Evidence-Based Practice: Reflection Paper

Student’s Name:

Institutional Affiliation:
Reflective Essay

Studying evidence-based practice was an educative experience as the learning lessons provided new insights, better understanding, and provided clarification in areas that had been perceived as similar, yet they were different. Defining research, nursing research, and also evidence-based practice was the first step in gaining an understanding of what evidence-based practice entails, how it is different from nursing research and research and how the three areas relate and contribute towards each other. It became clear that research and nursing research contributes towards gaining knowledge, new insight, and gathering evidence, and evidence-based practice plays an important role in bridging the gap between research and practice. The evidence-based practice facilitates the incorporation of evidence in practice to improve the care provided to patients.

Research emerged as a pillar of nursing research and evidence-based practice as it facilitates the collection and analysis of quality data in the field of nursing, which is used in clinical decision making to facilitate evidence-based practice. Studying research, various methods of research, and how to conduct research sharpened my personal research skills. Gaining an understanding of various types of research and the contribution of each type has proven critical even in personal research. The knowledge gained will facilitate proper research both in the present and future as I currently possess the ability to use either quantitative or qualitative research depending on the aims of the study. The knowledge will enhance the quality of results generated due to the use of proper research methodologies. Individual expertise in conducting research is critical in obtaining accurate and reliable information, which influences the outcomes.
Studying evidence-based practice influenced my personal attitude towards the need for continuous learning in the field of nursing. Although I possess a thirst for knowledge as an individual, understanding how continuous learning impacts nursing practice provides a solid focus that guides all the personal efforts towards the generation of productive efforts that are significant in providing patient-centered care for better outcomes in the healthcare industry. As a nursing student, there has always been an emphasis on being part of a generation of nurses who focuses on providing quality care. The emphasis is more realistic since it is now clear how one can achieve that as a nurse.

The most educative section of studying the evidence-based practice was learning its importance in nursing. The nursing field has experienced an evolution in both how care is provided to patients and in the provision of education to nursing students. Evidence-based practice is one of the evolution that has impacted the nursing field and has emerged to be the gold standard used in the provision of care and has also impacted nursing education. The experience gained during the learning sessions greatly improved my knowledge enhanced the development of various skills such as critical thinking, which has emerged critical in achieving professional accountability. The change is evident even in simple matters such as decision-making in personal matters. Increased personal knowledge base facilitates informed decision making. The major personal future expectation is to apply various theories in practice as a nurse.

Understanding critical aspects such as the three components that must be incorporated into evidence-based practice gives a clear picture of what evidence-based practice is and what it is not. The steps of evidence-based practice facilitate the process of bridging the gap between evidence from the best research and patients' needs and their preferences. Other crucial areas include the use of PICOT format, models of promotion, and others equips and prepares a learner.
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with the proper knowledge required to implement new evidence (Gray, Grove, & Sutherland, 2016).

Other areas covered in the learning sessions, such as the benefits of evidence-based practice in nursing, created awareness about the role of evidence-based practice in the healthcare industry. The impact of evidence-based practice has been great, and it had a great implication towards individual contribution. Evidence-based practice generates solutions to various health problems, which evolve in the industry due to changes in demographic variations, changes in patient preferences, and others such as the shift towards the provision of quality care to patients. Major health problems, such as patient safety, have been minimized through evidence-based practice. Contributions of various historic nursing figures such as Florence Nightingale in the field of nursing boosts individual desire to fully participate in evidence-based practice due to the possibility of every simple action having a more significant impact than expected. The area provides opportunities for nurses to achieve job satisfaction through improved ways of providing care to patients. Research indicates that the use of evidence-based practice results in greater professional satisfaction (Schmidt & Browne, 2017).

Preparedness is added, especially in the face of challenges. Studying the barriers of EBP implementation was a preparation of the expected challenges in the near future. The eview
provided a reality of the state of organizations, individual perspectives, and the type and level of support that one should expect. Such knowledge facilitates critical thinking and collective efforts that can yield solutions to the barriers.

The results of a descriptive study conducted among members of the American Nursing Association indicated that organizational culture and time constraints were the major barriers to EBP implementation (Wilson, Sleutel, Newcomb, Baler, Welch, Wells, & Baldwin, 2015). Such knowledge generated an inspiration to build administrative positions, such as being a nurse manager. Nurse Managers are involved in decision making on issues such as budget and other decisions concerning the personnel; they prepare work schedules and overseeing patient care. The nurse manager can influence organizational culture also set a friendly work schedule that provides time for nurses to conduct research. These leaders can also play an important role in behavioral change as they act as mentors to other nurses. There is a need for enough EBP mentors at the bedside to influence clinicians and enable them to gain skills needed to the implementation of EBP. Awareness of other existing barriers can inspire nurses to advance in their studies to enable them to build positions of power to facilitate EBP.

How to incorporate what was learnt into Nursing Practice
Research knowledge and skills gained will be used to gather quality data that leads to providing solutions to challenges and problems faced by nurses, when delivering care to patients such as patient safety. Quality data provides best evidence that can generate better outcomes. Knowledge in evidence-based practice will facilitate an individual nursing practice guided by evidence. Knowledge gained in areas such as barriers to implementation of EBP will foster personal initiatives such as being a nurse leader to motivate other nurses to incorporate EBP into daily practice.

Summary

Studying EBP is important and beneficial to the nursing students, the patients, and the healthcare industry as a whole. Nurses can offer competent care to patients, and patients benefit from the quality care that guarantees their safety, and the improvement is felt by all the stakeholders in the healthcare industry. Knowledge gained by the nursing students promotes actions and the establishment of support systems. Support systems play a significant role in the successful implementation of EBP. Support systems include relevant technology, organizational culture, flexible work schedules that provide time for research, financial resources, and others.
References


