

Evidence-based practice

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Abstract

Evidence-based practice (EBP) prevents unsafe/inefficient practices and improves healthcare quality, but its implementation is challenging due to research and practice gaps. Despite the growing recognition of the importance of evidence-based practice in health care settings this report aimed to gain and develop a deeper understanding of evidence-based practice in nursing and in general life. From the report it is said that nurses are urged to use up to date research and evidence to supply better outcomes and informed decisions to deliver a high standard of care which is evidence-based. There are increased challenged within the healthcare setting to supply the highest level of care which is evidence based. This report presents how there are different barriers and advantages to evidence-based practice and how using evidence-based research can improve quality of care.

Introduction

This report examines evidence-based practice. Dang, et al (2022) explains that Evidence-based Practice is a process used to review, analyse, and translate the latest scientific evidence. The goal of evidence-based practice is to quickly incorporate the best available research, along with clinical experience and patient preference, into clinical practice, so nurses can make informed patient-care decisions. Stevens (2001) also states that Evidence-based practice provides a mechanism to transform large collections of research data into clinical practice. There are 5 steps of knowledge production through original research, evidence summary, evidence translation, implementation, and evaluation differ from the traditional methods for research utilization. The University of St Augustine (2020) suggests that evidence-based practice is used by nurses to make optimal decisions about patient care. It is also suggested that when nurses use evidence-based practice they integrate the best available science into their practice, they work from a holistic, patient-centred approach. St Thomas University (2019) explains that the concept of evidence-based practice has a long history, and it is now a fundamental aspect of nursing. Also suggesting that Florence Nightingale was the first registered nurse to use evidence-based practice. From history to current times Murray (2013) believes that the roots of evidence-based practice are in evidence-based medicine and history. The history of evidence-based medicine has been well documented and includes primitive experiments to test the effectiveness of practices. Health care practitioners work in a range of clinical environments that are likely to influence decision making using evidence-based practice. Currently evidence-based practice now plays a key role in providing quality care. The Nursing and Midwifery Council explain that must practice evidence-based nursing that respects and maintains dignity and human rights. This leads us to the next section of the report which will provide contextual information on the cost effectiveness of evidence-based practice.

Cost effectiveness of evidence-based practice

Cost is an important topic in health care today because the health care industry is facing increasing pressure to deliver higher quality care. Evidence based practice is widely recognized and is defined by Chien (2019) as key to improving healthcare quality and patient outcomes. Briana (2014) believes that evidence-based practice is important for researchers and practitioners to apply to their practices to critically evaluate the cost literature. The critical evaluation is important because cost analyses are another tool that can be used to support evidence-based practice. Joseph (2020) believes that various considerations should be made before evidence-based development one being the financials. One financial aspect that needs to be considered for developing the evidence-based practice project is the reduction in the cost of healthcare associated with the implementation of the evidence-based intervention. Public Health England (2013) believes that evidence-based practice is to foster a learning culture and develop a collaborative working environment which supports learning from experience, understanding of research evidence and its implementation, and appreciation of the importance of research and research participation. Public Health England and Department of Health and Social care (2013) also agree that evidence-based practice ensured that high standards of care are maintained and that the care that patients receive is based on the best evidence possible to ensure that the best outcome is achieved for all patients. They also state that evidence-based practice ensures that care is clinical and cost effective. Pract (2019) believes that choosing treatments and interventions well based on effective evidence-based practice is cost effective whereas the cost of non-effective evidence-based practice is significant and results in busier staff without having a beneficial effect for patients. CEBMa (2023) believes that evidence-based practice is not likely to reduce costs in the short term, but it will help make managers to have better decisions, and as such make a significant contribution to the betterment of the organization overall. This leads us to the next section of this report where advantages and disadvantages will be highlighted.

Advantages and disadvantages to evidence-based practice

Knowles (2021) believes that there are some disadvantages of evidence-based practice suggesting that there could be a shortage of evidence and the length of time and difficulty of finding valid and credible evidence. Witt (2023) agrees that evidence-based practice requires time and money due to medicine moving forward also evidence-based practices take a significant amount of time to change and takes time to find a trial group. Cluett (2006) agrees that there are also some disadvantages of EBP are more statements of ongoing problems that are common to all aspects of healthcare, such as lack of evidence, or poor evidence, or lack of resources to provide the identified care. CEBMa (2023) believes that scientific evidence may not yet be available for evidence-based practice and often there are too few organizational data to draw a reliable and valid conclusion also establishing the infrastructure for practicing evidence-based practice costs money, for example buying and maintaining suitable computer systems. McGill (2020) argues that evidence-based practice can supply new knowledge to healthcare professionals and promotes positive treatment outcomes by emphasizing shared decision-making between practitioners and clients. Black (2015) suggests that evidence-based practice has been proven to patient care and outcomes, it also encourages motivation and commitment to promote practice change. The NHS England (2020) believes that staff could be at an advantage due to evidence-based practice being achieved and by creating the right culture, the right leadership at the point of care, capability in interpreting and implementing evidence and engaging staff and patients in evidence-based policy and practice. Shantikumar (2018) believes that evidence-based practice allows patients and clinicians to access the most recent clinical knowledge to improve quality of care and it can be learnt by any individual from diverse backgrounds at any stage of their lives. Evidence based practice also has the potential to improve continuity and uniformity of care through the development of common approaches and guidelines and can help providers make better use of limited resources by enabling them to evaluate clinical- and cost-effectiveness of treatments and services. The next section of this report highlights the effectiveness of evidence-based practice and where does it come from.

How effective is evidence- based practice and where does it come from?

CIPD (2022) indicate that an evidence-based approach is more effective in numerous ways such as judgements that are based on hard data and statistics are more accurate than those based on individual experience also knowledge from scientific literature is more accurate than expert opinions. Cardoso et al (2021) agrees that evidence-based practice prevents inefficient or unsafe practice and improves healthcare quality but does suggest that there is implication due to research and practice gaps. Pitsillidou (2021) suggests that evidence-based practice is considered a complex and slow process that is influenced by numerous factors at multiple levels. Many researchers have identified several barriers to the implementation of research findings in practice. Li (2019) provided evidence that evidence-based practice can be inefficient due to academic training, management functions, and younger age. Inadequate time and resources were recognized in the study as main barriers hindering the transforming from knowledge and attitudes to implementation. The University of Rhode Island (2015) suggest that evidence-based practice begins with a nurse's assessment on a patient and means that the information nurses use to make decisions about patient care is based on sound research, not opinion. This means nurses must search several sources for data, results, and conclusions of valid, reputable studies. Cardoso (2021) explains that due to evidence-based practice not being the standard of care globally, to enhance the effectiveness of evidence-based practice it has been recommended that educational curricula and training for health students should be based on the five steps of EBP to support developing knowledge, skills, and positive attitudes toward evidence-based practice. These steps are translation of uncertainty into an answerable question, search for and retrieval of evidence, critical appraisal of evidence for validity and clinical importance, application of appraised evidence to practice, and evaluation of performance. Having considered cost effectiveness, advantages, and disadvantages and how effective evidence-based practice is last section will include a conclusion and some recommendations.

In conclusion evidence- based practice was the main highlight when beginning this report explaining that evidence-based practice leads to the highest quality of care and patient outcomes. Evidence-based practice implements the best-known practices into clinical settings using scientific approach. As a result, safe, high quality and cost-effective care is more likely to occur consistently. Some individuals may argue this as evidence-based practice does have some disadvantages. Overall, it is evident that lack of time, lack of evidence and research are the main challenges that are being faces in the healthcare profession. Not only does a lack of time and evidence cause disadvantages as research shows that evidence-based practice may not be cost effective short term, but it will be cost effective in the long term. This report has also found that healthcare professionals lack training which causes a barrier to providing quality care to patients. With this in mind the report ends with the following recommendations in terms of policy, practise, research, and education.

In terms of practice firstly, Valenstein (2020) believes that extensive efforts have been made to train healthcare professionals on evidence-based practise. Evaluating EBP training methods is a crucial step in determining which methods are most effective in increasing provider skill and improving client outcomes. It is vital for evidence- based practice to be trained and knowledge to enhance quality of care for patients. Farokhzadian (2021) believes that if health care professionals are supplied with regular training courses and effective interventional strategies it will equip nurses with information literacy skills so that they can apply these skills to their future nursing practice. He also believes that supplying health care professionals with the correct training will help health care professionals who are unprepared to implement Evidence-based practice due to a lack of information literacy skills in information searching and retrieval.

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