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Improving the Use of Evidence-Based Practice and Research Utilization through the Identification of Barriers to Implementation in a Critical Access Hospital

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Introduction

The Institute of Medicine set a goal that by the year 2020, 90% of all clinical decisions will be supported by accurate, timely, and up-to-date clinical information that reflects the best available evidence. The American Nurses Credentialing Center Model for Magnet ® consists of five evidence-derived components—transformational leadership, structural empowerment, exemplary professional practice, new knowledge, innovations and improvements and empirical outcomes. The knowledge, innovations, and improvements component focuses on research and evidence-based practice that supports the advancement of practice in the clinical setting.

Purpose

The purpose of this study was to explore the relationships between perceived barriers to research use and the implementation of EBP among rural hospital nurses. The specific aims include:

1. The identification of barriers to implementation of EBP, and
2. The development of an implementation plan for future roll-outs of EBP initiatives to increase utilization and compliance.

Methodology

Following Institutional Review Board approval, a descriptive, quality improvement study was done using a convenience sample of 80 RNs employed at the facility. An introductory letter with an informed consent statement was sent to recruit participants. Information regarding the study was shared at beginning of shift huddles. Envelopes with all study tools were placed on each nursing unit where they could be accessed and completed. Fifty-one (63.8%) subjects participated. When completed, the documents were placed in a sealed envelop and dropped in a locked box to maintain anonymity.

Tables / Figures

Table 2 BARRIERS Scale Factors

Factor 1. Characteristics of the Adopter: The nurse's research values, skills, and awareness. (Cronbach's alpha = 0.837)	<ul style="list-style-type: none">• The amount of research information is overwhelming• The nurse does not feel capable of evaluating the quality of the research• The nurse is unwilling to change or try new ideas
Factor 2. Characteristics of the Organization: Setting barriers and limitations (Cronbach's alpha = 0.844)	<ul style="list-style-type: none">• Physicians will not cooperate with implementation• The nurse does not feel she/he has enough authority to change patient care procedures• The nurse feels the results are not generalizable to their own practice setting and that other staff are not supportive of implementation
Factor 3. Characteristics of the Innovation: Qualities of the research (Cronbach's alpha = 0.756)	<ul style="list-style-type: none">• The research has not been replicated• The literature reports conflicting results• The research has methodological inadequacies
Factor 4. Characteristics of the Communication: Presentation and accessibility of the research (Cronbach's alpha = 0.793)	<ul style="list-style-type: none">• The relevant literature is not compiled in one place• Statistical analyses are not understandable• The research is not reported clearly and readably

Table 3. Barriers and Facilitators

Barriers	Facilitators
<ul style="list-style-type: none">• Lack of motivation• Unwillingness to change• Relevance to bedside care• Takes time away from the patient• Small size of the hospital• Language is confusing• Searching the literature	<ul style="list-style-type: none">• Administrative support• Availability of the nurse scientist• Encouragement from the nurse manager• Incentives to advance our practice• Mentoring of others who have done research

Table 4. Knowledge/Skills

Item	Mean	SD	N
Research skills	4.86	1.069	44
IT skills	4.82	1.167	44
Monitoring/reviewing practice skills	5.18	0.947	44
Converting information needs into research question	4.30	1.212	44
Awareness of major information types/sources	4.84	1.238	44
Ability to identify gaps in practice	5.02	1.045	44
Knowledge of how to retrieve evidence	5.18	1.187	44
Ability to analyze critically evidence against set standards	4.84	1.20	44
Ability to determine how valid material is	4.80	1.193	44
Ability to determine how useful material is	5.14	1.069	44
Ability to apply information to individual cases	5.41	0.972	44
Sharing of ideas and information with colleagues	5.45	1.150	44
Dissemination of new ideas about care to colleagues	5.18	1.225	44
Ability to review your own practice	5.43	0.998	44

Discussion

Based on the results of the two surveys, four issues emerged:

- Lack of knowledge (forming a research question, completing a literature search, and critiquing information)
- Limited resources (rural facility, no on-site librarian, part-time nurse scientist)
- Multidisciplinary collaboration
- Ability and willingness to change.

Implications for Practice

Educate and increase utilization of the following:

- Clinical Excellence Through Evidence-based Practice Model
- Roll Out form and process
- Classes on the following:
 - Formulating a Research Question
 - How to do a literature search
 - Critiquing a research article
- Multidisciplinary collaboration to implement change

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