

EVIDENCE BASED NURSING " PRACTICE IN COMMUNITY HEALTH NURSING CLINICAL SPECIALITY AND RESEARCH PRIORITIES



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EVIDENCE BASED HEALTH CARE

It is defined as the explicit and judicious use of current conscientious best evidence in making decisions about the care of the individual patients

EVIDENCE BASED NURSING

Evidence based nursing is the process by which nurses make clinical decisions using the best available research evidence, their clinical expertise and patient preferences

STEPS OF EBN IN SOLVING PROBLEMS ENCOUNTERED BY NURSES

Clearly identify the issue or problem based on accurate analysis of current nursing knowledge and practice search the literature for the relevant research evaluate the research evidence using established criteria regarding scientific merit

choose interventions and justify the selection with the most valid evidence

STEP – I

WHAT DOES A WELL BUILT CLINICAL QUESTION INCLUDE?

The intervention - what is being done?

the condition or health problem - what is being treated or prevented? the patient and setting - what is being affected?

STEP-II

SEARCHING FOR AN ANSWER

- ❖ Visit the local medical library
- ❖ Consult an expert
- ❖ Look for the answers in the text book
- ❖ Look for answers in practice guide lines
- ❖ Do a computer search
- ❖ Look for the answer in the randomised controlled trials
- ❖ Look for the answers in the systemic reviews
- ❖ Consult the available literature

EXAMPLES

- ❖ What is the health outcome of population based approach to Diabetic care in Primary setting?
- ❖ Whether the intestinal parasitoses in pregnant women

have an effect on new born weight ?

- ❖ What is the effect of home based strength and balance restraining programme for elderly people?
- ❖ Are Nurse care coordinating programmes effective than MCO programme in clinical outcome of community based long term care of elderly

STEP-III

FINDING THE EVIDENCE

- ❖ A Readable and understandable summary of all the evidence relevant to a particular problem
- ❖ An unbiased summary of the evidence
- ❖ A Transperant summary showing clearly how the evidence was collected clearly and summarized
- ❖ A Summary which is kept up-to-date.

TYPES OF LITERATURE REVIEW

1. Traditional review
2. Systematic review

1.The Traditional review is the generic term for any attempt to synthesize the results and conclusions of two or more publications on a given topic. Such topics are usually produced by a “content expert”

2.The Systematic review in contrast to the Traditional review,comprehensively locates, evaluates and synthesizes all the available literature on a given topic using a strict scientific design, which must it self be reported in the review.

STEP-IV

INTERPRETATING INFORMATION META ANALYSIS OF THE RESEARCH LITERATURE

The next step beyond critique and integration of research is to conduct a meta analysis of the outcomes of similar studies. Meta analysis pools the result from previous studies into a single qualitative analysis that provides the highest level of evidence for an intervention's efficacy.

AREAS OF EVIDENCE BASED PRACTICE NURSING IN COMMUNITY HEALTH NURSING

- ❖ Examining health problems and intensity of need for care in family-focused community
- ❖ Why girls smoke: a proposed community based prevention program
- ❖ Mothers ranking of clinical intervention strategies used to promote infant health.
- ❖ Registered nurse experience with an evidence- based home care pathway for myocardial infarction clients
- ❖ The information sources prescribed by community nurse prescribers
- ❖ Predictors of acceptance of a postpartum public health nurse home visit; findings from an Ontario survey.
- ❖ Utility of qualitative research findings in evidence-based



public health practice

❖ Tacit knowledge of public health nurses in identifying community health problems and need for new services: a case study.

❖ Nurse patient interaction and decision-making in care: Patient involvement in community nursing.

❖ Addressing domestic violence through maternal-child health visiting: What we do and do not know.

❖ The benefits of using the Neonatal Behavioral assessment scale in health visiting practice.

❖ The significance of drinking context for home detoxification

❖ Identifying approaches to meet assessed needs in health visiting.

❖ Research and organizational issues for the implementation of family work in community psychiatric services

RESEARCH AREA OF PRIORITY

❖ Home based nursing care of patients with AIDS

❖ Community based research to explore safer sex behaviour among women

❖ Tertiary care of children with AIDS

❖ Specialist home based nursing services for children with acute and chronic illness

❖ Vitamin A supplementation and health outcomes of rural children

❖ Home accident among children

❖ Antenatal care and pregnancy outcome

❖ Safe motherhood

❖ Teenage conception and abortion

❖ Emergency contraception

❖ Prevention of hypertension

❖ Risk factors for obesity and type II diabetics

❖ Changes in smoking behaviour and exposure to tobacco intervention

❖ Evidence based homecare for myocardial infarction clients

❖ Community based long term care of elderly

❖ Disease registration and diabetic management

❖ Knowledge transfer on communicable disease

❖ Dementia family care given training affecting beliefs about care giver outcome.

CONCLUSION:

Health care that is evidence-based and conducted in a caring context leads to better clinical decisions and patient outcomes. Gaining knowledge and skills in the EBP process provides nurses and other clinicians the tools needed to take ownership of their practices and transform health care. Key elements of a best practice culture are EBP mentors, partnerships between academic and clinical settings, EBP champions, clearly written research, time and resources, and administrative support.