



Research Article

Evidence based nursing at clinical practice area: A case study of LUMS hospital Hyderabad

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Accepted: 10 June, 2020; Online: 15 June, 2020

DOI : <https://doi.org/10.5281/zenodo.3893990>



Abstract: This paper presents a qualitative descriptive study about Evidence-based utilization by staff nurses of Wali Bhai Rajputana Hospital Hyderabad. "EBN" is described as the use of high quality research by a nurse in clinical decision making". The objective is to assess the status of the nurse in utilizing EBN at clinical area. The 30 subjects sample was selected among head nurse/ staff nurse at Wali Bhai Rajputana Hospital Hyderabad in different 28 wards. A self-developed 22 item (close ended) questionnaire was used to collect data. The results were discussed and concluded on the bases each item received its percentage response. The studies revealed the nurses of the day are not fully aware: prepare to use evidence-bases nursing at clinical setting. However, they are motivated to know about the current work being done in this direction. They lack resources, time and proper guidance to utilize this research in right direction. If the required needs provided them, it will help them to develop their knowledge and enhance their quality care for the patients to benefit.

Keywords: Clinical practice, LUMS hospital Hyderabad, qualitative descriptive

1. Introduction

Life is short and you have lot to do. All journeys in life started with the first step. Keep correcting the direction of your steps. It is said that when you march towards your destination."

It is hard fact that dearth of properly trained manpower in education and health sector of the country is a basic factor towards the improvement of quality. Nursing is a field, which is no

exceptional in this regard. Old age care procedures are in the pipeline throughout the country. Though, the nursing education has improved very much. And now from basic diplomas to Ph.D. Nursing degrees are being offered in this discipline. But the question of the day is how the nursing is changing from traditional type of care to research-based one. But, what is the status of research in our society? Is a nurse of this country fully prepared to utilize the research in solving the problems; is he/s faces while performing his/her professional responsibilities? Research is a careful search or inquiries into subject to discover facts by study or investigation [1]. "No man, not even a doctor, ever gives any other definition of what a nurse should be than this-`devoted and obedient' [2]. As we move into the next millennium, we expect nurses to care with their hearts and minds; identify patients' actual and potential health problems; and develop research-based strategies to prevent, ameliorate, and comfort. We accept them to be empathic communicators who are highly educated, critical thinkers, and abreast of all the important research findings. This work also supported previous reports that nurses have difficulty in accessing and appraising published research either because they do not have access to journals and libraries, or because they have not been taught how to find and appraise research. Basically research is Formulation of an answerable question to address a specific patient problem or situation, Systematic searching for the research evidence that could be used to answer the question, Implementation of the evidence-based practice decision; and finally: evaluation of the outcome of the decision. Of late, there has been a lot of concern regarding the quality of nursing education in the country. Something revolving in the minds of well-wishers of nursing profession is that nothing tangible has been done to improve the state of nursing education in the country. The worst scenario of this picture is the attention needed to improve quality education never achieved from government functionaries, the bureaucracy and civil society. A nurse has to

handle more than 20 admitted patients while discharging her/his duties. This pathetic condition indicates that a through improvement is call of the day. But, the question arises here is that this possible keeping in mind the current situation, the nursing profession faces in the country. We are not able here to discuss and find the solution of each and every aspect of this picture. But, if we narrow our topic, then we can come to see what the research can play the part to improve the quality of nursing education and quality care, not only in the hospital but also in the community as well. The focus of training is only to run the public sector hospitals. No one here is concerned about the declining standard of nursing education and probably the quality of services rendered throughout the country. The aim of nursing education principally centers on the transformation of nursing knowledge, and assisting nursing students to acquire the necessary skills and attitudes associates with nursing practice. As with professional preparation generally, nursing education encompasses the three domains of learning, the cognitive, the effective, and the psychomotor. Now we have to see how these domains are developed in scientific way. How the nurse is prepared to apply new knowledge during their clinical practice to improve clinical competency, a prerequisites to provide quality care at hospital and community level. "Evidenced-based nursing" is systemic approach to problem solving for the health care providers. Our focus circles how much nurses are prepared to utilize this knowledge? And how much facilities and time is available for this issue? Clinical effectiveness and Evidence-based practice (EBP) should be key cornerstone of current nursing practices. EBN (1) means using the best available evidence from research, along with patient preference and clinical experience. When making nursing decisions [3]. Clinical decisions should therefore, be informed by up-to date, relevant and robust evidence rather than outdated primary training or over interpretation of individual patient's experiences [4, 5] Nurses are increasingly concerned about ensuring that care is research based, and EBN offers a strategy to help nurses achieve this goal by using changing practice if the research suggests this is

necessary [6]. The ultimate goal of nursing is to deliver to patients the best available care. Despite numerous barriers to using research there continues to be strong motivation among nurses to learn the skills required to practice evidence-based nursing [7]. The application of research findings to practice goes hand in hand with clinical expertise and with patient preferences and values. The types of study designs that form the basis for evidence-based practice will vary depending on the nature of the question asked. But don't despair! EBN is possible because (1) there is now a number of clinical evidence sources which present appraised and summarized research for clinicians; (2) good search strategies can identify research that has used an appropriate design to answer your particular clinical question; and (3) critical appraisal is easy to learn, becomes easier with practice, and may be made easier with the Users' Guides series, which will appear in upcoming issues of Evidence-Based Nursing [8, 9]. The general purpose of Evidence-Based Nursing is to select from the health related literature those articles reporting studies and reviews that warrant immediate attention by nurses attempting to keep pace with important advances in their profession [10].

2. Methodology

This is simply a qualitative study of descriptive type. The researcher selected 30 staff nurses/head nurses working at Liaquat University Hospital Hyderabad through quota sampling. The researcher selected 30 staff Nurses/ head nurses working here in all different wards of hospitals. There are 30 Wards and 02 staff nurses were selected from ICU department. In this way, one Subject was selected from each department. The researcher collects data through self-developed questionnaire (22 items) acquiring guidelines from Diane. S. Provikoff research article. The said researcher had worked on same topic under the heading, "Readiness of USA nurses for Evidence-based nursing". First of all, a questionnaire of 22 items was developed (attached). The

researcher selected subjects through Quota sampling. The respondents were staff nurses working there at Liaquat university Hospital Hyderabad. The data was collected through that self-developed questionnaire of 22 close-ended items. At the end, the results were analyzed on the bases of each item received its percentage response. This is simply a qualitative study of descriptive type.

Table 1 Qualitative data for study of descriptive type

Contents	Frequency	Percentage
Age		
20 - 25 years.	05	16%
26 - 30 years.	10	33%
31 — 35 years.	07	23%
Over 36 years.	08	27%
		40%
		60%
Sex		
Male	12	
Female	18	57.5%
Marital Status	17	42.4%
Married	13	
Single		
		23.3%
		33.3%
		36.6%
		6.6%
Ed: Qualification	07	
Matric	10	
F.Sc	11	50%
B.A	02	9.9%
M.A		3.33%
		16.6%
Professional Qualification	15	9.9%
G. Nursing	03	9.9%
CHN	01	
OT	05	
Ward & Teaching	03	46.6%
Cardiology	03	20%
B.Sc Nursing		13.2%
		9.9%
Clinical Experience	14	9.9%
1-5 years	06	
6-10 years	04	
11-15 years	03	
16 - 20 years	03	
Over 21 years		

3. Results and Discussion

According to the data, 18 (60 %) subjects were not familiar with the term "Evidence-based nursing but all the respondent ants were willing to know about it. Only 03 (9.9%) of subjects have ever attended nursing related research workshop, conference or seminar. However, 15 (50%) subjects have area of specialization after completing their basic general nursing diploma. Therefore, they have been taught research as a subject in post diploma courses. One study identified that at hospitals, many of our staff nurses have little or no research training. I never had to do research in nursing schools. Now, I found reading about research... or doing... over whelming. I am not sure where to start. 17 (57.6%) of subjects are not motivated to read research articles in books, journals, newspapers or any other source. A close examination of nursing examination reveals that more often than not, nurses base their practice on traditional or opinions rather than current solid evidence. 20 (66.6%) subjects have never used computer at home or office to search any nursing related material over internet. Russell concluded that nurses have not acquired adequate knowledge of information technology. Only 04 (13%) subjects find some time to search for at web at office hour. May be they are doing their jobs in private sector. 26 (87%) of respondents never find any free time during duty hour for the purpose mentioned above. Tanner identified the online resources for nurses are less than adequate or completely inadequate to meet the needs of their staffs. 15 (50%) subjects are not willing or feel uneasy to get help from someone to search any research material for them. Wood and Wright said "access to appropriate information can change practice but Kerrison and colleagues find that nurses perceive access to EB information extremely difficult. 50% subjects are of the view that they don't understand research articles, same no: never participated in research work at any time. 19 (63.3%) subjects find difficulties to make a conclusion from any research article. 60 (66.6%) said that the research has an important role in clinical practical settings. 14 (46.6%) of subjects feel language as a factor behind the attitude as not reading research articles. Though the majority of the subjects (73%) are satisfied with way nursing care is being applied at their respective clinical areas, but all the subjects are unanimously of the view that a wide range of improvement is vital in nursing education and nursing care being provided to the clients at clinical area. **The** study revealed very pathetic condition of, "EBN" among nurses working at Wali Bhai Rajputana Hospital Hyderabad. A majority of staff nurses working here since over 15 years but are not familiar with, "Evidence-based

nursing" process theoretically. Tanner's study confirms that only a small percentage of those surveyed were familiar with the process of EBN. Although, the nursing care has improved very much, but the importance, research process is not valued by the nurse of country in proper way. The motivation behind cause is positive, the nurse wants to gain new knowledge about the field, but factors making hindrances are in the way of objectivity. One main factor is lack of resources. The nurse has little resources at hand (office/home) to combat the situation. Over burden of work, shortage of time, and many more social and economic responsibilities can be thought as the hindrances to spare some time to go new knowledge. Research shows the motivation of nurses to know about, "EBN". Nursing research related articles anywhere published on internet or any print media fails to seek attention from the nurse. Though web based search has dramatically changed to flow of knowledge throughout the globe, but nursing is not utilizing it properly. Even they are less motivated to seek assistance from any other source to search nursing related material at internet. The habit of not reading those articles has resulted that the nurse is not fully prepared to understand and make a conclusion from it. Research has confirmed that the reason behind this attitude is language barrier's most of the research is published in English. The level of English is below the standard. Although, the majority of the subjects agree with the importance of nursing research at theoretical and practical field but they view that the nurse of the day is not fully prepared to utilize research at clinical area. 33% of the subjects are not satisfied with the way the nursing care is being provided to clients at their clinical sites. The need to improve nursing care is strongly felt among all the respondents and they view that the research will play an important role in this direction.

4. Conclusion

The study revealed very pathetic condition of, "EBN" among nurses working at Liaquat University Hospital Hyderabad. A majority of staff nurses working here since over 15 years but are not familiar with, "Evidence-based nursing" process theoretically. Tanner's study confirms that only a small percentage of those surveyed were familiar with the process of EBN. Although, the nursing care has improved very much, but the importance, research process is not valued by the nurse of country in proper way. The motivation behind cause is positive, the nurse wants to gain new knowledge about the field, but factors making hindrances are in the way of objectivity. One main factor is lack of resources. The nurse has little resources at hand (office/home) to combat the situation. Over burden of work, shortage of time, and many more social and economic responsibilities can be thought as the hindrances to spare some time to go new knowledge. Research shows the motivation of nurses to know about, "EBN". Nursing research

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Acknowledgments

All praises and thanks are to the God Almighty.

Dedication

Not mentioned.

Conflicts of Interest

There are no conflicts to declare.



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