice in nursing in which interventions are given to patients based on the current available evidence. Nurses are the one who plays a main role in improving the safety and quality care for the patients in providing the care and treatment facilities not only for the hospital even in the community also. Nurses need to know certain technique and should take a main step in proving the meaningful treatment to enhance the best outcome for the patient.¹ The aim of the study was to find out the knowledge level of the final year B.Sc nursing students regarding evidence based practice and its importance in the nursing profession. In this quantitative study a self prepared fifty questionnaires was administered among the sample of 400 students to find out their knowledge level on evidence based practice. The data collection procedure was done in selected eligible Nursing institutions at Bangalore. Purposive sampling technique was used for the selection of the participants. Collected data was analyzed to draw the better conclusion and effective results. The finding reported that in the pre-test, most of the students participants had insufficient knowledge on EBP and few participants had only some idea about the EBP and its no one had the enough awareness about the importance of EBP in the nursing service In today's health care setting all the patients expect the good and quality care for their safety and early recovery and it is purely based on health care providers especially nurses who practice with the evidence.

Keywords: Nursing students, Knowledge, EBP, Patient, Research, EBN.

Introduction

Demands of evidence based practice brings the changes in the health care system as well as in education of students, more practice on relevant research and good working relationship between the clinicians and researchers. Nursing profession has brought this change in the health care practice on evidence based practice. Nursing students need to learn and adopt the independent quality decision making based on research finding, knowledge from basic science, opinion from experts and all these will lead to good patient's outcome in the health care setting. Evidence based practice always bring the high good quality care at the right time for the right patient in a right way to achieve the best possible outcome and all these is based upon the respected care with scientific based along with patient need and demands.²

Need for the Study

The ability and interest of the nursing students is one of the most significant outcomes to implement the evidence based practice in the health care setting. The main purpose of restructuring and modifying the nursing curriculum with research based and evidence based practice was structured to create the students awareness and involvement in the research work to continue learning for the students.³ In order to improve the meaningful treatment and implement the evidence based practice, students need to learn systematically by using the best available research and need to develop such skills that sought the answer to many clinical questions and problems and now a day's most of the students nurses are ready to update the knowledge and use the research with evidence based in the health care

setting. The important concept of evidence based practice and its role in the health care society is recognized by the American association of Nurse Anaesthetists (AANA) and reported that there is a need to introduce and analyze the process of evidence based practice in our nursing profession and also to solve the clinical issue occurred in the health care setting that affect the nurses knowledge.⁴

Objectives

This study was attempted to

1. To develop a tool on knowledge regarding evidence based practice in nursing.
2. To find out the information awareness on evidence based practice in nursing amongst the final year degree nursing students.
3. To determine the relationship between information awareness and bio characteristic inputs on evidence based practice in nursing.

Materials and Methods

The study was carried out in the selected Nursing institutions at Bangalore amongst the 400 nursing students. Purposive sampling technique was used for the collection of data. A self prepared fifty knowledge multiple choice questionnaires was administered amongst the nursing students (n=400) to identify their knowledge level on evidence based practice. Collected data was analyzed for the descriptive purposes.⁵

Results

The study reveals that fifty percent of the participants 357 (89.3) had insufficient awareness on EBP, fifty to seventy five percent of the participants

43(10.7) had reasonable knowledge on evidence based practice and none of the student participants had enough knowledge on evidence based practice and its importance in the nursing practice.

Assessment of level of knowledge on evidence based practice

Table 1: Distribution of students according to level of knowledge regarding evidence based nursing practice (n =400)

S. No.	Level of knowledge	Pre-test	
		Frequency	Percentage
1	Inadequate (<50%)	357	89.3
2	Moderately adequate knowledge (50-75%)	43	10.7
3	Adequate (>75%)	-	-
4	Over all	400	100

Table 2: Mean, standard deviation and mean percentage of knowledge regarding EBP in nursing (n=400)

S. No.	Aspects of knowledge	Max score	Pre-test			
			Range	Mean	SD	Mean %
1	Knowledge questionnaires on evidence based practice	32	10-21	11.17	2.58	34.9
2	Knowledge questionnaire on evidence based nursing	8	2-6	2.79	0.58	34.8
3	Knowledge questionnaire on general aspect of evidence based practice	10	1-6	2.86	1.12	28.6
4	Over all	50	14-29	16.83	3.44	33.6

The above table represents the correlation of mean, standard deviation and mean percentage of knowledge tested on the nursing students regarding the evidence based practice in nursing. The overall knowledge score was recorded at a range between 14-29, mean of 16.83, SD of 3.84 with the mean percentage at 33.6%.

Furthermore, on the different aspect of knowledge regarding EBP in the pre-test recorded the range between 10-21, mean of 11.17, SD of 2.58 with the mean percentage at 34.9%.

Whereas, the knowledge questionnaires focused on evidence based nursing recorded the range between 2-6, mean of 2.79, and standard deviation of 0.58 with the mean percentage of 34.8.

On the general aspect knowledge regarding evidence based practice, the pre-test recorded the range between 1-6, mean of 2.86, SD of 1.12 with the mean percentage at 28.6%.

Discussion

In the above present study the investigator herself develop the complete tool consists of students base line data in related to the study and well prepared structure knowledge questionnaire tool based on evidence based practice to determine the information awareness of the degree students in the field of nursing. As per the objective in order to find out the information awareness on EBP in nursing, a pre test was conducted amongst the 400 final year degree nursing students at the eligible nursing institutions at Bangalore by administering the well prepared multiple choice questionnaires on evidence based practice, evidence based nursing and

general aspects of EBP. The results of the analysis reported that amongst those 400 samples, 89.3% constituting of 357 students of the participants lack awareness on evidence based practice and its importance in the nursing practice and the remaining 10.7% constituting of 43 participants had reasonable concept about the topic. Therefore, it can conclude that the pre-test knowledge assessment proved to be an effective method of gathering the prior knowledge level of the participants. In order to improve the better care for the patient, nurses are suppose to know the basic science and certain strategies to promote the meaningful treatment and proper utilization of evidence based practice in the health care setting. Even though it is not so easy to provide complete 100 percent satisfaction for the clients and meet the entire need for the clients but still nurses are ready to utilize the current evidence in their care to meet the patients need and satisfaction towards the nursing care. Imparting the knowledge on evidence based practice among the nursing students is must as they are the only health professional group who can impart their fresh knowledge and practice with the evidence based in the hospital and clinics.

Implications on Nursing

Nursing Practice: The 4th year nursing students are considered as the upcoming pillar in the field of nursing. They have a major role to play in putting into practice the standards of evidence based practice in the healthcare sector which not only will improve the patient care but overall improve their quality of life.

Therefore, it is critical that these students when they enter into their nursing profession effectively implement evidence based practice to promote quality care of the patients and prevent diseases by following the universally adopted protocols while attending patients.⁶

Nursing Administration: Nursing administration needs to contribute at a large scale in driving public awareness about the effectiveness of evidence based practice. Knowledge enhancement of the nurses should be updated through continuing/service education by referring to available resources, including but not limited to, reading research journals, library studies and through online resources. More information in the form of booklets, pamphlets etc should be given to students in order to enhance their knowledge on evidence based practice and its importance to the clinical setting. Nursing administration should act like a leadership role in the development of EBP model and its application.⁷

Nursing Education: The 4th year nursing students are considered as the upcoming pillar in the field of nursing. They have a major role to play in putting into practice the standards of evidence based practice in the healthcare sector which not only will improve the patient care but overall improve their quality of life. Therefore, it is critical that these students when they enter into their nursing profession effectively implement evidence based practice to promote quality care of the patients and prevent diseases by following the universally adopted protocols while attending patients. A study done by the sykepleien on EBP IN nursing education reported that effective teaching of EBP will influence the learning outcome of students.⁸

Nursing Research: In India, the knowledge level of evidence based practice in nursing is very limited. Therefore, all nursing professionals must collaborate to provide scientifically proven material or programs to put in practice a time bound project for the effective implementation of practice based on evidence. Mandatory curriculum on the effectiveness of evidence practice should be included on the college/teaching institutions for the nursing students to equip the students on the introduction and foundation knowledge.⁹

Recommendations

1. Such type of similar research work can be done on more students to simplify the findings of the study.
2. A Self instructional module can be prepared to enhance the knowledge and practice of learning nursing students regarding EBP.
3. Mass and individual education in regional languages to enlighten the students can be organized at all the level of health facilities.
4. Comparative study may be conducted to find out the similarities or differences in knowledge between B.Sc (degree) nursing students and GNM (diploma) nursing students.

5. Regular educational and teaching programmes can be conducted for nursing students and staff nurses on importance of practice based on evidence to encourage amongst nurses to execute the EBP in the healthcare sector.

Conclusion

In the nursing profession the patient care must be based on the latest evidence based practice. Evidence based practice empowers the nurses and expands their knowledge and skills to provide the best quality care for the patients in the society. This study will bring the best quality nursing care by adopting evidence based practice and filling the gap between the research and practice in society. Students nurses should be inducted to the idealism of practice based on evidence and should involved as part of their pre registration education programme to administer the evidence based practice on the patient's healthcare. The process of evidence based practice empowers the student nurses to apply research and assessment as best practice while discharging their clinical duties aimed at improving the valuable outcome in patient care. The nursing personnel are challenged to initiate the evidence based nursing services and excellence nursing care. Such good services can be only obtained by dealing with current and latest trends and involve in advanced health technologies.¹⁰

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