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HOSPITAL NURSES' SUPPORT IN USING EVIDENCE- BASED NURSING PRACTICE

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ABSTRACT

There is currently a severe dearth of evidence-based nursing practice (EBNP) utilization among nurses. Because of this, it's essential to enhance nurses' professional skills through workshops and training. Enhancing nurses' capacity to deliver nursing interventions grounded in Evidence-Based Nursing Practice is the goal of this activity. The EBNP workshop is used to carry out the activity approach. The nurses at Dr. RSUD are participants in this activity, or one of its strategic target audiences. There were thirty persons in Sosodoro Djatikoesoemo Bojonegoro. The information is given through lectures, Q&A sessions, practica, field research, literature reviews, and searches. Results and debate come in third. Prior to training, most people's initial understanding of EBNP was quite inadequate; up to 19 individuals (76%). After participating in training sessions that included talks and worksheets on EBNP, it was discovered that the number of participants who started off with very little understanding had increased by 12 (44%). Three nurses (11%), whose expertise was initially inadequate, improved to good. In summary The asking phase, which involves creating clinical questions, has been accomplished by the nurse. In the first step, known as acquisition, participants seek for the best available data on the subject selected in accordance with the clinical question. In the third step, known as evaluation, participants critically evaluate the data they have found. Still, nurses are unable to perform the subsequent actions, which are Applying, Assessing, and Disseminating. It is advised.

Keywords: *Accompaniment, Implementation, Evidence Based Nursing Practice, Nurse, Hospital*

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INTRODUCTION

Diabetes is a significant global public health issue that is spreading like wildfire. Like the rest of the globe, Indonesia is likewise threatened by diabetes (Ministry of Health, 2018). There is a type 2 diabetes epidemic in Indonesia. Urbanization and changes in lifestyle are major contributors to this issue, and they are getting worse in the new millennium (ADA, 2019).

According to the 2019 International Diabetes Federation (IDF) Atlas, Indonesia's diabetes epidemic is still on the rise. With 10.3 million diabetics between the ages of 20 and 79, Indonesia is the sixth-ranked nation in the world, behind China, India, the United States, Brazil, and Mexico (Ministry of Health, 2018).

According to WHO estimates, 8.4 million Indonesians had diabetes in 2000, and 21.3 million will have the disease by 2030 (Pusdatin, 2018). With a prevalence of 11.77, Indonesia is seventh in the world among countries affected by diabetes. Every minute, 12 new cases of diabetes are diagnosed, 6 people pass away from the disease, and 3.8 million people die from diabetes annually. Seven out of ten patients with diabetes have complications, which shorten their lives and hasten their demise (ADA, 2019).

Based on physician diagnoses among inhabitants aged 15 and above, the prevalence of diabetes in Indonesia has increased to 2% in 2018 Riskesdas data compared to 2013. The Evidence Based Nursing Practice (EBNP) approach is needed to increase the role of nurses in nursing care services and improve patient outcomes as the final result of a service.

In the world of nursing, Evidence Based Nursing Practice (EBNP) is the

process of collecting data, processing and applying research results to improve clinical practice, the work environment or patient outcomes. The use of EBNP in nursing clinical practice is helpful in providing the highest quality and most efficient patient care possible. So care based on the EBNP approach has been proven to be able to improve the quality of patient safety and improve the outcomes of nursing care.

EBNP is any action that is evidence-based, good in medicine, explicit and wise for making decisions in patient care. EBNP is an attempt to make clinical decisions based on the most relevant and valid sources. EBNP is an approach that can be used in health care practice that is based on evidence or facts (J Crable et.al., 2020).

Thus far, we have mostly encountered interventions or practices that are predicated on the idea that "that's how it usually is" in the nursing field. In order for the interventions offered to be justified, the application of an evidence base in practice will develop into a scientific foundation for clinical decision making. Regretfully, Indonesia is yet to establish an evidence-based approach that incorporates the practical application of research findings (Hidayat et al., 2020). Therefore, in order for nurses to improve the "quality of care" for patients, they must develop the mindset, willingness, awareness, and ability to develop EBNP, or translate study results into practice.

Irmayanti et al.'s research findings from 2019 revealed that the following factors contributed to nurses' lack of understanding of EBNP: 1) they had not been exposed to the concept; 2) they had been exposed to information about it but had not yet maximized it; 3) there was no

training specifically related to EBNP; and 4) a high workload with staff shortages, a high patient load but limited time, busyness, and other issues that hindered the implementation of EBNP (Irmayanti, 2019). In order to improve patient outcomes, steer clear of pointless or unsuitable therapies, and lessen or completely prevent treatment-related problems, EBNP is essential.

The goal of EBNP is to enhance patient safety-focused services, raise the caliber of healthcare, and ultimately contribute to a decrease in hospital nurses with a nursing educational background and 166 nurses with a D III Nursing educational background (Ministry of Health, 2020). Different levels of nurse education require the same understanding and perception in providing nursing care for DM clients using the EBNP approach so that bad complications can be minimized and death can be prevented.

In order to gain the same understanding, it is necessary to increase the professional skills of nurses in using Evidence Based Nursing Practice (EBNP) through providing training or workshops on this matter.

OBJECTIVES

General Purpose

Providing assistance to improve the professional skills of nurses at Dr. R. Sosodoro Djatikoesoemo Bojonegoro in providing client nursing care using the Evidence Based Nursing Practice (EBNP) approach.

PLAN OF ACTION

Strategy Plan

Approach to Community Service Projects Enhancing the Professional Capability of Nurses at Hospital in

Nursing Interventions for DM Patients. Using an EBNP workshop, the nurses at Dr. RSUD Sosodoro Djatikoesoemo Bojonegoro are participants in this activity, or one of its strategic target audiences. Thirty individuals made up. The purpose of the content is to improve nurses' proficiency in nursing interventions for patients with diabetes mellitus at RSUD. Dr R. Sosodoro Djatikoesoemo Bojonegoro is offered as lectures, Q&A sessions, practicums, field research, literature reviews, and searches.

Implementation

The activity schedule starts from the receipt of the decision letter from the director of the Surabaya Ministry of Health Polytechnic (POLKESBAYA). Preparatory activities will be carried out from February 14 to March 2022, including arranging contracts, preparing modules, and preparing draft MOUs and Cooperation Agreements. Licensing and coordination activities with the management of RSUD Dr. R. Sosodoro Djatikoesoemo Bojonegoro from March to May 2022.

The material presented in theoretical form consists of: 1) EBPN concept; 2) EBPN steps; 3) searching articles; 4) critical appraisal of the article; 5) preparation of EBNP proposals. The skills material taught in the skills station are 6 EBNP steps consisting of: 1) asking (composing clinical questions); 2) acquiring (searching for the best articles); 3) appraising (carrying out critical appraisal of articles found); 4) applying (integrating evidence); 5) assessment; and 6) disseminating.

Setting

RSUD Dr. R. Sosodoro Djatikoesoemo Bojonegoro. The hospital has never participated in or carried out community service projects, thus the activity started with a proposal presentation outlining the goals and specifics of the activity plan. Additionally, seminars with professional credit units (SKP) from PPNI (Indonesian National Nurses Association) were agreed upon and encouraged. The hospital provides excellent support by handling PPNI SKP, housing participants, and providing venues and infrastructure for events. The Polkesbaya community service team was busy getting the necessary supplies and information ready for the events' execution and assessment.

Evaluation of the event To improve understanding, instruction is conducted via pre- and post-tests. On September 23, 2022, a Zoom meeting will be held to conduct a thorough evaluation of the training program, along with a report on the EBNP activities that were carried out.

Target

Thirty nurses at RSUD Dr. R. Sosodoro Djatikoesoemo Bojonegoro with job Head Nurse and Clinical Instructor.

RESULTS AND DISCUSSION

Characteristics of nurses at Dr. R Sosodoro Djatikoesoemo Bojonegoro,

The 30 community service volunteers who are members of the nursing staff at RSUD Dr. R Sosodoro Djatikoesoemo Bojonegoro: Of them, 15 people (or 50%) are between the ages of 41 and 45; 21 people (or 70%) are female; and 18 people (or 60%) have nursing education. The work term of most nurses was between 11 and 20 years;

nevertheless, 12 individuals (40%) and 11 individuals (36.7%) had work periods between 21 and 33 years.

The functional roles held by nurses at RSUD are Ten Intermediate Expert Nurses/Midwives (33.3%), eight Junior Expert Nurses (26.7%), and five Supervisor Nurses (16.7%) participated in the Dr. R Sosodoro Djatikoesoemo Bojonegoro community service. Additionally, one nurse each held the functional positions of Skilled Nurse, First Expert Nurse, and Main Expert Nurse (3.3%).

Nurses' knowledge of Evidence Based Nursing Practice (EBNP)

Based on the results in Figure 5, it was found that the knowledge of Dr. RSUD nurses. R. Sosodoro Djatikoesoemo Bojonegoro regarding EBNP before training, mostly 19 people (63.3%) had very little knowledge, 3 people (10.0%) had insufficient knowledge, 5 people (16.7%) had sufficient knowledge and there were no nurses. who is well informed.

Following EBNP training that included talks, seminars, and practicums (skill stations), it was discovered that the majority of participants—12 (40.0%), 7 (23.3%), and 6 (23.3%)—had very excellent knowledge, good knowledge, and sufficient knowledge, respectively. (20.0%), and there are still two individuals (6.7%) with less expertise.

Figure 3 data show that nurses at RSUD Dr. R. Sosodoro Djatikoesoemo Bojonegoro's capacity to handle EBNP fell by 19 (63.3%) and increased by 12 (40.0%) from very bad knowledge to very high knowledge. Three nurses (10.0%) who had previously had inadequate knowledge improved to good knowledge,

leaving seven (23.3%) with inadequate knowledge.

Table 1. Characteristics of nurses at Dr. R Sosodoro Djatikoesoemo Bojonegoro

Years old	N = 30	%
30 - 40	7	23,3
41- 50	15	50,0
51-60	8	26,7
Gender		
Male	9	30,0
Female	21	70,0
Education		
DIII	7	23,3
Ners	18	60,0
D4 Bidan	2	6,7
Long working (years)		
1-10	2	6,7
11-20	12	40,0
21-30	11	36,7
31-40	5	16,6

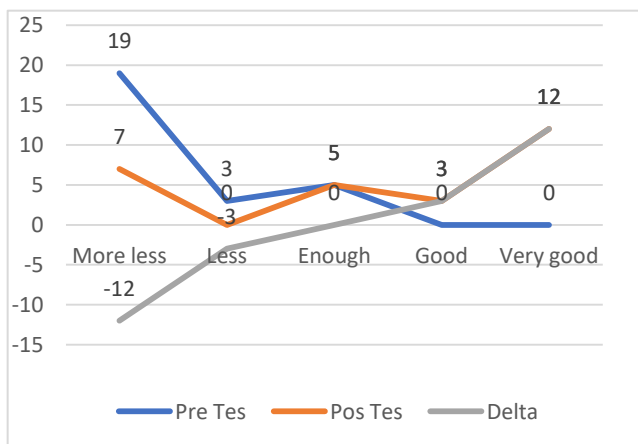


Figure 1. Results of increasing nurses' knowledge capacity before and after participating in EBNP training

In line with Permenpan RB number 35 of 2019 concerning functional positions of nurses, which states that one of the job descriptions of intermediate expert nurses is to carry out evidence-based practice in quality improvement activities and developing nursing services, the goal of

organizing an EBNP workshop for nurses is to increase nurses' knowledge in improving the quality of nursing practice. Additionally, in compliance with Minister of Health Regulation Number 10 of 2015, which addresses nursing service standards in special hospitals and calls for the development of professional, personal, and quality through the application of research findings in nursing practice, the use of legitimate evidence in assessing the caliber of nursing practice, and involvement in the enhancement of the caliber of quality assurance procedures (Ministry of Health, 2019).

The aforementioned circumstances are consistent with studies on the evaluation of 175 nurses from reputable hospitals in Manguluru about their awareness of EBNP. According to the data, 86% of nurses are under the age of 29, and 87% of them are female. A BSc in Nursing is completed by about 54% of nurses. Of them, 49% have worked for more than a year but less than ten years. Of these, 59% put in roughly 40–48 hours a week at work, and 62% of nurses are aware of EBNP. According to Paolose et al. (2016), there are 50.3% of nurses with average understanding of EBNP, 42.9% with high knowledge, and 6.8% with poor knowledge.

Evidence-Based Nursing Practice (EBNP) Implementation

Results of the impartial evaluation of the community outreach program were conducted through a Zoom meeting on Saturday, July 23, 2022. The technique used by the applicants to evaluate the results of their proposal preparation on EBNP using a form or document that has already been previously explained is In the first Asking phase, participants submit

their clinical questions using the PICO framework (results in red). In the second phase of acquisition, participants engage in search activities to find the best product related to the topic that is selected based on the clinical questions. In the fourth phase of evaluation, participants conduct a critical appraisal using a checklist that allows them to look for validity, reliability, and applicability when applied. Individuals evaluate their work performance, identify relevant literature, and conduct critical analysis or evaluation of articles that will be used as a basis for EBNP implementation.

The results of the search included 17 articles that were looked at and then reviewed. Ten articles were then evaluated together with a facilitator from the Jurusan Keperawatan Poltekkes kemenkes Surabaya, who provided insight and analysis into the employees' work performance. The participants successfully completed one draft proposal for the EBNP program at RSUD Dr. R Sosodoro Djatikoesoemo Bojonegoro, with the title "Effectiveness of feeding sonde monitoring through bottle." This proposal will be used to define the EBNP project at RSUD Dr. Sosodoro Djatikoesoemo Bojonegoro (Bollata et.al., 2017; Alqahtani, 2019; Li, et.al, 2020; Hasan and Yaseen, 2021; Lee et.al., 2022; Rana et.al., 2021).

The subsequent steps of applying, evaluating, and disseminating will not be completed in a timely manner and will instead be undertaken by the participants in accordance with their capabilities and the management's support.

As an afterthought, Application, evaluation, and dissemination are not completed in a timely manner and will eventually become a participant activity

based on the resources and assistance provided by management. This underscores the findings of a study by Naji et al. (2020), which said that Saudi Arabian nurses, after receiving evidence-based nursing training, were increasingly reluctant to participate in the process of putting evidence-based nursing practices into practice (8). This eliminates many of the steps that must be taken carefully to select appropriate articles, outline an initial practice proposal for EBN, prepare the team to communicate with the pimpinan before moving it to a more distant location, and require the pimpinan's support in order to establish evidence-based practices there.

CONCLUSION

According to a public opinion poll, Perawat RSUD Dr. Sosodoro Djatikoesoemo Bojonegoro is competent in applying Evidence-Based Nursing Practice (EBNP) guidelines and comprehending EBNP in patient care.

A few things that are recommended are as follows: 1). RSUD Dr. Sosodoro Djatikoesoemo Bojonegoro's staff members actively share knowledge with other staff members in order to increase EBNP capacity and consider developing EBNP projects as well as developing EBNP policies in practice, 2). The management team of Rumah Sakit hendaknya memasukkan EBNP dalam visi, misi, dan promosi. In addition, they provide administrative, infrastructure, and leadership support that is able to identify, understand, and articulate the EBNP model. Finally, they provide the necessary daily resources to strengthen the EBNP culture.

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