




## Measuring Nurses' Beliefs and Confidence to Implement Evidence-Based Practices (EBP)

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Rush is a not-for-profit health care, education and research enterprise comprising Rush University Medical Center, Rush University, Rush Oak Park Hospital and Rush Health.

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**Rush University Medical Center**  
676-bed 4<sup>th</sup> designation Magnet hospital west of downtown Chicago, Illinois

**14-story Acute Care Tower**  
opened in 2012

*The mission of Rush is to provide the **best health care** for the individuals and diverse communities we serve through the integration of outstanding patient care, education, research, and community partnerships*

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**Disclosure** 

The presenters of this session disclose no conflicts of interest

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**Objectives**

Describe strategies to increase EBP

Discuss study results from the Evidence Based Practice (EBP) and Beliefs Scale over a 2 year period

Melnyk, BM, Finout-Overhold, E, & Mays, MZ. (2008). *The Evidence-Based Practice Beliefs and Implementation Scales: Psychometric Properties of Two New Instruments*. *Worldviews on Evidence-Based Practice Nursing*, Quarter 4, 208-216.

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**Institute of Medicine**

**Consensus Report**

By the year 2020, 90 percent of clinical decisions will be supported by accurate, timely, and up-to-date clinical information, and will reflect the best available evidence

Higher quality of care, improved patient outcomes, cost savings, and greater nurse satisfaction

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**Special Thanks**

**Elisa Jang RN, MS, CNS - NorthBay Healthcare, Fairfield, CA NACNS Annual Conference 2015**



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**Prior to 2015** 

**EBP & Research Committee**

- Chaired by CON or nurse leader
- Limited staff nurse involvement
- Part of shared governance structure
- Projects decentralized, lacked structure , tools, resources to guide nurses with project development
- Limited connection to clinical ladder
- Lack of role clarity

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**Committee Restructuring** 

- Chair-Magnet Program Director
- Staff nurse and CNS reps from each department
- Request for AVP support of departmental projects from 4 areas
- Goal to hire Director of Research
- Charter development
- Current State Assessment - *Measuring Nurses' Beliefs and Confidence to Implement Evidence-Based Practices (EBP)*

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**Perceptions of EBP Study** 

Aim was to measure nurses' beliefs in an academic medical center about the value of EBP (Evidence-Based Practice) and their confidence to implement into practice

Baseline measure and reassessment after a 2 year period

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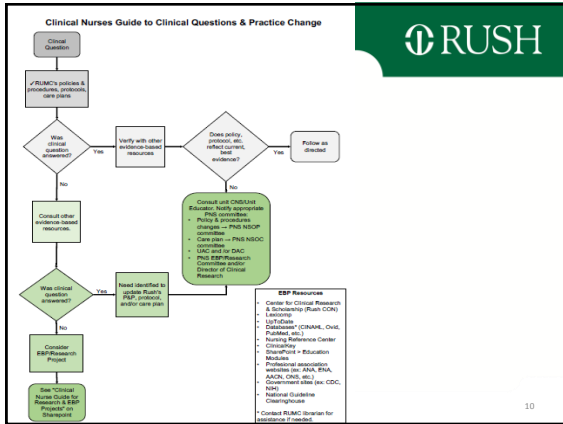
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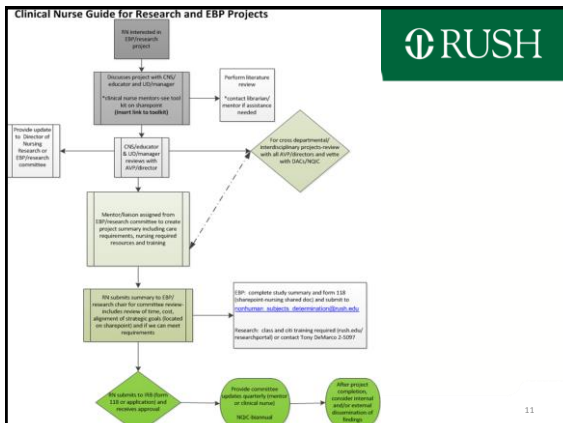
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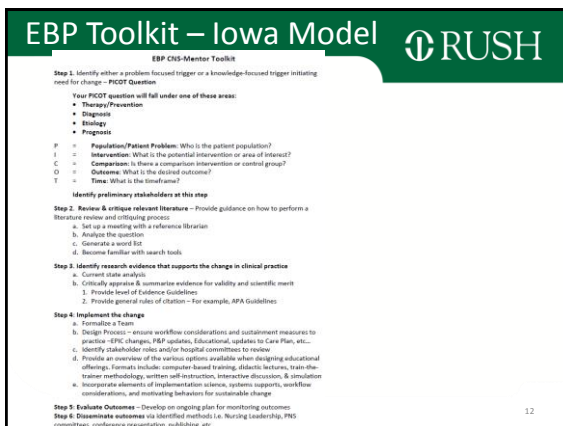
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**Improvement Activities** 

- Resources –Guides for mentor and staff nurses
- Director of Clinical Research
- Online Journal Club
- Highlighted nurse led EBP project at nursing forums
- Included EBP in clinical ladder for RN advancement
- 2017 on-site Nursing EBP and Research Forum
- Increased posters & podium presentations at local and national conferences
- Yearly scholarship grants for nurse-led projects
- DNP Projects

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**Staff Nurse Led Projects** 

- Accurate temperature route (axillary vs oral) in intubated patients (neonates, infants, children) in PICU
- Effects of music therapy on pain, anxiety, and patient satisfaction on pre-intra-post op orthopedic patient
- Effects of an incentive based exercise program on fatigue, physical functioning, and length of stay in stem cell transplant
- Saline flush orders to decrease clotted lines & TPA use
- Evaluation of nursing shared governance
- Improving nursing resiliency in adult ICUs and ED

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**Results** 

**Demographic data**

- 74% clinical nurse responders (pre)
  - 648 total responders
- 73% clinical nurse responders (post)
  - 486 total responders
- 7% advanced practice nurse responders pre and post
- Highest nursing degree listed as BSN or higher was 93% (pre) and 95% (post)

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**Results** 

- 16 question survey (Likert scale 1-5 rating)
- 6 were statistically significant
  - 4 positive
  - 2 opportunities

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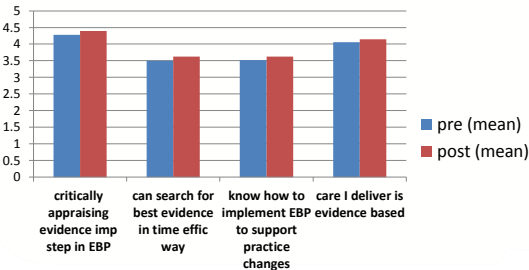
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**Positive Results** 

Statistically Significant Survey Questions



Question	pre (mean)	post (mean)
critically appraising evidence imp step in EBP	~4.2	~4.5
can search for best evidence in time effic way	~3.5	~3.8
know how to implement EBP to support practice changes	~3.5	~3.8
care I deliver is evidence based	~4.2	~4.5

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**Positive Results** 

- I believe that critically appraising evidence is an important step in the EBP process
  - p .01 pre and post
- I believe that I can search for the best evidence to answer questions in a time efficient way
  - p .04 pre and post
- I know how to implement EBP sufficiently enough to make practice changes
  - p .05 pre and post
- **I believe the care I deliver is evidence based**
  - **p .036 pre and post**

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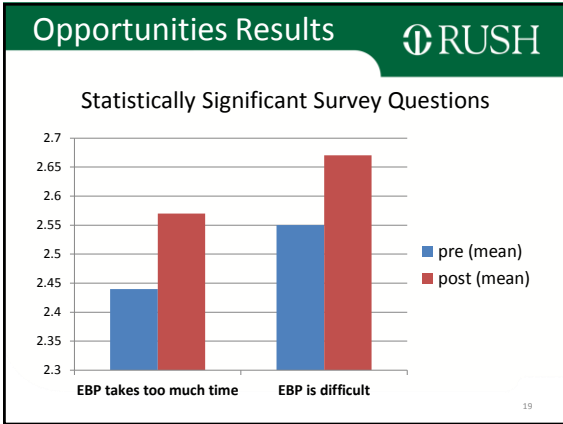
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**Opportunities Results** 

I believe EBP is difficult

- p .028 pre and 0.029 post

I believe EBP takes too much time

- p. 036 pre and post

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- Next Steps** 
- Improved integration with College of Nursing
  - Rush System for Health Nursing Retreat
  - Updated nurse review process on all studies
  - Additional Nurse Researcher support  
(Director Nursing Research and Health Equity)
  - CNS involvement in Shared Governance, APP, Quality Structure
  - Increasing staff led projects
  - Citi-training (IRB) changed to every 3years <sup>21</sup>

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- Davena Beal, DNP, RN
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**Free online EBP Modules** 

Free online EBP Modules – Ohio State  
[go.osu.edu/ebp](http://go.osu.edu/ebp)

- Module 1: Making the Case for Evidence-Based Practice
- Module 2: Spirit of Inquiry and Formulating a PICOT Question
- Module 3: Basic Searching for Evidence
- Module 4: Critical Appraisal vs. Critique
- Module 5: Integrating Evidence into Decision Making and Measuring Outcomes
- Module 6: Making EBP Happen in Real World Clinical Settings

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