

## **Researching and Enhancing Evidence Based Practice: A Descriptive Study**

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**Problem:** Most hospitals lack measurement on their nurses' confidence, ability, desire, and frequency of behaviors related to Evidence-Based Practice (EBP).

**Background/Evidence:** The current climate of professional practice requires the demonstration of clinical outcomes. Clinicians at the point of care increasingly need to be able to review and evaluate evidence and measure the effectiveness of the interventions they provide.

**Aim/Objectives:** The research goal was to establish a baseline of measure of staff nurses' confidence, ability, desire, and frequency of behaviors related to EBP. A secondary goal was to evaluate the impact of two interventions on these elements of EBP: attending a day-long workshop presented by Bernadette Melnyk, PhD, RN, CPNP/PMHNP, FNAP, FAAN and participating in a 10-week EBP "Boot Camp" curriculum and that involved completing an EBP project.

**Methods/Strategy:** The study used Pravikoff and Wallin's validated "Evidence-based Practice Questionnaire." The questionnaire was administered to nurses before and within 4 weeks after completing "Boot Camp."

**Results:** After completing Boot Camp, nurses significantly increased their understanding of evidence based practice ( $p < .01$ ) and the frequency they sought evidence to support practice at the bedside ( $p < .01$ ).

**Recommendations:** Given that baseline surveys revealed staff nurses have limited confidence, ability, desire, and frequency of behaviors related to EBP, provide learning and application opportunities such as the Boot Camp curriculum.