

# The Impact of Evidence-Based Nursing as The Foundation for Professional Maternity Nursing Practices

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## Abstract

Nursing profession is changing emphasis on the use of the best evidence derived from nursing literature in guiding nursing practice, and it has become a global demand. Evidence-Based Nursing (EBN) is a way to deal with settling on quality choices and giving nursing care dependent on personal clinical expertise and skills in combination with the most current, relevant/applicable research available on the topic.

**Keywords:** Evidence-Based Nursing; Appraisal

## Introduction

Nursing profession is changing Emphasis on the use of the best evidence derived from Nursing literature in guiding nursing practice, and it has become a global demand. Evidence based practice has its roots internationally and used in application of nursing practice in general and in maternity & community-based nursing specially. Evidence is limited for many nursing interventions, yet approaches should be based on the best possible science, multidiscipline and focus on sound planning and evaluation methods [1].

## Definition of Evidence

The Evidence is defined as the accessible assortment of facts or information/data showing if a belief or proposition (suggestion/proposal) is true and substantial or valid [2]. The Evidence is the accessible assortment of realities or data showing if a conviction or recommendation (proposal) is valid or substantial [2].

## Definition of Evidence-based Health-Nursing-Practice

A method for giving high-quality and astounding nursing care that is guided by the combination of an explicit, informed, and wise utilization of evidence that has been gotten from the best accessible scientific knowledge with nursing expertise, sociology research, assessment techniques and evaluation methods [2] (Figure 1).

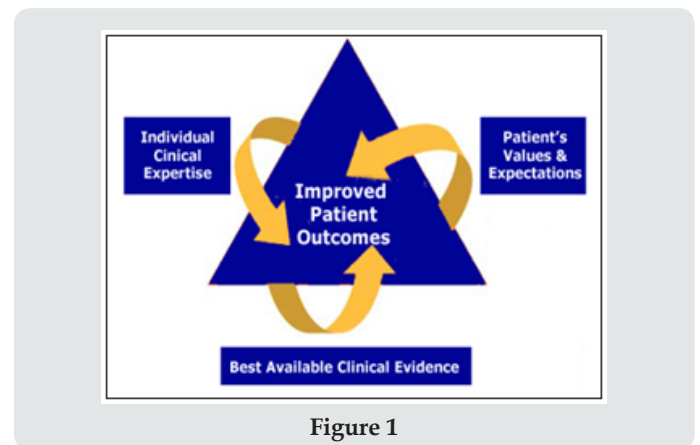


Figure 1

## The Purpose

The aim of EBP is to make the best choice (right thing), at the opportune time (right time), for the correct individual (right person). In other words, ensure quality of care (QoC) consideration for the individual customer. This is achieved by evaluating ideas, practices and previous events and applying the learning achieved to future practice [3]. Evidence is forever changing in the light of new research, new technology, new ways, as well as old ideas and options put together in new ways. This is challenging as it means best practice can't conclusively and finally be established [3,4].

### EBP: The Theory

The integration of best research evidence with clinical expertise/clients' values and expectations [4] (Figure 2).

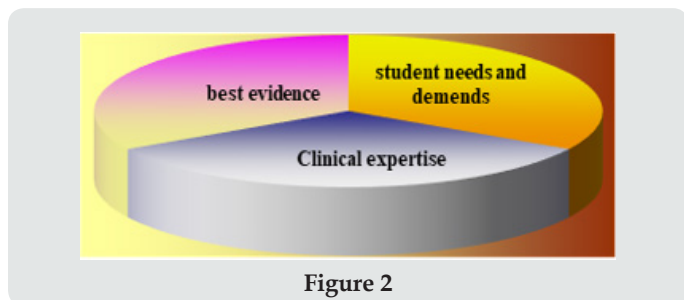


Figure 2

### The Process of EBP (Five Steps of Evidence-Based Practice) [5,6]

- i. Define the Question: Identify Question, Search and Screen Literature, Refine Question.
- ii. Collect the Evidence.
- iii. Critically Appraise the Evidence for Validity/Relevance.
- iv. Integrate the Evidence and Patient Factors: Make & Carry Out the Decision.
- v. Evaluate the Process: Results & Self-reflection (Figure 3).

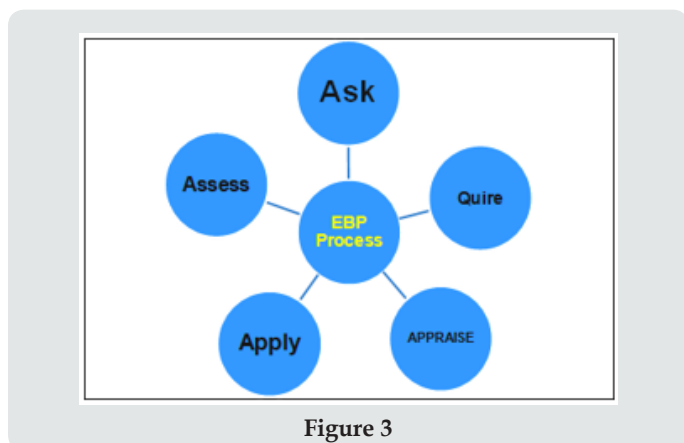


Figure 3

### Important of Evidence Based Practice [1]

- a. The goal of (EBP) is to apply the best accessible evidence in clinical care.
- b. Improve the quality of patient's care.
- c. Increase staff member skills and confidence.

- d. Improve management and quality of educational programs.
- e. Reduce cost and improve outcomes.
- f. Help staff to apply new technologies.

### Resources of Evidence Based practice [7]

- a. Systematic reviews (qualitative findings).
- b. Meta-analysis (quantitative findings).
- c. Clinical practice (recommendations for decision making) (Figure 4).

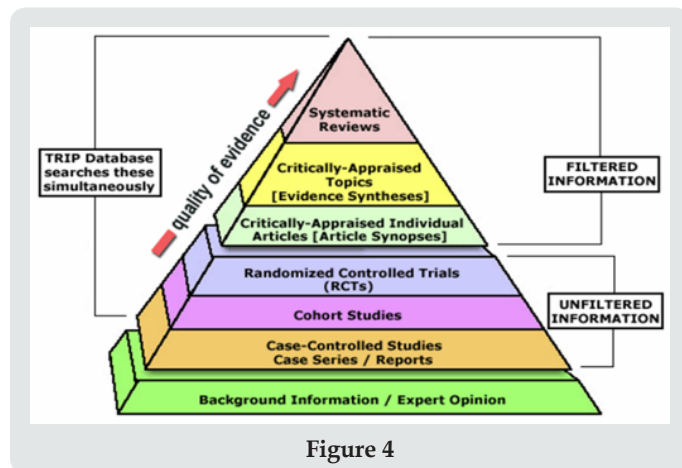


Figure 4

### References

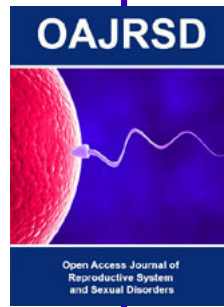
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