



## **BARRIERS AND FACILITATORS TO RESEARCH UTILIZATION AND BELIEFS TOWARDS EVIDENCE-BASED PRACTICE AMONG NURSES: A CORRELATIONAL STUDY**

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### **Abstract**

The aim of the study was to identify the nurses' barriers and facilitators to research utilization and their beliefs towards evidence-based practice. A descriptive-correlational design was used to survey 150 consecutively sampled nurses from two selected hospitals in Pampanga. The Barriers and Facilitators to Using Research in Practice questionnaire and the Evidence-Based Practice Beliefs Scale were used to collect data. Descriptive statistics and Pearson's  $r$  correlation were used to analyze data. Results revealed that the most common barrier and facilitator for research utilization were that *nurses see little benefit for self* in doing research and the *accessibility of journals, library searches, and photocopying* respectively. In terms of beliefs about evidence-based practice the respondents reported an overall positive outlook. It has been also found out that there existed a significant relationship ( $r = .493$ ;  $p = .001$ ) between the facilitators for research utilization and beliefs towards evidence-based practice. This underscores the need for provision of administrative support to facilitate research utilization to support change based on research evidence.

**Keywords:** Barriers, Beliefs, Evidence-Based Practice, Facilitators, Research Utilization.

### **1. Introduction**

The seminal works of Florence Nightingale in nursing in the 1800s foreshadowed what is to be known today as evidence-based practice (EBP). But the term EBP technically emanated from the medical profession with its coining initially as evidence-based medicine.

Research utilization is theoretically known as the processes of synthesizing, disseminating, and using research-generated knowledge for the purpose of making an impact on or a change in the current field of nursing practice. In which the research studies produced are known to involve a systematic, scientific inquiry in answering specific research questions or testing hypotheses using disciplined, rigorous methods, wherein the main purpose of conducting research is to generate new body of knowledge or to validate an existing knowledge based that came about from an existing theory. Unlike the concept of research, Evidenced-Based Practice is not about either developing new body of knowledge or validating existing knowledge, it is all about translating the evidence which mostly stems out from research and applying it to clinical decision-making. The purpose of Evidenced-Based Practice is to make use the best evidence available in order to carry out patient-care decisions. But the concept of Evidenced-Based Practice goes beyond research utilization and includes clinical expertise as well as holistic patient preferences and values (Conner, 2014).

This research project was designed to be descriptive correlational of the barriers and facilitators to research utilization towards beliefs of evidence-based practice among nurses. The Barriers and Facilitators to Using Research in Practice; as well as demographic questionnaire, Evidence-Based Practice Belief were distributed to a sample of staff nurses.

## **2. Research Problem**

The following research problems were addressed: (1) to what extent do nurses describe their self-rated barriers and facilitators to research utilization? (2) To what extent do they describe their beliefs towards evidence-based practice? (3) Is there is significant relationship between barriers to research utilization of research and evidence-based practice?

Having said this, ideas and concepts about research and evidence-based practice, the researcher would like to identify the barriers that hinder the utilization of research as well as the beliefs towards evidence-based practice among nurses.

## **3. Literature Review**

### ***Research Utilization***

Nursing research began with the observations of Florence Nightingale. Together with William Farr, a medical statistician, Nightingale's attention to environmental cleanliness made an impact on controlling the spread of disease. Nightingale's early involvement in research was strengthened by her use of statistical evidence. As she gained credibility in the medical community, the new knowledge was used to influence both hospital reform and nursing education (Smith, 2011).

Research plays a vital role in our daily life. All discoveries and inventions have been possible with the help of research. In the health sciences, research contributed a lot to help the human beings by means of finding cure for several diseases Swindoll (2012).

Utilization of research is essential for nursing with evidence-based practice as the focal point for nursing. However, a gap continues to exist between credible research findings and translation of those findings into practice (McCloskey, 2008).

The same is true as to with the findings in one study, wherein it has been found out that nurses have reported an increase in awareness and utilization of research findings, as well developed a belief that their patients benefited from their research involvements, which were facilitated through research activities such as being a participant in data collection, attending journal clubs, reading practice outcome research manuals, attending research seminars or workshops, and participating in evidence-based practice projects (Fink et al, 2005).

It has been mentioned that having sufficient time for review and application of research findings, peer support access to relevant research reports, and were listed as the main facilitators for research utilization (Hutchinson& Johnson, 2004).

Smirnoff et al (2007) suggest that the positive attitudes and perceived institutional support were found to be not enough to increase involvement in research in the nursing field, as such, so it was recommended that additional institutional infrastructure and forms of educational support must be done and implemented.

### ***Barriers and Facilitators to Research Utilization***

According to Bryar and Griffiths (2003), practicing nurses found the amount of research overwhelming and also had greater difficulties with lack of cooperation by doctors in charge that did the respondents in the community trusts.

Furthermore, another study suggests that most of the nurses perceived that the physician, administration and other staff do not cooperate in implementing the research findings to practice (Umarani, 2014).

Abosshaiqah et al, (2014), revealed that nurses see a little benefit for self in conducting research in the workplace. In addition, the present study also found that nurses feel the benefit of changing practice was seen to be minimal.

However, barriers can still prevent professionals in conducting researches. Another study of McCloskey (2008) found that perceptions of nurses towards research were apparent in their attitudes, use of research, and availability to research and research support. In addition, not all nurses are educationally prepared to understand research. Staff's nurses need to become more proactive in translating research into practice by supporting each other and creating ways to find time to read journal articles.

Davis and Walters (2011) found out that many researchers have reported that their access to scientific literatures and studies online is generally good and improving, which is cited as a key benefit in terms of empowering healthcare researchers, specifically, the free access to scientific literatures.

### ***Evidence-Based Practice***

Bussieres et al. (2016) that evidence-based practice and facilitators to research were found to be related and important in the context of nursing health care.

In addition, EBP have actually known to echo across the nursing practice, science, and education. It was noted that there is a call for evidence-based quality improvement, in which the healthcare transformation underscores the need for redesigning care that is seen to be effective, efficient and safer (Stevens, 2013).

In relation to research, EBP can be used to bridge the research practice gap through strengthening evidence base for the main purpose of knowing what works and what does not work regarding providing patients with best outcomes, standardization of evidence across fields in order to achieve best outcome for patients, and the translation, as well as consolidation of science into clinical recommendations (Stevens, 2004).

Moreover, EBP was also found related to research. According Shirey et al, (2011), evidence-based practice is based on the premise that sufficient research is available to make clinical decisions regarding nursing care. When the research on a topic is insufficient, it becomes necessary to design and conduct studies in order to generate the evidence. Thus, the link between evidence-based practice and research is through the evidence. The evidence is generated through the implementation of scientifically sound research designs. Then available evidence is translated into practice. Therefore, evidence-based practice and research have distinct definitions and distinct processes; however, both are interconnected with the ultimate goal to improve patients' outcomes.

## **4. Method**

### **Research Design**

Descriptive correlational research design was use in the study

### **Participants and Setting**

Consecutive sampling utilized among the 150 survey forms were distributed to each hospital.

## Instruments

The *Barriers and Facilitators to Using Research in Practice* questionnaire by Funk, Champagne, Weist, and Tornquist, (1991) was utilized to identify the perceived barriers and facilitators to research utilization among staff nurses targeted for study. This contains 38 Likert-type items rated on a scale of 1 (*To no extent*) to 4 (*To a great extent*).

The study also utilized the Evidence-Based Practice Beliefs (EBPB) Scale. Melynck, Fineout-Overholt and Mays developed the Scales in 2008. The EBPB Scale is of a Likert-type scale, which is designed to measure the beliefs towards EBP. Responses are computed to range from 1 = “strongly disagree” to 5 = “strongly agree” and included two reversely scored items.

## Data Analysis

Descriptive statistics were used to (frequency, percentage, mean) describe the findings within the Demographic profile. A statistical analysis of the barriers and facilitators to research utilization and beliefs towards evidence-based practice was performed to identify the means of the responses to items related to each factor.

Further statistical analyses were performed to identify the significant relationship among the variables of the study. The Pearson’s *r* correlation was used to test the hypothesis.

## 5. Results

**Table 1: Profile Description of Respondents**

Profile	Frequency	Percentage
<b>Sex</b>		
Female	101	67.3
<b>Civil Status</b>		
Single	87	58.0
<b>Educational Attainment</b>		
BSN	139	92.7
Masters	11	7.3
PhD	0	0

**Table 2: Mean Responses on Barriers to Researcher Utilization**

Barriers	M
1. The nurse feels the benefit of changing practice will be minimal	2.60
2. The nurse sees little benefit for self	2.62
3. Research reports/articles are not published fast enough	2.60
4. Physicians will not cooperate with implementation	2.59

**Table 3: Mean Responses on Facilitators to Researcher Utilization**

Facilitators	M
1. Efforts done being supported through group activities, journal clubs, research committees, research presentations, and expert consultations	2.78
2. Having time to read research, evaluate its applicability for the setting, and the development of specific protocols for conduction of pilot study	2.78
3. Access to journals, library searches and photocopying	2.81
4. Administrators being a role model in terms of showing their belief in the value of research utilization by example and by expectation, both by participating in the activities themselves and by formalizing the expectation for others through inclusion in staff responsibilities, performance appraisal, criteria for raises and career ladders	2.74

**Table 4: Mean Responses on Beliefs Towards Evidence-Based Practice**

Facilitators	M
1. Efforts done being supported through group activities, journal clubs, research committees, research presentations, and expert consultations	2.78
2. Having time to read research, evaluate its applicability for the setting, and the development of specific protocols for conduction of pilot study	2.78
3. Access to journals, library searches and photocopying	2.81
4. Administrators being a role model in terms of showing their belief in the value of research utilization by example and by expectation, both by participating in the activities themselves and by formalizing the expectation for others through inclusion in staff responsibilities, performance appraisal, criteria for raises and career ladders	2.74

**Table 5: Relationship Between Nurses' Self-Rated Barriers and Facilitators to Research Utilization and Their Attitude Towards Evidence-Based Practice**

Correlated Variables	r	Probability	Interpretation
Barriers and Attitude towards EBP	-.031	.708	Not Significant
Facilitators and Attitude towards EBP	.493	.001	Significant



## Conclusion

After an exhaustive analysis of the results of the present study with regard to barriers and facilitators to research utilization and the nurses' beliefs towards evidence-based practice, the researcher concluded that barriers in conducting a research was evident ranging from its minimal impact and benefits down to the uncooperativeness of the physicians. On the other hand, given the said barriers in utilizing research, it was also noted in the present study that facilitators in research were still seen to be important factor in conducting research, like the availability of the articles, journals and other research materials, time and its applicability in their respective workplaces and also the support of the administrators. These factors are vital in conceptualizing research outputs as well as their positive impact to the nurses who wish to produce research papers.

Furthermore, when it comes to the beliefs of nurses towards evidence -based practice, nurses were seen to value the importance of EBP in delivering quality care to the patients. This was true since multiple literatures cited the effectiveness and impact of EBP when it comes to patient safety and its positive effect towards health care services. With regards to the significant relationship of the said variables, beliefs towards EBP and facilitators to research were found associated with one another. Since facilitators to research utilization can increase the interest and drive of nurses in conducting researches, it will be a big help and will be able to apply it and come up with a decision or approach which is evidence-based for the good of the patients. It can also be said that nurses possessed a positive attitude towards EBP, which can leads to improve, and effective efficient care in patient outcomes.



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## Appendices

