

# Experience report: Implementation of the Evidence-Based Nursing Core at the University Hospital, University of Sao Paulo, Brazil



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## Introduction

The implementation of Evidence-Based Health Care Practice is a challenge due to the barriers related to the health care professionals' habit of questioning their nursing diagnoses, treatment prescription processes, as well as insufficient skills to implement evidence-based health care in their realities. As nurses of the University Hospital of the University of Sao Paulo, and members of the Brazilian Centre for Evidence-Based Health Care: An Affiliate Centre of the Joanna Briggs Institute, we have created the Evidence-Based Nursing Core (NUEBE) to empower the nursing staff to question their practice, and acquire skills to search and analyse literature to support clinical decisions in their daily work. The objectives of the NUEBE are: implement evidence-based practice in nursing care; stimulate the development of clinical questions that emerge from practice; and prepare nursing staff to search, select and implement best practices, as well as to evaluate the use of these practices.

## Objectives

Report the experience of the implementation of the Evidence-Based Nursing Core of the University Hospital of the University of Sao Paulo.

## Methodology

The University Hospital of the University of Sao Paulo is a public hospital of secondary complexity with 236 beds. Since 2009, the University Hospital has integrated the Brazilian Centre for Evidence-Based Health Care: An Affiliate Centre of the Joanna Briggs Institute.

This report relates the period from conception of the group, in November 2012, until activities in June 2013. Data was collected from member meeting reports and the web page of NUEBE.



## Results

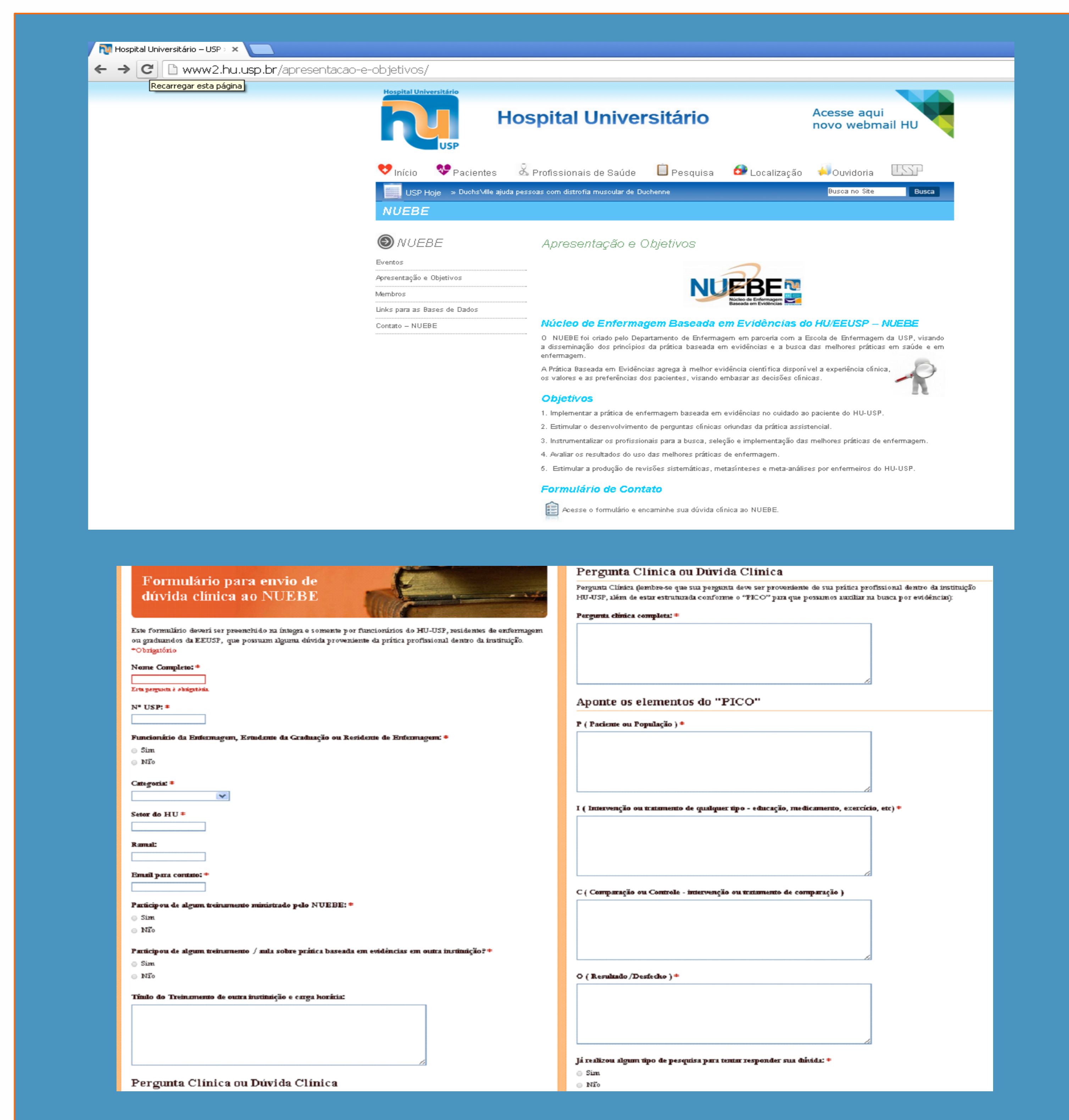
NUEBE began operating on March 12th, 2013, and the strategies implemented to achieve our objectives were:

1. Organize the webpage of NUEBE with free access. The page content includes the objectives and group members, concepts of evidence-based medical practice, strategies to access scientific databases, and a form to register clinical questions. Using the PICO strategy, all nursing professionals and nursing students can contact the members of NUEBE by filling out an online form to ask clinical questions. The members of NUEBE assist health care professionals to organize their questions, search databases, and analyse the literature by looking for the best answers. We have received five questions, and the members of NUEBE are working with colleagues to answer these questions in an evidence-based manner. The questions are:

- Is there evidence of intravenous complications (phlebitis, infiltration, leakage, infection, thrombophlebitis) in adult patients who remain with peripheral venous catheter at home?
- What is the cost to implement a protocol to prevent pressure ulcers in adults and the elderly?
- In order to control cross-infection in the Surgical Unit, should disposables that remain unused in the operating room during patients' surgery with contact precautions, be re-stored or discarded?
- What is the best sleep position to prevent aspiration in newborns: supine, prone or lateral?
- What is(are) the best intervention(s) for the treatment of breast engorgement?

2. A two-hour course named **Introduction to Evidence-Based Nursing Practice** was developed to increase awareness of the theme among nursing professionals. The course group has met nine times, with two more meetings planned for September and October, 2013. Three hundred twenty-two nursing professionals attended this course from March to June of 2013.

3. For the second semester of 2013, the members of NUEBE have planned and will conduct a more consistent educational program called **Evidence-Based Nursing Practice Training**, which will have 70 course hours of lectures, practical training with databases, and a systematic review report to clarify doubts regarding the nursing clinical practice.



## Discussion

The nursing staff showed strong commitment with the activities of the NUEBE – 322 courses attendees and 66 access per month (mean) to the web page. Five questions were formulated on the web page of NUEBE, and a lot more clinical questions emerged during the two-hour Introduction to Evidence-Based Nursing Practice Course. The members of NUEBE are working with these five questions as examples to train nurses on how to deal with clinical doubts. The execution of the Training Program is expected to encourage more and more clinical questions, and to prepare colleagues to answer them in a systematic manner. The next step is to disseminate the strategies to implement evidence-based practice, and this will be facilitated through the participation of one NUEBE member in the **JBIC Evidence-Based Clinical Fellowship Program**. NUEBE is a good strategy to empower the nursing staff to utilize and implement best practices in their clinical practice, which are essential to ensure quality of care.

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