

The past century has witnessed spectacular changes in the way we live and think. Human brilliance and technology have come together to propose solutions we dared not imagine fifty years ago. Many diseases have been conquered, millions of people have been saved from premature death and disability and the search for better solutions to health care is on.

Like most disciplines, nursing consists of both scientific knowledge and conventional wisdom

(knowledge that has not been empirically tested). Traditionally only what stands the test of repeated measures constitutes truth or knowledge. Classical scientific process however are not suitable for creating and describing all types of knowledge for the caring profession of nursing.

Social sciences and behavioral sciences and the arts rely on other methods to establish knowledge. There is an ongoing emphasis on development of nursing knowledge through research and theory building to improve their practice base. Nursing relies on multiple ways of knowledge because it has characteristics of social, behavioral and biological sciences.

Carper, 1978 identified four fundamental patterns of nursing knowledge:

1. Emperics, the science of nursing.
2. Esthetics, the art of nursing.
3. Personal knowledge in nursing.
4. Ethics, the moral knowledge in

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nursing.

Definition

EBP in Medicine has been defined as conscientious, explicit and judicious use of the current best evidence in making decisions about the care interventions in patients. It is an approach to health care practice in which the clinician is aware of the evidence that relates to clinical

EVIDENCE BASED NURSING PRACTICE (EBP)

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cal practice and the strength of that evidence.

It is during late 1980s that EBP originated in medicine. It was built on the premise that health professionals should not centre practice on traditions and belief but on sound information grounded in research findings and scientific developments (Upton, 1990).

EBP is based on research findings, but

- Ø It is not the same and are not synonymous.
- Ø They are both scholarly processes but focus on different phases of knowledge development-Application versus discovery.

Critical Features of EBP

1. It is problem based approach.
2. It considers the context of the practitioner's current experience.
3. It brings together the best available evidence and current practice by combining research with knowledge and theory.
4. It facilitates the application of research findings by incorporating first and second hand knowledge into practice.

EBP is still in its infancy in nursing. EBP is similar to research based practice and has been called an approach to problem solving in clinical practice.

1. It involves identifying a clinical problem.
2. Searching the literature.
3. Critically evaluating the research evidence.
4. Determining appropriate interventions (Upton, 1999).

It is believed that EBP will fill the gap between research theory and practice.

Ingersoll (2000) suggested that EBP for

nursing is the conscientious, explicit and judicious use of theory derived, research based nursing information in making decisions about care delivery to individuals or groups of patients and in consideration of individuals needs and preferences.

EBP de-emphasizes ritual, isolated and unsystematic clinical experiences ungrounded opinions and tradition as a basis of practice. It stresses the use of research findings. Other measures e.g. quality improvement and consensus among recognized experts are also incorporated as appropriate.

Essential Qualities of the Nurse in the 21st Century

1. Critical thinker.
2. Culturally competent.
3. Knowledgeable co-ordinator of community resources.
4. Politically aware.
5. Ethically and legally grounded.
6. Effective communication.
7. Competent provider of health care.
8. Responsible manager of human fiscal and material resources.
9. Understands relationship amongst healing, wellbeing and transcendence.

Ø Nurses have a role in fa- →

ilitating healing through caring.

Ø Nursing is a process between the nurse and the client and requires an interpersonal and interactive nurse-client relationship, for which it is called Human Interaction Theory.

Nurses should be encouraged to recognize the theoretical basis for practice and see ways to enhance the knowledge base that supports practice right in the beginning of their practice. There needs to be an increased emphasis on increasing reciprocal interaction among theory, research and practice with bridging the gap between practice.

ized, multi-disciplinary, holistic, family-centered and culturally appropriate and involve women in decision making.

Ø It refers to the integration of individual clinical expertise with the best available external clinical evidence from systematic research.

Ø It is based on clinical research studies particularly studies using clinical trials, meta-analysis and studies of client outcomes.

Ø It is more likely to occur in practice settings that value the use of new knowledge and in settings that provide resources to access that knowledge.

should not be the sole basis for practice.

Ø Health care reimbursements only linked to the interventions that can be substantiated by a documented body of evidence.

Ø Not all practice in health professionals can or should be based on science when developing a plan of care, strict reliance on EBP can create void.

Summary

It is believed that theory guided practice is the future of nursing as nursing enters into the 21st century. Theory guided practice must be placed at the core of nursing and must integrate relevant-outcome-driven practice with the art and science of caring and healing (Walker and Redman 1999).

Future Areas for Nursing Research

1. Chronic illness and long-term care.
2. Health promotion and risk behaviours.
3. Cardio-pulmonary health and critical care.
4. Neurological function and sensory condition.
5. Symptom management.
6. Immune responses and oncology.
7. Reproductive and infant health.
8. Implication of genetic advances.
9. Cultural and ethnic considerations in health and illness.

References :

1. Malanin and Evelin. *Theoretical Basis for Nursing*, Lippincott, 2002.
2. Venice 16-18 Apr, 98. *Workshop on Perinatal care*. (Document Eur/ICP/FMLY 01.02.02).



Theoretical Basis for Insomnia	
Causes of Insomnia	Possible Theory Base
Ø Medications, alcohol, Caffeine	Pharmacologic Principle
Ø Depression, Schizophrenia, Stress	Psychological Social
Ø Sleep Apnea	Anatomy/Physiology
Ø Narcolepsy, Thyroid Disorder	Physiology

Theoretical Basis for Breast Cancer Adjustment Intervention

Goal Nursing Intervention
Possible Theory Base

The concept of EBP in nursing is still in a very primitive stage in many parts of the world. Nursing practice in most parts in India are based on experience, tradition, intuition, common sense and untested theories.

The European task force for perinatal care initiated in Venice in 1998 that care of normal pregnancy and birth should be de-medicalized, based on the use of evidence base appropriate technology: regional-

Concerns Related to Evidence-Based practice in Nursing

1. EBP is more focused on the science of nursing than on the art of nursing.
2. Fear amongst professionals that the unique role of the nurse and uniqueness of nursing and the importance of holistic care in contemporary practice would get lost with strict concentration on empirical based knowledge.

Ø Nursing would get reduced to technical practice.

Ø Research involving human beings is complex and findings are open to interpretation and