# **Mission impossible?** Strategy to improve evidence-based practice in nursing at the University Hospital of Muenster

Nina Kolbe[1], Thomas van den Hooven[2], Isabelle Stickdorn[3]

[1] Nursing Directorate, Department of Nursing Science, University Hospital Muenster, Muenster, Germany
[2]Chief Nursing Officer, Nursing Directorate, University Hospital Muenster, Muenster, Germany
[3]Department of Therapeutic Health Professions, University Hospital Muenster, Muenster, Germany

## Background

Evidence-based practice (EbP) in nursing within hospital settings is a cornerstone of delivering quality patient care[1,2]. This approach integrates the best available evidence from research with clinical expertise and patient preferences to guide nursing interventions and decision-making[2,3]. In Germany, the implementation of evidence-based practice in hospitals is rather low[4]. However, there is a positive trend with regard to the attitude of nursing staff towards evidence-based practice[4]. Based on this our **aim** of this study was to identify, how the implementation of evidence-based practice in nursing care can be realized and improved in the day-to-day running of a hospital.

## Methods

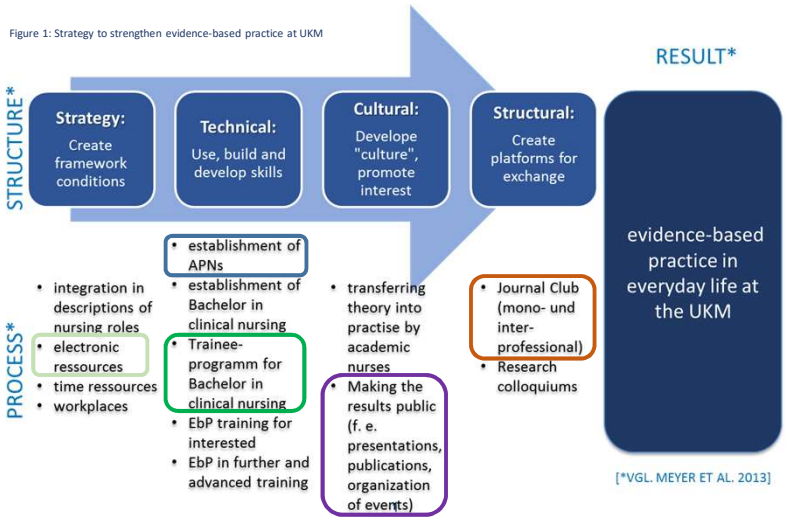
We conducted a literature review to identify frameworks for implementing evidence-based practice in daily care (research utilization). We found different studies focussing on barriers especially in hospitals[3,5]. Meyer et al. (2013) summarized aspects that promote evidence-based practice: (1) `research utilization` has to be visible as a strategic goal, (2) attitudes and assumptions of nursing staff regarding EbP has to change, (3) competencies should be promoted and used, (4) and structural changes are necessary. Based on the results of the literature, we developed a strategy integrating a bundle of interventions (see figure 1).

## Results: Strategy and excerpts from some interventions

**Electronic ressources**

- various databases (Medline, Cinahl, …)
- full text access
- Bibliographic management software (Endnote)
- knowledge guide: "Wissenswegweiser"
- Further electronic resources (e. g. Fit nursing care, CNE)

Figure 1: Strategy to strengthen evidence-based practice at UKM




[*VGL. MEYER ET AL. 2013]

**Traineeprogramm Bachelor in clinical nursing and therapy**

- **Duration:** one year for nurses with Bachelor-degree in fulltime with an certificate at the End
- **Theoretical framework:** evidence-based practice (EbP)
- Theoretical input regarding to EbP in planning phase
- Structured support while implementation-phase following the joint decision-making process (Nurse Manager, clinical nurse, nursing research)
- Presentation of the ebP-development project at the end of the year

**Establishment of APNs**

- Development of a strategy for establishing APN positions
- Defined job profile for APNs
- APN/APM mentoring programm based on PEPPA-Framework[7]
- First APN in 2018
- Till today: nine APN and one APM positions are filled
- Working areas: Neurology, Oncology, Emergency Room, ICU, Clinic for obstetrics, Neurosurgery, General Surgery, Nephrology
- further positions are planned (e. g. pediatric oncology, Bone marrow transplantation, Vascular and endovascular surgery

**Making the results public (a smal selection)**

- Büter, T. , Kolbe, N. Nursing interventions to reduce the incidence or duration of delirium in patients after allogeneic hematopoietic stem cell transplantation (HSCT) [poster]. EBMT 2023, Paris, France.
- Hermann, K., Kolbe, N. [Nursing interventions to improve the health status of endometriosis patients during their inpatient hospital stay for surgical endometriosis treatment] [oral presentation]. 3. VPU-Congress 2023, Berlin, Germany.
- Röttgers, J.. [The role of Advanced Practice Nursing (APN) in dysphagia management Evidence-based nursing approaches to patient care in stroke and neurological intensive care units] [oral presentation]. ANIM 2024, Kassel, Germany.
- Heinke, C. Situational coping of siblings: [How caregivers can support siblings of children with hematologic/oncologic diseases]. [oral presentation]. Closing event for the Bachelor in Clinical Nursing trainee program 2024, Muenster, Germany
- Zager, G. [What measures can nurses take to improve the level of knowledge of adults with kidney transplants regarding immunosuppressive therapy?] [oral presentation]. Closing event for the Bachelor in Clinical Nursing trainee program 2023, Muenster, Germany
- Fangemann, R., Kessler, T. [Ensuring continuity - Interprofessional support for people with sarcomas at the UKM]. [oral presentation]. 1. Oncology nursing symposium, Muenster, Germany

**Interprofessional Journal Club**

- **twelve Interprofessional Journal Clubs** conducted since 2020
- seven **studies** with a focus on **interprofessional collaboration** and five **studies** on **phenomena** (pneumonia, falls, measures restricting freedom, geriatric care, palliative care)
- Types of studies: RCTs, systematic reviews, qualitative studies, practice development projects
- An average of **28 participants** (therapeutic professions, nursing, medicine, etc.)

**Observations made:**

- Development of ***critical*** and ***constructive*** discussions
- Further ***synergies***, especially after the Journal Club on the topic of ***falls***

## Conclusion

Mission impossible? We do not think so: As shown, various aspects of this strategy have already been successfully implemented. Main focus of our strategy is the ongoing development of academic nursing staff. Next step is to record and monitor the effect of the implementation of evidence-based practice from the perspective of the nursing staff.

Contact: Nina.Kolbe@ukmuenster.de

**References**

[1]Connor L et al. Evidence-based practice improves patient outcomes and healthcare system return on investment: Findings from a scoping review. Worldviews Evid Based Nurs. 2023 Feb;20(1):6-15. doi: 10.1111/wvn.12621. Epub 2023 Feb 8.
[2]Wu Y et al. Do educational interventions aimed at nurses to support the implementation of evidence-based practice improve patient outcomes? A systematic review. Nurse Educ Today. 2018 Nov;70:109-114. doi: 10.1016/j.nedt.2018.08.026.
[3]Melnyk BM et al. The establishment of evidence-based practice competencies for practicing registered nurses and advanced practice nurses in real-world clinical settings: proficiencies to improve healthcare quality, reliability, patient outcomes, and costs. Worldviews Evid Based Nurs. 2014; 11(1):5–15. https://doi.org/10.1111/wvn.12021
[4]Köpke S et al. [German hospital nurses' attitudes concerning evidence-based nursing practice]. Pflege. 2013 Jun;26(3):163-75. German. doi: 10.1024/1012-5302/a000289.
[5]Camargo FC et al. Competences and Barriers for the Evidence-Based Practice in Nursing: an integrative review. Rev Bras Enferm. 2018 Jul-Aug;71(4):2030-2038. English, Portuguese. doi: 10.1590/0034-7167-2016-0617.
[6]Meyer G et al. [Evidence-based nursing practice--Opinions on the status quo]. Z Evid Fortbild Qual Gesundhwes. 2013;107(1):30-5. German. doi: 10.1016/j.zefq.2012.12.001.
[7]Bryant-Lukosius D, Dicenso A. A framework for the introduction and evaluation of advanced practice nursing roles. J Adv Nurs. 2004 Dec;48(5):530-40. doi: 10.1111/j.1365-2648.2004.03235.x.