



Assessment of Nurses' Perception toward Application of Evidence Based Practice Approach

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ABSTRACT

Background: Evidence-based nursing practice (EBNP) has become one of the most effective methods for improving patient outcomes and the quality of care as well as delivering cost-efficient health care. Nurses' perspectives are critical to the successful adoption of evidence-based practice. While positive views regarding EBP serve as a foundation for developing appropriate nursing approaches to improve patient care, there is a noticeable gap between belief in evidence-based practice advantages and actual implementation.

Objectives: To assess nurses' perception toward the application of an evidence-based practice approach.

Methodology: A non-probability/ convenience sampling, Data were collected through self-administered questionnaire technique for data collection, which is constructed through the extensive review of the related literature that consisted of two assessment parts first one consist of demographic data, and the second part of the assessment tool is concerned with assessing the nurse's perception scale which include three parts, the first part contains (4) statement, the second part contains (3) statement and the last part contains (2) statement developed by Majid et al (2011). The reliability of the instrument was the Cronbach alpha of perception section was between 0.68 to 0.95, and the face validity of the study instruments was determined by a panel of (12) experts in the Nursing and Medicine fields, and science of psychology, All the experts agreed that the instrument is valid with some suggested modifications. Data were analyzed through the application of frequency, percentage and the inferential statistical analysis approach is used to test the study null hypotheses within a confidence interval equal to 0.95 (Chi-square which is used to determine the association between nurses' perception and demographic data). Such analyses are computed by using the SPSS program version 24.

Results: The findings indicate that the total assessment of perception about application of evidence-based practice approach about (39.54%) of the nurses have poor perception of evidence-based practice, (51.23 %) of them have moderate perception; while (9.32 %) of them have good levels according to the total assessment of perception about evidence-based practice.

Conclusion: According to the study results and discussion half of nurses have good perception toward application of evidence based practice approach when assessed by the statistical analysis.

Keywords: Nurses' perception, evidence based practice.

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INTRODUCTION

Evidence-based nursing practice has become one of the most effective methods for improving patient outcomes and the quality of care as well as delivering cost-efficient health care, the use of evidence-based practice in clinical nursing practice is highly valued globally. It has developed into an internationally recognized model of care that is increasingly acknowledged for its ability to enable the integration of research-based evidence into clinical practice (1,2).

Evidence based practice implementation is recommended in clinical settings as it has been attributed to promoting high-value health care, improving the patient experience and health outcomes, as well as reducing healthcare costs (3).

Perception is something that includes the recognition of elements of the environment in all its complexity, as well as that of each of the objects that constitute it. On the other hand, has been mentioned, that recognition of objects is more attributable to cognition than perception, however, both processes are so closely interrelated that, from the theoretical point of view, cannot be considered in isolation (4).

Nurses' perspectives are critical to the successful adoption of evidence-based practice. While positive views regarding EBP serve as a foundation for developing appropriate nursing approaches to improve patient care, there is a noticeable gap between belief in evidence-based practice advantages and actual implementation (5).

Nurses typically have a positive perception toward evidence-based practice as a vital component of enhancing healthcare quality and providing excellent patient care. Although having a good attitude about their occupations, many nurses are unaware of the necessity of EBP in their practice. This underscores the need for additional study to better understand and compare the factors that influence nurses' knowledge, attitudes, and practices about EBP around the world (6).

Evidence alone is never sufficient to make a specific clinical decision about a specific patient, the clinician requires evidence, good judgment, clinical skill, and knowledge of the patient's unique needs to apply evidence to a specific patient care situation, studies continue to prove that nursing practice is still not based on best available evidence (7).

Nurses' perceptions of evidence-based practice vary around the world, influenced by factors such as knowledge, attitudes, and organizational support. Research indicates that nurses generally have positive attitudes towards evidence-based practice but may face challenges in knowledge and skills of implementation, studies in different countries have highlighted the importance of leadership, organizational culture, and professional experience in shaping nurses' perceptions of evidence-based practice (8).

Nurses' perceptions were studied previously showed that; nurses generally view evidence-based practice positively and consider it important to better patient care, Nevertheless, it is a fact that accepting and implementing evidence-based practice is rather slow (9).

AIMS OF THE STUDY

To assess nurses' perception toward the application of an evidence-based practice approach.

METHODOLOGY

Design of the study: A descriptive cross-sectional design, have been carried out in the present study, which is conducted from 1st of November, 2023 to 1st of June, 2024 to assess nurses perception toward application of evidence based practice approach.

Settings of the Study: All four governmental hospitals that located at Al-Najaf Al-Ashraf City which include Al-Hakeem teaching hospital, Al-Sadar medical city, Al-Zharaa teaching hospital and Al-Najaf Al-Ashraf Hospital.

Sample of the study: A non-probability/ convenience sampling of (n=365) nurses who works in Al-Najaf Al-Ashraf hospitals determining from the total population of nurses (N=7625) calculated In the present study based on the following factors (confidence = 0.95, α = 0.05, and total population size = 7625) by using label adequate sample size that was applied in this study ⁽¹⁰⁾. Data were collected from 20th of February , 2024 to 1st of April , 2024.

Study instrument:

The researchers investigate the study phenomena and gathered data by using perception scale tools developed by Majid et al (2011) Which include three parts, the first part (I am able to) contains (4) statement, the second part (When reading a research article, I am able to) contains (3) statement and the last part (When applying a research recommendation, I am able to) contains (2) statement through intensive literature reviews and validity and reliability of the tools were insured, the response to all these questions are as (1) poor (2) moderate (3) good (4) Very good (5) excellent. Reliability was tested using the alpha Cronbach between 0.68 to 0.95 ⁽¹¹⁾.

Ethical Considerations: After getting the approval of the council of the College of Nursing, university of kufa regarding the study, the researcher, permission is obtained from the University of Kufa / College of Medicine-Medical Ethical Committee.

The Validity of the Study Instrument: The face validity of the study instruments is determined by a panel of (12) experts in the Nursing and Medicine fields, and science of psychology, All the experts agreed that the instrument is valid with some suggested modifications.

Statistical analysis: The study data were analyzed statistically using the Statistical Package of Social Sciences (SPSS) program version 24 and Microsoft Excel (2010), which include descriptive data analysis (Frequencies, Percentages and Means of scores) and The inferential statistical analysis approach is used to test the study null hypotheses within a confidence

interval equal to 0.95, In the determination of the association between nurses' perception and demographic data the test were used is Chi-square.

RESULTS

Table (1) shows statistical distribution of study participants by their socio-demographic data, it explains that the highest percentage of the nurses' subgroup are: those with ages between (20-31) years old (69.3%), female members (56.4%), those working in wards (33.4%), Concerning the years of experience in nursing (38.6%), those are nursing college graduated (56.2 %), those who had training courses about evidence-based practice (50.1%), while (37.62%) of them had only one course, and (42.47%) of them had one week duration of courses. Regarding the source of information, the same table exhibited that (84.4%) of the participants extended their information from journals, (83.3%) from conferences, (75.3%) from workshops.

Table (2) shows assessment and mean of scores for the items of the perception about application of evidence-based practice approach, it reveals that the assessment of the all items was (moderate).

Table (3) shows the descriptive statistics of nurses according to their total assessment of perception about application of evidence-based practice approach, it shows that the about (39.54%) of the nurses have poor perception about evidence-based practice, (51.23%) of them have moderate perception; while (9.32%) of them have good levels according to the total assessment of perception about evidence-based practice.

Table (4) show relationship between nurses' perception and their demographic data regarding evidence based practice. It shows that there is a significant relationship ($P < 0.05$) between EBP perception and work place.

DISCUSSION:

The current study was conducted to assess nurses' perception toward the application of evidence-based practice, the study shows that a total of 365 nurses were studied between the ages of (20-31) years old 69.3%, of nurses were within the twenty years to thirty years for the study sample as this indicates that the majority of nurses are from the youth category, and this might be due to almost of nurses were newly graduates. This agrees with a study performed by Paulose et al., (2016) which indicated most age groups (20-29) years with a percentage of 80% ⁽¹²⁾.

In terms of gender, the findings of the current study revealed the highest percentage of female members 56.4% which revealed that most of the nurses who work in the hospitals are female this might be due to the culture that the nursing career attracts females more than male, this concordant with a study done by Al-Abedi & Mansour., (2022) indicates that the results of this study demonstrated that the highest percentage of nurses is female (53.33%) ⁽¹³⁾.

Those working inwards were 33.4% the highest percentage among nurses working place. The present study is consistent with a cross-sectional study done in Korea by Yoo et al., (2019) which indicated (59.1%) of nurses worked in a general ward ⁽¹⁴⁾.

Concerning the years of experience in nursing, the current study showed that the highest percentage (1-5) years of experience was 38.6%. Another study performed by Al-Hchaim & Hamza, (2016) indicates revealed the majority of nurses in the study and control groups were between (1-3) years of experience ⁽¹⁵⁾.

According to subjects' educational qualifications, the findings of the present study showed the highest percentage of those are bachelor's degrees 56.2%, It also agrees with the study indicated (67.1%) that was the highest

percentage for bachelor's degree nurses qualification ⁽¹⁶⁾.

With regard to nurses' perception toward the application of evidence-based practice table (2) shows the assessment and mean scores for the items of the perception of the application of the evidence-based practice approach, it reveals that the assessment of all items was (moderate). Table (3) shows the descriptive statistics of nurses according to their total assessment of perception about the application of evidence-based practice approach 51.23 % of nurses have moderate perception which is the highest percentage of the sample. This is concurrent with a study done by Hadgu, (2015) which indicates good perceptions (90%) of nurses towards integration of evidence-based practice ⁽¹⁷⁾.

The present study is incongruent with the cross-sectional study taken in Ethiopia by Diriba & Tilahun, (2024) that showed the study nurses' perception readiness to integrate EBP was a good perception 70.3% which is high level ⁽¹⁸⁾.

The relationship between respondents' demographic characteristics and their perception of the application of (EBP) is a crucial aspect to consider in understanding the readiness and attitudes of nurses toward evidence-based care. shows that there is a significant relationship ($P < 0.05$) between nurses' perception and the workplace and a high significance with conferences.

This study disagrees with a study performed by Catu, (2021) indicated that Respondents' perceptions associated with their highest educational attainment showed that there was no statistically significant finding ⁽¹⁹⁾. Moreover, a study done by Hamza & Kassar, (2016) indicates that there is a significant relationship between the nurses' age, workplace, and their level of perception ⁽²⁰⁾.

CONCLUSIONS:

The present study concluded that half of nurses have a good perception toward the application of evidence-based practice, which means they have a

readiness to apply evidence-based practice. Nurses with a moderate perception may benefit from targeted interventions to enhance their understanding and implementation of evidence-based practice. The study results suggest that these healthcare professionals may require additional support and resources to improve their knowledge and attitude toward evidence-based practice such as training Programs.

Study Limitation:

Because the data were collected while the nurse was working so may not have answered the question purposefully, Bias may occur in the nurses' responses because they believe in acting as the beast and not the actual act. Moreover , the study was done in AL-Najaf city only.

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TABLES:

Table (1): Statistical distribution of study participants by their demographic data

Items	Sub-groups	Study group (Total = 365)		
		Frequency	Percentage	
Age / Years	20 - 31	253	69.3	
	32 - 43	83	22.7	
	44 – 55	29	7.9	
Gender	Male	159	43.6	
	Female	206	56.4	
Work Place	Emergency	100	27.4	
	Wards	122	33.4	
	Operation	40	11.0	
	Consulting Clinics	47	12.9	
	Specialized Centers	56	15.3	
Years of Experience	< 1	55	15.1	
	1-5	141	38.6	
	6-10	88	24.1	
	> 10	81	22.2	
Levels of Education	Nursing Diploma	150	41.1	
	Nursing B.Sc.	205	56.2	
	Nursing M.Sc.	9	2.5	
	Nursing Ph.D.	1	0.3	
Courses	Yes	183	50.1	
	No	182	49.9	
No. of courses	1	136	37.26	
	> 1	47	12.88	
Duration of courses	No Training	182	49.86	
	One Week	155	42.47	
	> One Week	28	7.67	
	No Training	182	49.86	
Source of information	Journals	Yes	308	84.4
		No	57	15.6
	Conferences	Yes	306	83.8
		No	59	16.2
	Workshops	Yes	275	75.3
		No	90	24.7
	Colleagues	Yes	246	67.4
		No	119	32.6
	Internet	Yes	245	67.1
		No	120	32.9
	During university study	Yes	219	60.0
		No	145	39.7

Table (2): Assessment and mean of scores for the items of the perception about application of evidence-based practice approach

No.	Items	MS	SD	Assessment
I am able to :				
1	Identify clinical issues/problems.	2.51	1.01	Moderate
2	Translate a clinical issue/problem into a well-formulated clinical question.	2.61	0.98	Moderate
3	Distinguish between different types of questions (e.g., intervention, prognosis, harm, and cost-effectiveness).	2.71	0.98	Moderate
4	Conduct online searches (using databases and web search engines).	2.79	1.14	Moderate
When reading a research article, I am able to :				
5	Relate research finding to my clinical practice and point out similarities and differences.	2.50	1.05	Moderate
6	use a check list to assess research articles.	2.59	1.02	Moderate
7	read a research report and have a general notion about its strength and weaknesses	2.61	1.02	Moderate
When applying a research recommendation, I am able to :				
8	apply an intervention based on the most applicable evidence.	2.58	1.06	Moderate
9	Evaluate the application of intervention and identify areas of improvement.	2.69	1.10	Moderate
Overall Perception		2.62	1.04	Moderate

MS: Mean of Scores; SD: Standard Deviation ; Poor: MS = 1-2.33 ; Moderate: MS =2.34-3.66 ; Good: MS≥3.67.

Table (3): Descriptive Statistics of nurses' subgroups according to their total assessment of perception about application of evidence-based practice approach

Nurses' Perception toward application of evidence-based practice approach		Poor	Moderate	Good
	Frequency	144	187	34
Percentage	39.45	51.23	9.32	

Table (4): Association between nurses' perception and their demographic data regarding evidence-based practice

Items	Chi Square	df	P value	Sig.
Age / Years	6.73	4	0.15	NS
Gender	1.01	2	0.60	NS
Work Place	15.36	8	0.05	S
Years of Experience	3.87	6	0.69	NS
Levels of Education	7.39	6	0.28	NS

NS: Non-significant at $p > 0.5$; S: Significant at $p < 0.05$.