

# A Comprehensive Look at Evidence-Based Nursing Practice: Benefits and Challenges

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## DESCRIPTION

Evidence-Based Nursing Practice (EBNP) is an approach to nursing that involves integrating the best available evidence with clinical expertise and patient values to provide the highest quality of care. EBNP is based on the premise that healthcare decisions should be made based on the best available evidence, rather than solely relying on tradition, authority, or personal experience. This approach ensures that patients receive the most effective and safe care possible. The concept of EBNP began in the 1970s, but it wasn't until the 1990s that it gained widespread recognition as an essential component of nursing practice. The Institute of Medicine's report "To Err Is Human" in 1999 highlighted the importance of evidence-based practice in improving patient outcomes and reducing medical errors. Since then, EBNP has become an integral part of nursing education and practice. The process of EBNP involves several steps, including formulating a clinical question, searching for the best available evidence, critically appraising the evidence, and integrating the evidence into clinical decision-making. This process requires a solid understanding of research methods and statistics, as well as critical thinking and problem-solving skills.

One of the key benefits of EBNP is that it promotes the use of the most current and reliable evidence in clinical decision-making. This ensures that patients receive the most effective and safe care possible, based on the latest research and best practices. EBNP also encourages healthcare providers to continuously update their knowledge and skills through ongoing learning and professional development. Another benefit of EBNP is that it can help reduce healthcare costs by reducing the use of ineffective or unnecessary treatments and interventions. By focusing on evidence-based practices, healthcare providers can ensure that resources are used efficiently and effectively, ultimately resulting

in better patient outcomes and improved healthcare outcomes. EBNP also promotes patient-centered care, which involves considering the patient's values, preferences, and needs when making clinical decisions. This approach emphasizes the importance of communication and collaboration between healthcare providers and patients, ensuring that patients are actively involved in their care and informed about their treatment options. However, implementing EBNP in practice can be challenging. One of the main barriers is a lack of access to up-to-date and relevant evidence, as well as the time and resources needed to search for and critically appraise the evidence. Another challenge is the resistance to change among healthcare providers who may be skeptical of new practices or may feel that their clinical expertise is being questioned.

To overcome these challenges, nursing leaders can promote a culture of EBNP within their organizations by providing resources and support for ongoing learning and professional development. This can include access to online databases and resources, as well as training and mentorship opportunities for healthcare providers. It is also essential to involve patients in the EBNP process, encouraging them to ask questions and participate in decision-making.

Thus, Evidence-based nursing practice is an essential component of modern healthcare. It promotes the use of the best available evidence in clinical decision-making, ensuring that patients receive the most effective and safe care possible. EBNP also promotes patient-centered care, reduces healthcare costs, and encourages ongoing learning and professional development.

Although implementing EBNP in practice can be challenging, nursing leaders can promote a culture of EBNP within their organizations by providing resources and support for ongoing learning and professional development.

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