Merging Bedside Nurses' Intuition-Based Practice with Evidence-Based Practice
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Problem: It is widely accepted that health-care providers must understand and utilize principles of Evidence-Based Practice (EBP) to provide the highest quality patient care. For bedside nurses, competing role priorities and limited EBP knowledge impede merging their Intuition-Based Practice (IBP) with EBP.

Evidence: The 2001 Institute of Medicine report, Crossing the Quality Chasm, called for fundamental changes to close the gap in quality health care and recommended an evidence-based decision-making approach. Despite this recommendation, most bedside nurses continue to use IBP.

Strategy: Small, interactive one-day EBP workshops were designed, using Principles of Adult Learning, for teams of bedsides nurses. Workshop format included: nationally recognized EBP expert nurse presentations; computer hands-on “finding the evidence” training by medical librarian; quality improvement considerations by QI director; and a facilitated period for teams to develop their unit-based project. Nursing Research provided long-term, 9-12 month, follow-up project support.

Practice Change: Participants’ level of EBP knowledge increased, promoting the integration of EBP with their current IBP.

Evaluation: Quantitative measures included pre/post-workshop knowledge and attitudes (K&A) surveys and post-workshop evaluations. A qualitative data analysis describes EBP concepts in the project plans.

Results: Seventy RNs completed one of four EBP workshops. Evaluation scores were positive: 4.9 (1-5 scale, 5=best): Overall opinion; thought provoking and stimulating; and meets expectations. K&A post-surveys revealed a better understanding of EBP concepts: Participants found it easier to translate evidence from guidelines into clinical practice; felt they could influence improvement in patient-care processes; and were satisfied with their team’s ability to focus on outcomes of care rather than tasks. Project analysis showed most teams developed and implemented a succinct plan utilizing the EBP process.

Recommendations: For bedside nurses, building a streamlined workshop which merges EBP with IBP and includes development of a unit-based project is an effective first step in educating this busy, hard to reach population.

Lessons Learned: Team developed unit-based EBP projects provide immediate reinforcement to newly acquired knowledge.
Bibliography:


