

Exploring Facilitators and Barriers of Prompting Evidence-Based Nursing in a Regional Hospital: A Focus-Group Approach

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Background

The research on the facilitators and barriers of implementing evidence-based nursing (EBN) by nursing staff has been discussed overseas currently. However that application is limited for the clinical situations in Taiwan due to cultural context differences. Even though there have been a few domestic studies exploring the facilitators and barriers when implementing EBN by nursing staff, the results were not consistent. The use of focus groups approach of the qualitative research is supposed to be helpful to comprehensively understand the facilitators and barriers of EBN by nursing staff and then to effectively promote the practice of EBN.

Aims

This study explored the barriers and facilitators affecting the evidence-based practices in order to find out the integrated models and strategies on evidence-based practices by using a qualitative research approach -focus groups among the seeded nurses of a teaching hospital.

Methods

Data were collected by using focus groups with purposive sampling of recruiting evidence-based seeded nurses of the study hospital. The focus groups were organized between February 2018 and July December 2018. They were in high homogeneity and grouped into 4 to 5 focus groups by medicine divisions. Each group consists of 3 people in turn to be interviewed for 60 to 90 minutes per time section. In each focus group, an independent moderator instructed the guidelines with 7 semi-structural issues that were examined by 2 qualitative experts beforehand. The reliability (trustworthiness) proposed by Lincoln and Guba was used to adopt as the stringency control. Also, a content analysis were conducted on the data obtained.

Findings

Three focus group interviews were used to collect the barriers and facilitators affecting the evidence-based practices from 16 seeded nurses. Three facilitators and six barriers were delineated from the focus interviews. Three facilitators were "evidence-based report included in nursing clinical ladder", "head nurse's sense about evidence-based practice", and "evidence-based practice as a team work". Six barriers were: "fair English abilities", "having difficulty in using medical database", "having difficulty in judging level of evidence", "the dedicated office have no enough function", and "communication barriers among doctors and nurses".

Conclusion

This study found that there were more barriers than facilitators in promoting evidence-based practice in a regional hospital. In order to facilitate the effectiveness of evidence-based practice, it suggests that the hospital should use its unique strategy to promote evidence-based practice. By accumulating experiences and evidence-based resources, it will be easier to promote evidence-based practice by degrees. Findings from this study provide as a reference for hospitals to promote evidence-based practice in Taiwan and worldwide.

Key Words: Evidence-based nursing, Evidence-based nursing practices, Focus groups, facilitators, barriers