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Impact Factor 3.79

ISSN (e)-2347-176x



Nurses' Perception and Practice of Evidence-Based Practice in Federal Teaching Hospital Abakaliki

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ABSTRACT

Evidence-based practice is a problem solving approach to the delivery of health care that integrates the best evidence from studies and patient care data with clinicians' expertise and patient preference and values according to (Fineout-Overholt, 2010). Health Care that is evidence-based and conducted in caring context leads to better clinical decision and patient outcomes. Gaining knowledge and skills in evidence the tools needed to take ownership in their practices and transforms healthcare. The study was a sample descriptive survey to assess nurses' perception and practice of evidence-based nursing care in Federal Teaching Hospital II Abakaliki, Ebonyi State. 96 nurses including males and females who work in the hospital were randomly selected.

The findings of this study on the knowledge of the nurses on evidence-based nursing practice reveal that (90.6%) had heard of evidence-based nursing practice and (60.4%) heard it though formal education, the result clearly shown that majority of the nurses were knowledgeable about evidence-based nursing practice. The above result supported by Honor Society of nursing (2008) who reported that majority of the respondents were also at variance with Royal and Blythe (2008) who discovered that less than 3% of respondents reported being familiar with the concept of evidence-based practice.

The result also reveals that nurses' attitude was positive and favorable. This result corresponds with Omery and Williams (2002) who discovered that nurses' attitude about research was stronger motivator than education. Olade (2004) in supporting this result also find out that nurses expressed more favourable attitude towards research utilization. The finding shows significant relationship between nurses' knowledge and

attitude towards evidence-based practice in Federal Teaching Hospital Abakaliki (FETHA II).

The result in table 9 revealed that there were barriers to implementation of evidence-based practice in Federal Teaching Hospital Abakaliki (FETHA II). The identified barriers were inadequate facilities for implementation; nurses were not capable of evaluating the quality of research, insufficient time, inadequate resources, lack of continuing education, and lack of co-operation by doctors and non-availability of relevant research. The study identified more employees/sufficient staffing, enhancing administrative supports and encouragement, cooperative and supportive colleagues, improving availability/accessibility of research reports, and improving the understandability of research reports as factors that will facilitate the use of evidence-based nursing practice in Federal Teaching Hospital Abakaliki (FETHA).

Conclusively, based on the results of the findings, it was concluded that nurses in Federal Teaching Hospital Abakaliki were aware of the concept of evidence-based nursing practice and the attitude towards the concept was favourable. Despite the above, the nurses still perceived some barriers and facilitators towards implementation of this concept. Based on the findings of this study, the following recommendations were made: Promoting research utilization through formation of nursing research committee as a potent way to promote evidence-based nursing. Membership of this committee must cut across all address of nurses from different specialist for effectiveness. There is need for supportive environment where innovation is valued and rewarded. Nurses should read nursing journals constantly in order to improve care.

Keywords- *Evidence based practice, patients, knowledge, attitude, barrier, and implementation*

INTRODUCTION

Healthcare is filled with uncertainty (for example, what type of treatment is most effective to have the best outcome for the patient? How have patients coped with their diseases? What is the best nursing plan based upon a nursing assessment?). Nevertheless, in complicated health care system, the uncertainty can be revealed if clinicians base their practice on evidence.

Evidence-base practice in nursing is getting important in delivering high quality healthcare. It has become a prominent issue in international healthcare, rising health costs, the management principle of doing things right and desire for quality improvement have created a climate for

the evolution of evidence-based healthcare (Rycroft-Malon et al., 2004).

Consumers of healthcare are more informed than ever, and with the internet, consumers have access to more healthcare and treatment information. As a result, consumers are expected and should receive the most current effective, state-of-the-art care; nurses are faced with the challenge of providing effective care. One way to achieve this goal is to provide evidence-based practice (Potter and Perry, 2005).

As nursing became involved in this movement, the quest to define best practices began, often resulting in complex challenges that have no easy solution. What is clear is responsibility of nurses

to deliver care based on evidence for best available evidence in order to improve practice and patient outcome (Rycroft et al, 2004). The imperative is to reduce the gap between knowledge development and implementation of evidence-base nursing.

Evidence-based practice is a problem solving approach to the delivery of health care that integrates the best evidence from studies and patient care data with clinicians' expertise and patient preference and values according to (Fineout-Overholt, 2010).

Health Care that is evidence-based and conducted in caring context leads to better clinical decision and patient outcomes. Gaining knowledge and skills in evidence the tools needed to take ownership in their practices and transforms healthcare.

Evidence-based practice is essential for nurses to get acquainted with the available evidence and implement research findings to patient care said Hockenberry, (2006). Evidence-based practice in nursing is a framework for clinical practice that integrates the best available scientific evidence with nurses' expertise and the patient preference and values to decide about healthcare of individuals, families and communities, who are served. This assumes that optimal nursing care is provided when nurses and healthcare decision-makers have access to a synthesis of latest research, a consensus of expert opinion, and plan and provide care that takes account of cultured and personal values and preferences. These approach to nursing care bridges the gap between

the best evidence available and the most appropriate nursing care of individuals, groups and populations with varied needs.

The past two decades have seen evidence-based practice become increasingly important in health care planning, clinical thinking and choice of treatment. It is based on scientific rationalism and adherents claim that decisions based on evidence-based practice are superior to other approaches to care. In addition to using traditional and well-established procedures and practices, health care practitioners are adopting Innovation Interventions that are based on practice as well as solid research-based evidence is quickly gaining popularity due to its potential to effectively handle clinical issues and provide better patient care (Dale, 2005).

Historically, care of the patient was influenced by the experiences and opinions of those involved in providing treatment. Evidence-based practice marks a shift among health-care professionals from a traditional emphasis on data-extracted from prior research and studies (Scudder, 2006). There are so many calls for shift towards the use of research and scientific evidence to guide nursing practice, but most nurses continue to base practice decisions largely on anecdotal evidence, intuition trial and error and utilize treatment techniques with little scientific support. Nurses appear to rely more heavily on initial education and training when selecting treatment techniques and modalities instead of using scientific evidence to guide practice, which makes their clinical

decision-making to be guided by personal experience and expert opinion.

Evidence-based practice according to Bauman (2010), seeks to replace practice as usual, with practice guide by vigorous outcome-oriented research, ideally randomized controlled trials, it also seeks to make practice less subjective enterprise and to raise it to a high level of accountability, and it is associated with efforts to identify best practices in nursing and other disciplines. The same author states that, evidence-based nursing aims to provide the highest quality and most cost-efficient nursing care possible. To advance quality of care provided by nurses, to increase satisfaction of patients, to focus on nursing practice away from habits and tradition to evidence and research.

It is not clear to what extent nurses in Nigeria have been integrated into this never model of clinical practice. Today, nurses are still faced with many questions and uncertainties about relevance of evidence-based practice in clinical practices, there seems to be little research regarding the perceptions, knowledge and attitudes of nurses in Nigeria toward evidence-based practice. Thus, this study sought to look into Nurses' perception and practice of evidence based nursing care in Federal Teaching Hospital Abakaliki.

STATEMENT OF PROBLEM

Considering the problems of implementation of evidence-based practice in nursing care, which is still in very primitive stage in many parts of Nigeria such as Ebonyi State. Nursing practice in

most parts of Nigeria is based on experience, tradition, intuition, common sense and untested theories. There is lack of research evidence in many areas of nursing practice. A study conducted by Donna (2010) on credibility of research shows that nurses involved in research activities did not implement the findings of nursing research consistently in their nursing practice.

Because of this, the researcher during her clinical experiences observed that nurses are faced with challenges translating best evidence into clinical practice for example; the relevant research-based data bases were not comprehensive in many areas. Also there is ongoing explosion in the amount and type of information available. Challenged to the address this important issue an international commitment to evidence-based health care has resulted in a number of initiatives to improve access to research findings such as the evidence-based practice, research utilization conference and evidence-based journals (Idang et al, 2012). Despite these efforts, research findings still suggests that nurses perceived a lot of barriers to implementation of evidence-based practice in clinical setting such as lack of time, knowledge, limited access to literature lack of training in information seeking and critical appraisal skills (Idang et al, 2012).

In view of this, the study wishes to answer the question how do nurses in Federal Teaching Hospital Abakaliki perceive and practice evidence-based practice nursing care.

PURPOSE OF THE STUDY

The general aim of this study is to assess nurses' perception and practice of evidence-based nursing in Federal Teaching Hospital Abakaliki.

OBJECTIVES OF THE STUDY

Specifically the study sought to;

- To assess nurses' knowledge of evidence-based practice in Federal Teaching Hospital Abakaliki
- To determine nurses' attitude towards evidence-based practice
- To identify the barriers to implementation of evidence-based practice
- To identify the factors that will facilitate implementation of evidence-based practice.

SIGNIFICANCE OF THE STUDY

The study will highlight areas of need where intervention can be carried out. The findings will provide information to nurses to enhance delivery of highest quality health-care to patient and best patient outcome. The findings will also provide baseline information in the development of other researches in evidence-based practice.

Research Questions

- 1) Do nurses in Federal Teaching Hospital Abakaliki know what evidence-based practice entail?
- 2) What is the nurses' attitude towards evidence-based practice?

- 3) What are the perceived barriers to utilizing research findings among nurses in Federal Teaching Hospital Abakaliki.
- 4) What are the factors that may facilitate the use of evidence-based practice in Federal Teaching Hospital Abakaliki?

LITERATURE REVIEW

Research utilization has been defined as the use of research findings in any or all aspects of one's work as a registered nurse or at its simplest, the use of research. More recently, the term 'Evidence-Based Nursing' (EBN) has enlarged. This term has evolved from the initial work done in 'evidence-based medicine' defined as the conscientious, explicit, and judicious use of current best evidence in decision-making about the care of individual patient. The practice of evidence-based medicine means integrating individual clinical expertise with the best available external evidence from systematic research. Socket, Rosenberg and Hayness (2003) in their book on Evidence-Based Medicine (EBM) defined it as the conscientious, explicit and judicious use of current best evidence in making-decisions about the health care of patients.

Evidence-Based Practice in Nursing (EBP) is a framework for clinical practice that integrates the best available scientific evidence with nurses' expertise and patients' preferences and values to decide about health-care of individual patients (Hockenberry, 2006).

According to Joshua (2005), attitude is an enduring structure of beliefs, which predispose

individual to behave in a certain way. It can be positive or negative. Anarado (2002) postulates that attitude is a feeling tone directed towards a person, object or idea. She further said that attitude has three components namely, cognitive, affective and behavioural components. Cognitive which includes facts, beliefs and information associated with attitude affective which refers to feeling and behavioural which reflects in peoples' action.

The emphasis on high quality evidence-based care as well as cost effectiveness in today's health care environment are posing unique challenges for the nursing profession although it is well recognized that the best outcome for patient and their families are obtained through care that is based on sound clinical expertise and the best scientific evidence. Despite the multitudes of positive outcomes associated with evidence-based practice, and strong desires of nurses to be the recipient of evidence-based care an alarming number of nurses do not consistently implement evidence-based practice or follow evidence-based clinical guidelines (Idang et al, 2012). Using a convenience sample of 20 nurses involved in research utilization Omery and Williams (2002) found that attitude about nursing research was a stronger motivator than education. Olade (2004) reported that nurses with higher education expressed more favourable attitude towards research utilization in a study of 106 nurses practicing in rural areas.

In addition, Jones (2006) in a study to assess nurses' readiness to engage in evidence-based

practice using a sample of 1,097 randomly selected registered nurses discovered that 80% of respondents were familiar with the term evidence-based; he also found strong support between beliefs and attitudes, and research utilization. He also found that nurses involved in research consistently to their nursing practice.

Nurses are increasingly being held accountable for practices based on scientific evidence and tradition, therefore, there is need to overcome the barriers to encourage the use of research findings by nurses in an attempt to ensure familiarity with the process. This will help nurses to feel more confident and more willing to engage in evidence-based nursing care. There are many barriers to promoting evidence-based practice. The first of which would be practitioners' ability to critically appraise research; these include having a considerable amount of research evaluation skills, access to journals and hospital support to spend time on evidence-based practice, time workload, pressure and competing priorities can impede research development.

A survey conducted by Retsas (2002) to identify perceived barriers to implementing research shows that 84% of respondents agreed that there is no sufficient time to work, 81% said resources are inadequate for implementation. 74% of respondents felt they did not have authority to change patient care procedures, 73% of respondents said statistics is difficult to understand, 72% said research was not easy to read and understand, 70% of respondents said

doctors would not co-operate with implementation.

Donna (2010) states that lack of knowledge about how to read and translate research into practice is a barrier to implementation of evidence-based practice. It is usually beyond the scope of practice for one nurse to read a study and implement the findings. In addition, a great deal of nursing practice is based on protocol, procedures, policies and practice guidelines. A departure from the institution standard may be considered, reason for disciplinary actions. This hardly encourages implementation of evidence-based practice.

There are many known barriers to undertaking, implementing and evaluating research in nursing practice (Bonner and Sando, 2008; Carlson and Ploczynski, 2008).

In an effort to address the limited use of research among nurses, several researches have used 'Barriers to Research Utilization Scale' (BARRIERS), created by Funk et al (1991) to identify nurses' negative perceptions of implementing research (Bertulis, 2008, Carlson and Ploczynski, 2008; Gerrish et al, 2008; Mc Cleary and Brown, 2003).

There has been global concern related to studies on research related activities by nurses, some researchers perceived in utilizing research-based findings into their practice.

In Ireland, Parahoo (2002) investigated facilitators to research utilization among Irish nurses. The most common responses were "Managers support", 'time' and support from "colleagues".

In Finland, Oranta (2002) pointed out facilitators to research utilization from the point of Finnish registered nurses. The main facilitators were nurses' positive attitudes and abilities.

In U.S.A, Frank (2003) noted various facilitators that enhances the use of research findings into practice such as increase of administrative support, improvement of availability provision of support from colleagues, conduct of more clinically focus research, increase of time available to implement research findings and improvement of understandability of research reports. These points can be summarized in terms of facilitators related to organization (support from administration and colleagues, time available), to research communication (accessibility of research reports) and to the individual (additional education).

In Australia, Retsas (2002), surveyed the factor Australian nurses perceive to facilitate their ability to use research in their clinical practice. He said that in order to improve this ability, critical changes need to be done in the educational system, in attempt to improve research skills among clinical nurses.

RESEARCH METHODOLOGY

Research Design

The study was a sample descriptive survey to assess nurses' perception and practice of evidence-based nursing care in Federal Teaching Hospital II Abakaliki, Ebonyi State.

AREA OF STUDY

The setting of the study was Abakaliki while the study site is Federal Teaching Hospital II Abakaliki, Ebonyi State. The hospital is a tertiary health institution located at South-East Zone of Nigeria at Abakaliki town along Enugu-Abakaliki expressway. It was established in 1997 as Ebonyi State University Teaching Hospital and was taken over by the Federal Government as Federal Teaching Hospital in 2012; the hospital has 25 units with 284 nursing staffs. The hospital serves as referral centre for public and private hospitals within Abakaliki.

In-Patient disposition-Patients on admission into the hospital though faced with problem of new environment, but overtime through nurses' orientation overcome their depression and improve their relationship and cooperate with the health workers and co-inmates in the ward. Some of the indifferent attitude comes because of poverty and inability to pay hospital bills, which has effect on their psyche and this makes them want to live the hospital with any slight relief on the ill-health.

Target Population

The target populations were all the nurses who work in the hospital. They include male and female of ages 21 – 60 years, working in FETHA II. These nurses work in the Medical, surgical, Pediatric, Intensive Care Unit and Accident Emergency Units of the hospital.

Sample and Sampling Technique

The researcher selected the sample size using a non-probability convenience sampling technique to get 100 nurses used for the study. This constitutes 35.3% of the total population.

Instrument for data collection

The Instrument used for data collection was a structured questionnaire that was divided into five sections. Section A: personal data, Section B: Knowledge of Evidence-based practice, Section C: Attitudes towards EBN, Section D: Barriers to implementation of EBN and Section E-Facilitators of EBN.

Method of data collection

The data collection was done by the researcher using a non-probability convenience sampling technique to select five wards. Each ward was given twenty questionnaires, which were filled and returned after two weeks.

Method of Data Analysis

Data obtained from the study was analyzed using descriptive statistics that is frequencies and percentages and represented in tables and charts.

Ethical Consideration

Ethical approval was obtained from the ethical committee of Federal Teaching Hospital II to conduct the above study. Thereafter the purpose of the study was explained to all the participants and their consent obtained. Participants were assumed that all information would be treated as confidential and used only for the research purpose.

Results

Table 1: Demographic Characteristics of the respondents n=96

SEX	FREQUENCY	PERCENTAGE
Male	16	16.7%
Female	80	83.3%
Age group in years		
25-29	25	26.0%
30-34	30	31.3%
35-39	25	26.0%
40-44	10	10.4%
45 and above	6	6.3%
Marital Status		
Singles	30	31.3%
Married	66	68.8%
Highest Profession Qualification		
Registered Nurse/Midwife	56	58.3%
B.Nsc	35	36.5%
M.sc	5	5.2%
Designation		
NO II	20	20.8%
NO I	33	34.7%
SNO	8	8.2%
PNO	22	22.9%
ACNO	10	10.4%
CNO	3	3.1%
Years of Experience		
0-5	35	36.5%
6-10	24	25.0%
11-15	23	23.9%
16-20	12	12.5%
20 years and above	2	2.1%

Finding on table I revealed that out of the 96 subjects, 16 (16.7%) were males, while 80 (83.3%) were females. The age range of the respondents were as follows, 25-29, 25 (26.0%) within 30-34, 30 (31.3%) within 35-39, 25 (26.0%) within 40-44, 10 (10.4%) while 6 (6.3%) fell within 45 and above. The mean age of

the respondent was 20. For marital status 30 (31.3%) were single, and 66 (68.8%) were married. With regard to their highest qualification 56 (58.3%) were registered nurse/midwife, 35 (36.5%) were B.NSc holders, 5(5.2%) have masters in Nursing Science.

For designation 20 (20.8%) of the respondents were Nursing Officer II, 33 (34.7%) were Nursing Officer I, 26 (27.1%), 8 (8.2%) were SNOs, 22 (22.9%) were PNOs, 10 (10.4%) were ACNOs while 3 (3.1%) were CNOs. With regard to years of experience 35 (36.5%) have been in the

profession for 0-5 years, 12 (12.5%) for 16-20 years and 2 (2.1%) for 20 years and above.

On whether the subjects had heard of evidence-based nursing 87 (90.6%) had heard while 9 (9.3%) stated that they have not heard about it.

Table 2: Sources of information of respondents n=96

OPTIONS	FREQUENCY	PERCENTAGE
Friends	5	5.2%
Formal education	58	60.4%
Journals	13	13.5%
Workshops/Seminars	20	20.8%

From the above table, 58 (60.4%) of the respondent have heard evidence-based nursing practice through formal education, 20 (20.8%)

through workshops/Seminars, 13 (13.5%) through journals while 5 (5.2%) through friends.

Table 3: The respondent knowledge of evidence-based nursing practice

VARIABLES	YES	NO	TOTAL
Evidence-based practice is a problem solving approach.	96(100%)	—	96(100%)
It enhances delivery of high quality care	86(89.4%)	10(10.4%)	96(100%)
It combines research with knowledge and theory	83(86.4%)	13(13.5%)	96(100%)
It fills gap between research theory and practice	96(100%)	—	96(100%)

Table 3 shows respondents' knowledge of evidence-based nursing. 96 (100%) respondent agreed that evidence-based nursing is a problem solving approach. 86 (89.6%) agreed that it enhances delivery of highest quality of nursing care. While 10 (10.4%) disagreed, 83 (86.4%) agreed that it combines research with knowledge and theory while 13 (13.3%) disagreed, and all the

respondents 96 (100%) agreed that it fills the gap between research, theory and practice. On whether the respondents have ever carried out research work in nursing 86 (89.6%) responds positively while 10 (10.4%) responds negatively or had not. To find out reasons for not carrying out research findings were represented on the table below.

Table 4:

VARIABLES	YES	NO	TOTAL
Lack of competence in carrying out research.	30(31.3%)	66(68.8%)	96(100%)
Too much workload in the ward.	86(89.6%)	10(10.4%)	96(100%)
Lack of basic research knowledge in nursing professional	15(15.6%)	81(84.4%)	96(100%)
Lack support by the professional body	36(37.5%)	70(72.9%)	96(100%)

From the table above, 30 (31.3%) agreed of competency in carrying out research while 66 (68.6%) disagreed, 86 (89.6%) agreed too much workload in the ward while 10 (10.4%) disagreed, 15 (15.6%) agreed lack of basic research knowledge in nursing professional while 81 (84.4%) disagreed and 36 (37.5%) agreed lack of support by the professional body while 70 (72.5%) disagreed.

On whether nurses are knowledgeable on how to utilize research findings 54 (56.1%) agreed while 42 (43.8%) disagreed.

On whether research findings are utilized to improve nursing care, findings are represented below.

Fig I,

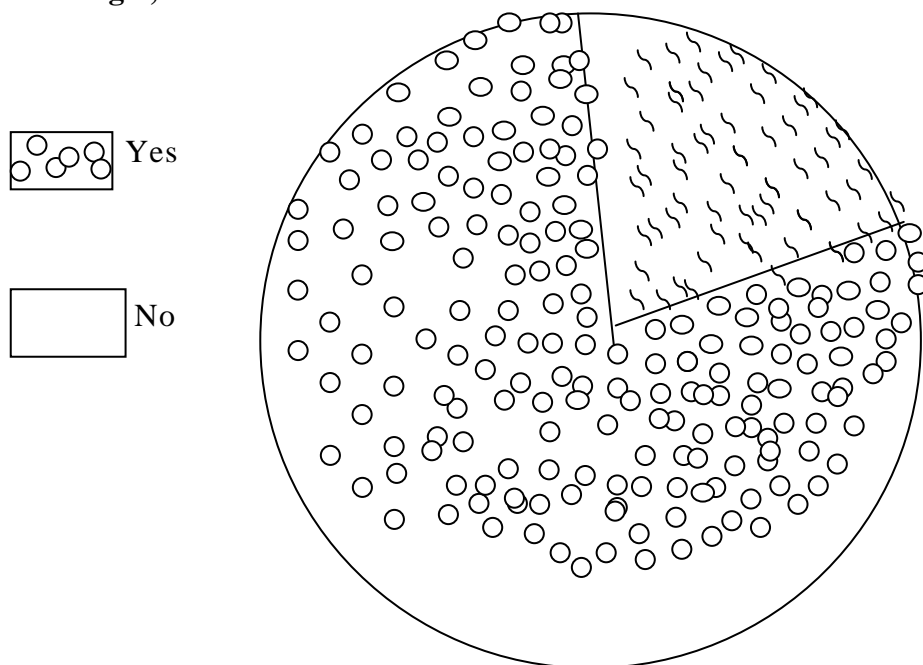


Fig I: Utilization of research findings to improve nursing.

From the above figures, 76 (79.2%) had utilized their research findings to improve nursing care while 20 (20.8%) have not.

Table 5: Respondents’ attitude towards Evidence-based practice in Federal Teaching Hospital Abakaliki N=96

S/N	VARIABLES	AGREED	DISAGREED	TOTAL
1.	Evidence-based nursing practice is not necessary.	4(4.2%)	92(95.8%)	96(100%)
2.	Evidence-based nursing is irrelevant to the nurse.	0 (0%)	96(100%)	96(100%)
3.	Evidence-based nursing practice is time consuming and difficult.	71(73.9%)	25(26.0%)	96(100%)
4.	There is no need of evidence-based practice in nursing.	0(0%)	96(100%)	96(100%)
5.	Evidence-based practice should be for nurse educators and not for those in the clinical area.	10(10.4%)	86(89.6%)	96(100%)

Table 5 shows that 4 (4.2%) respondents agreed that evidence-based practice is not necessary while 92 (95.8%) disagrees, All the respondents 96 (100%) needed evidence-based practice, 71 (73.9%) agreed that evidence-based practice is time consuming and difficult while 25 (26.0%) disagreed. All respondents that evidence-based practice is relevant in nursing and 86 (89.6%)

agreed that evidence-based practice should be for nurse educators and not for those in the clinical area are while 10 (10.4%) disagrees.

Table 6: Pearson product moment correlation analysis of relationship between nurses’ knowledge and attitude towards Evidence-based practice, N=96

VARIABLES	$\sum x \sum y$	$\sum x^2 \sum y^2$	$\sum xy$	R-VALUE
Nurses’ knowledge of evidence-based practice	1283	2371	33271	0.73
Nurses’ attitude towards evidence-based practice.	1259	2311		

To determine the barriers to implementation of evidence-based nursing practice. On whether the respondents reads journals 76 (79.2%) answered positively while 20 (20.8%) answered negatively. To find out how often the respondents read nursing journals findings are represented below.

Fig II,

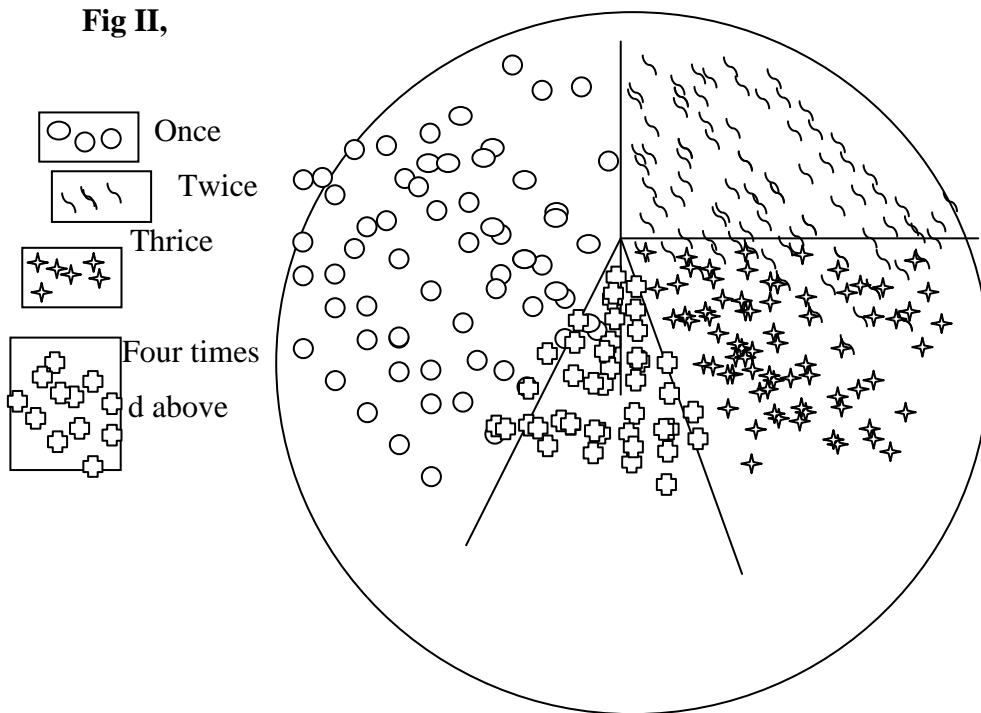


Fig II shows how often the respondents read nursing journals. From the above chart 56 (58.3%) read journals once a month, 25 (26.0%) reads twice a month, 13 (13.5%) read three times a month while 2 (2.1%) read nursing journals more than four times a month.

On reasons for not reading nursing journals, findings are represented on the table Below.

Table 7: Respondent reasons on barriers to implementation evidence-based practice by nurses in Federal Teaching Hospital Abakaliki.

VARIABLES	AGREED	DISAGREED	TOTAL
-Implications for practice are not made clear.	69(71.9%)	27(28.1%)	96(100%)
-Statistical analysis are not understandable.	70(72.8%)	26(27.1%)	96(100%)
-The research is not relevant to the nurses' practice.	36(37.5%)	60(62.5%)	96(100%)
-The nurse is unaware of the research.	5(5.2%)	91(94.8%)	
-Facilities are not adequate for implementation	80(84.3%)	16(16.7%)	96(100%)
-The nurse feels the benefits of changing practice will be minimal.	66(68.7%)	30(31.3%)	96(100%)
-The nurse is uncertain whether to believe the results of research.	47(48.9%)	49(51.0%)	96(100%)
-The research is not reported clearly.	58(60.4%)	42(43.8%)	96(100%)
-The nurse does not have enough authority to change patient care procedures.	67(69.8%)	29(30.2%)	96(100%)
-The physicians will not co-operate with implementation	46(47.9%)	50(52.1%)	96(100%)
-The nurse do not see the value of research practice.	29(30.2%)	67(69.8%)	96(100%)
-There is no documented need to change practice.	50(52.1%)	46(47.9%)	96(100%)
-There is insufficient time in the job to implement new ideas.	67(69.8%)	29(30.2%)	96(100%)

-Lack of continuing education for nurses.	73(76.0%)	13(13.5%)	96(100%)
-The nurse does not feel capable of circulating the quality of the research.	81(84.4%)	15(15.6%)	96(100%)
-Other staff are not supportive of the implementation.	49(51.4%)	47(48.9%)	96(100%)

The result of the table above, 69 (71.9%) agreed that implication for practice was not made clear while 27 (28.1%) disagreed, 70 (72.9%) agreed that statistical analysis were not understandable while 26 (27.1%) disagreed, 36 (37.5%) agreed that research was not relevant to the nurses' practice while 60 (62.5%) disagreed, 80 (84.3%) agreed that facilities were not adequate for implementation while 16 (16.7%) disagreed, 5 (5.2%) agreed that nurses were unaware of research while 91 (94.8%) disagreed, 66 (68.7%) agreed that the nurse feels the benefit of changing practice was minimal while 30 (31.3%) disagreed, 47 (48.9%) agreed that nurses were uncertain whether to believe the results of the research while 49 (51.0%) disagreed, 58 (60.4%) agreed that the research reports were not made clear while 42 (43.7%) disagreed. 67 (69.8%) agreed that nurse does not have the authority to change patients procedures while 29 (30.2%) disagreed, 46 (47.9%) agreed that the physicians do not cooperate with implementation. 50 (52.1%) disagreed, 29 (30.2%) agreed that nurses do not see the value of research practice while 67 (69.8%) disagreed. 50 (52.1%) agreed that there was no documented need to change practice while 46 (47.9%) disagreed, 67 (69.8%) agreed that there was insufficient time in work to implement new ideas while 29 (30.1%) disagreed, 73 (76.0%) agreed that lack of continuing education in nursing was a barrier while 13 (13.5%) disagreed,

81 (84.4%) agreed that the nurse does not feel capable of evaluating the quality of the research while 15 (15.6%) disagreed and 49 (51.4%) agreed that other staffs were supportive while 47 (48.9%) disagreed.

DISCUSSION

The research work aims at knowing the Nurses' perception and practice of evidence-based Nursing Care in Federal Teaching Hospital Abakaliki (FETHA II).

The findings of this study on the knowledge of the nurses on evidence-based nursing practice reveal that (90.6%) had heard of evidence-based nursing practice and (60.4%) heard it though formal education, the result clearly shown that majority of the nurses were knowledgeable about evidence-based nursing practice. The above result supported by Honor Society of nursing (2008) who reported that majority of the respondents were also at variance with Royal and Blythe (2008) who discovered that less than 3% of respondents reported being familiar with the concept of evidence-based practice.

The results to find out nurses attitude towards evidence-based nursing practice, table 6 reveals that nurses attitude was positive and favourable. This result corresponds with Omery and Williams (2002) who discovered that nurses' attitude about research was stronger motivator than education. Olade (2004) in supporting this result also find out

that nurses expressed more favourable attitude towards research utilization. Donna (2010) also supports the result when he found strong support for link between beliefs and attitudes and research utilization.

This vie was also equal with Melnyk and Fineout Overhott (2004) who discovered that an alarming number of nurses do not consistently implement evidence-based practice or follow evidence-based clinical practice guidelines. This calls for understanding and participating approach in matters relating to the practice of evidence-based care by the nurses in clinical areas. The finding in table 7 shows significant relationship between nurses' knowledge and attitude towards evidence-based practice in Federal Teaching Hospital Abakaliki (FETHA II). The results agreed with the above results on nurses knowledge and attitude toward implementation of evidence-based practice. Ideally good knowledge should correspond with favourable attitude and this is the discovering of this study.

The result in table 9 revealed that there were barriers to implementation of evidence-based practice in Federal Teaching Hospital Abakaliki (FETHA II). The identified barriers were inadequate facilities for implementation; nurses were not capable of evaluating the quality of research, insufficient time, inadequate resources, lack of continuing education, and lack of co-operation by doctors and non-availability of relevant research. These findings were in line with Honor Society of Nursing (2008) which identified barriers such as insufficient time, uncooperative

attitude of doctors and statistics. Also Olade (2004) supports the above findings when he discovered that lack of knowledge about how to read and translate research into practice was a barrier to implementation. A departure from the institutions standard may be considered reason for disciplinary action. This hardly encourages implementation of evidence-based practice.

The findings on table 10 reveal the factors that will facilitate the use of evidence-based nursing practice in Federal Teaching Hospital Abakaliki (FETHA). The identified factors were more employees/sufficient staffing, enhancing administrative supports and encouragement, cooperative and supportive colleagues, improving availability/accessibility of research reports, and improving the understandability of research reports.

These findings were in line with Funk (2003) who identified facilitators that enhances the use of research findings into practice as increase of administrative support, improvement of availability of research reports, increase of research knowledge base, provision of support from colleagues conduct more clinically focus research, increase of time available to implement research findings and improvement of understandability of research reports. Also Parahoo (2002) supports the above findings when he investigated facilitators to research utilization among Irish nurses. The most common responses were managers' support, time and support from colleagues.

Nursing Implication

The Implication of this result to nursing is that since evidence-based practice is the key to delivery of highest quality health care, when the nurses know how to find, critically appraise, and use the best evidence in clinical practice, and when patients are confident that their health care providence using evidence-based care, optimal outcome are achieved for all.

CONCLUSION

This research work was designed to find out Nurses' perceptions and practice of evidence-based nursing care in Federal Teaching Hospital Abakaliki (FETHA). Four (4) research questions were constructed to achieve an insight on Nurses' perception practice of evidence-based nursing care.

In order to obtain information for the study a review of related literature was carried out. Fourteen questionnaires were formulated, collected and administered to one hundred respondents, (96) ninety-six were (returned) collected and analysed. The research methodology used was descriptive research design and the population of the study covered registered nurses in FETHA II.

Responses from different respondents were analysed, findings were made and discussed in relation to literature review.

Conclusively, based on the results of the findings, it was concluded that nurses in Federal Teaching Hospital Abakaliki were aware of the concept of evidence-based nursing practice and the attitude

towards the concept was favourable. Despite the above, the nurses still perceived some barriers and facilitators towards implementation of this concept.

Based on the findings of this study, the following recommendations were made:

- Promoting research utilization through formation of nursing research committee as a potent way to promote evidence-based nursing. Membership of this committee must cut across all address of nurses from different specialist for effectiveness.
- There is need for supportive environment where innovation is valued and rewarded.
- Nurses should read nursing journals constantly in order to improve care.
- Importance of evidence-based nursing practice should be emphasized in all care given to patients.
- More nurses should be employed so as to ease the workload on the wards.
- Utilization of research findings should always be emphasized and encouraged.
- In addition to the above, health service must provide and support a receptive clinical environment that is amendable to change by creating a career structure, which formally recognizes the role of research and its relevance.
- The government should provide research grants and resources to support implementation of evidence-based nursing practice in the federation.

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