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Improving The Professional Ability Of Nursearcs In Nursing Interventions In Hospitals Through Evidence-Based Nursing Practice Workshop

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ABSTRACT The evidence-based approach in Indonesia has not yet developed, including the use of research results in practice. Thus it is necessary to grow the attitude, willingness, awareness, and ability to develop EBNP or transform research results into practice so that nurses can improve the "quality of care" for patients. The purpose of community service activities is to improve the professional ability of nurses at RSUD Dr. Sososodoro Djatikoesoemo Bojonegoro in providing Nursing Care through an Evidence-based Nursing Practice (EBNP) workshop. The workshop took place on May 24-25, 2022, and was attended by 30 nurses from the Inpatient Installation. Nurses' knowledge was measured by an evaluation that use pre-test and post-test methods. The skills evaluation was conducted online on July 23, 2022, by presenting the EBNP project plan to be carried out. Community service participants are nurses at RSUD Dr. R Sosodoro Djatikoesoemo Bojonegoro who has characteristics of most (45%) nurses having an age between 41-50 years and having a working period of 11-20 years (44%), and most (67%) educated in Nurses. The functional positions of the most community service participants are Associate Expert nurses at 37% and there are Main Expert Nurses as much as 4%. The results of the activities through the Workshop showed an increase in the capacity of nurses regarding EBNP who previously had very poor knowledge of 19 people (63.3%) and increased to very good knowledge of 12 people (40.0%). Nurses who initially lacked knowledge increased to 3 people (10.0%) with good knowledge, but there were still 7 people (23.3%) who lacked knowledge. However, not all nurses have participated in the EBNP workshop, so it is necessary to conduct a workshop for the next generation so that all nurses can carry out nursing interventions based on evidence-based.

INDEX TERMS Evidence-Based Nursing Practise, Workshop

I. INTRODUCTION

Nursing care is a continuous process of assessing and evaluating patients. As one of the professions in care services, nurses conduct an assessment, establish nursing diagnoses, provides intervention, and evaluates each intervention. An Evidence-Based Nursing Practice (EBPN) approach is needed to increase the role of nurses in nursing care services and improve patient outcomes as a result of 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, work environment, or patient outcomes. The use of EBNP in nursing clinical practice is very helpful in providing the highest quality and most efficient patient care possible. Hence, nursing care based on the EBNP

approach proved able to improve the quality of patient safety and improved nursing care outcomes.

EBNP is any evidence-based action, both in treatment, explicit and wise decision-making 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 based on evidence or facts [1]. During this time, especially in nursing, often encountered practices or interventions that are based on "usually as well". The use of evidence-based practice will become the scientific basis for clinical decision-making so that the interventions provided can be accounted for. Unfortunately, the evidence-based approach in Indonesia has not yet developed, including the use of research results in practice[2]. So it is necessary to grow the attitude, willingness, awareness, and ability to develop EBNP or

transform research results into practice so that nurses can improve the "quality of care" for patients.

Nursing research is very influential in evidence-based nursing practice. Nursing research plays an important role in resolving obstacles or problems that occur in nursing practice that can be easily and effectively overcome and are not detrimental to the client or patient. In addition, the implementation of EBNP will also reduce the cost of care which has a positive impact not only on patients, and nurses but also on health care institutions.

The results of the research by Irmayanti, et al (2019) reported that nurses' lack of understanding of EBNP was caused by 1) Not being exposed to the concept of EBNP; 2) Information about the EBNP concept has been exposed but it has not been maximized; 3) There is no training related to EBNP; 4) High workload were lack of energy, many patients but little time, busy, and so on are obstacles in the implementation of EBNP [3].

EBNP's goal is to improve the quality of health services, improve services that always put patient safety first, and ultimately help to reduce hospital costs. EBNP is needed to achieve patient outcomes, avoid unnecessary and inappropriate interventions and reduce/avoid complications resulting from care and treatment.

RSUD Dr. Sososodoro Djatikoesoemo has 72 nurses with a nursing education background and 166 nurses with a D III Nursing education background [4]. Different levels of nurse education require the same understanding and perception in providing nursing care for clients with the EBNP approach, that hopefully, bad complications can be minimized and death can be prevented.

To get the same understanding, it is necessary to increase the professional ability of nurses in the use of Evidence-based Nursing Practice (EBNP) through the provision of training or workshops on this matter. Based on the description above, to improve the professional ability of nurses at RSUD Dr. Sososodoro Djatikoesoemo Bojonegoro in providing Nursing Care The team conducts Evidence-based Nursing Practice workshops

II. METHODS

The method used to improve the Professional Ability of Dr. Hospital Nurses. Sososodoro Djatikoesoemo Bojonegoro Nursing care for clients is a workshop with a one-group pretest-posttest design. The target is Dr. Hospital Nurse. Sososodoro Djatikoesoemo Bojonegoro numbered 30 people.

The material is given in the form of lectures, questions, answers, and practicum. The provided materials include 1)the concept of EBNP, 2)the selection and search for the best evidence, and 3)critical analysis and assessment of the evidence. Participants conduct group practicum on 1) problem formulation and determination, 2)search for evidence-based nursing articles, 3)critical appraisal on selected papers, and 4)EBNP proposal preparation. The resource persons and facilitators came from the Department of Nursing, Poltekkes, Ministry of Health, Surabaya.

The workshop was held for 2 (two) days at the Selasih Hall, 3rd floor of RSUD Dr. Sososodoro Djatikoesoemo

Bojonegoro. The first day comprised of giving material through lectures, each discussion lasted for 90 minutes. On the second day, participants did a practicum using worksheets. The theoretical materials given are: 1)the concept of evidence-based nursing practice; 2)formulating clinical questions; 3) tracking/finding the best sources of evidence, and 4)critical assessment of scientific evidence. Practical materials consisted of 1)formulation of clinical questions; 2)practice of searching for evidence-based nursing articles, 3)practicum of critical appraisal on selected papers, and 4)preparation of EBNP proposals that have been distributed. during the duration of each practicum material delivery of 120 minutes. Medias used by participants consisted of 6 (six) EBNP worksheets, laptops, LCDs, and examples of best evidence articles.

The schedule of activities is carried out in several stages, namely: 1)preparation of licensing arrangements; 2)EBNP workshops; 3)preparation of proposals and 4)evaluation. Community service activities started in February and until August 2022. The workshop was held in the Selasih Room, RSUD Dr. R. Sosodoro Djatikoesoemo Bojonegoro on 24 – 25 May 2022. The evaluation was carried out on 23 July 2022. The community service activity was attended by 30 nurses from inpatient installations, most of whom were heads of the room.

The evaluation was carried out using a pre-test and post-test to measure knowledge. Participants were given a pretest about EBNP for 30 minutes before attending the workshop and participants were given a post-test afterward. As well as reports on the completion of group EBNP worksheets. Evaluation of activities is carried out remotely by Zoom Meeting on Saturday, July 23, 2022

III. RESULTS AND DISCUSSION

Nurses' community service members' characteristics at Dr. RSUD. R Sosodoro Djatikoesoemo Bojonegoro were found to be mostly 41-50 years old as many as 15 people (50%). The sex of nurses is mostly women as many as 21 people (70%). Nurse education is mostly nurses as much as 67%. Most nurses' working period is 11-20 years as many as 12 people (44%). the functional positions of Nurses service members at Dr. RSUD. R Sosodoro Djatikoesoemo Bojonegoro were 10 nurses/midwives (33.3%) as Perawat Ahli Muda, Junior Expert Nurses 8 people (26.7%) and supervising nurses as many as 5 people (16.7%) and there were 1 people (3.3%) nurses who have the functional position as Perawat Ahli Utama.

Based on the results in figure 1 the knowledge of nurses at RSUD Dr. R. Sosodoro Djatikoesoemo Bojonegoro regarding EBNP before the training was mostly very insufficient as many as 19 people (63.3%), and insufficient knowledge as many as 3 people (10.0%), enough knowledge as many as 5 people (16.7%).

3.1 Knowledge of Evidence-Based Nursing Practice (EBNP)

After attending training through lectures, discussions, working LKS of EBNP were found that most of them had very good knowledge as many as 12 people (40.0%), good

knowledge as many as 7 people (23.3%), enough knowledge as many as 6 people (20.0 %) and there are still 2 people with insufficient knowledge (6.7%).

Based on the results in Figure 2 it was found that the capability of nurses in Dr. RSUD Dr. R. Sosodoro Djatikoesoemo Bojonegoro regarding EBNP which

previously had very insufficient knowledge decreased by 19 people (63.3%) increased to very good knowledge as many as 12 people (40.0%). Nurses who initially had enough knowledge increased to 3 people (10.0%) with good knowledge and there were still 7 people (23.3%) with insufficient knowledge.

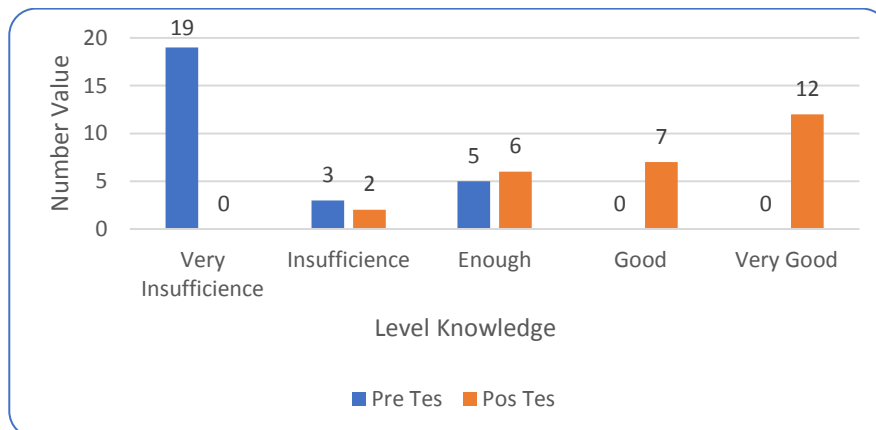


FIGURE 1 Nurses' knowledge. Level on pre-test and pos tes

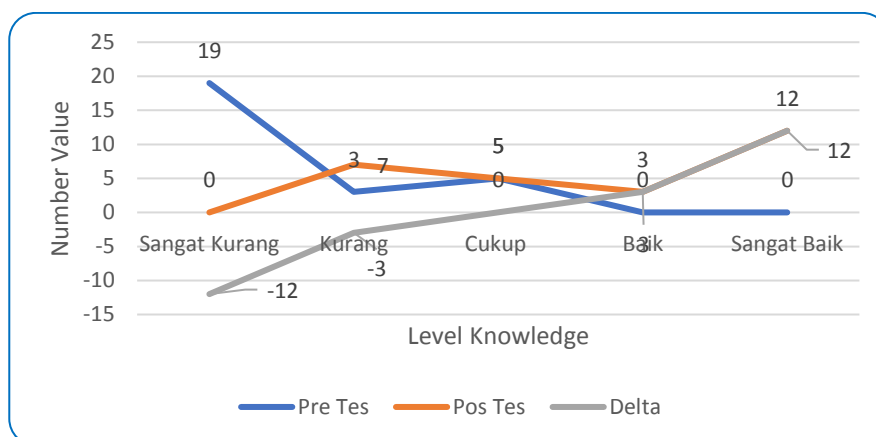


FIGURE 2 Results of increasing the knowledge capability of Nurses



FIGURE 3 EBNP workshop opening activities



FIGURE 4 Photo session together

The workshop on EBNP for nurses was held to increase nurses' knowledge in improving the quality of nursing practice following Ministerial Regulation number 35 of 2019 concerning functional nurse positions. By the Minister of Health Regulation number 10 of 2015 concerning standards of nursing services in special hospitals, namely professional, personal, and quality development through the use or use of research results in nursing practice and using valid evidence to evaluate the quality of nursing practice and participating in improving the quality of quality assurance procedures[5].

The above conditions are in line with research on the assessment of nurses' knowledge about EBNP on 175 nurses from well-known hospitals in Manguluru. The results showed that 86% of nurses were under the age group of 20-29 and 87% were women. Approximately 54% of nurses have completed a BSc in Nursing. About 49% of them have experience of more than one year but less than 10 years. 59% of them work almost 40-48 hours per week and 62% of nurses have heard of EBNP. There are 50.3% of nurses have an average knowledge of EBNP, 42.9% of nurses have good knowledge and 6.8% of nurses have poor knowledge of EBNP [6].

3.2 Implementation of Evidence-Based Nursing Practice (EBNP) steps

The results of the evaluation of community service activities were carried out remotely by Zoom Meeting on Saturday, July 23, 2022. The technique used by participants was to present the results of the preparation of a proposal on EBNP through the stages or steps that have been described previously, namely the first step of Asking, participants compose clinical questions in the PICO format (results attached). The second step is Acquiring, participants conduct searching activities to find the best evidence related to the chosen topic according to clinical

questions. The third step is Appraising, participants conduct a critical appraisal of the evidence obtained to look for validity, reliability, and applicability when applied. Participants send assignment results or worksheets to prepare questions, search for literature and conduct an assessment or critical appraisal of the articles that would be used as the basis for the implementation of EBNP (attached).

The results of the report contained 17 articles that were searched and processed, then a review of 10 articles was carried out and presented during an evaluation with the facilitator from the Department of Nursing, Poltekkes, the Ministry of Health, Surabaya, who provides input and gives feedback on the results of the participants' work. Participants succeeded to compile an Action Plan Proposal for an EBNP activity plan at Dr. RSUD. R Sosodoro Djatikoesoemo Bojonegoro with the title the effectiveness of sonde feeding through bottles, which is planned to be used as an EBNP project at Dr. RSUD. Sosodoro Djatikoesoemo Bojonegoro [7][8] [9] [10] [11][12].

The next stages such as Applying, Assessing, and Disseminating could not be done yet in regards to the insufficient time available and it would be -- depending on management capability and support. This is supported by the research results of Naji et. Al (2020) which state that nurses in Saudi Arabia after receiving evidence-based nursing training make it increasingly difficult for nurses to participate in the process of implementing evidence-based nursing practices⁸⁾. There may be many steps that must be done correctly to select the right article, prepare an initial EBN practice proposal, form a team to communicate to the leadership before implementing it in the field in a wider scope, and support from the leadership is needed to cultivate evidence-based in the field.

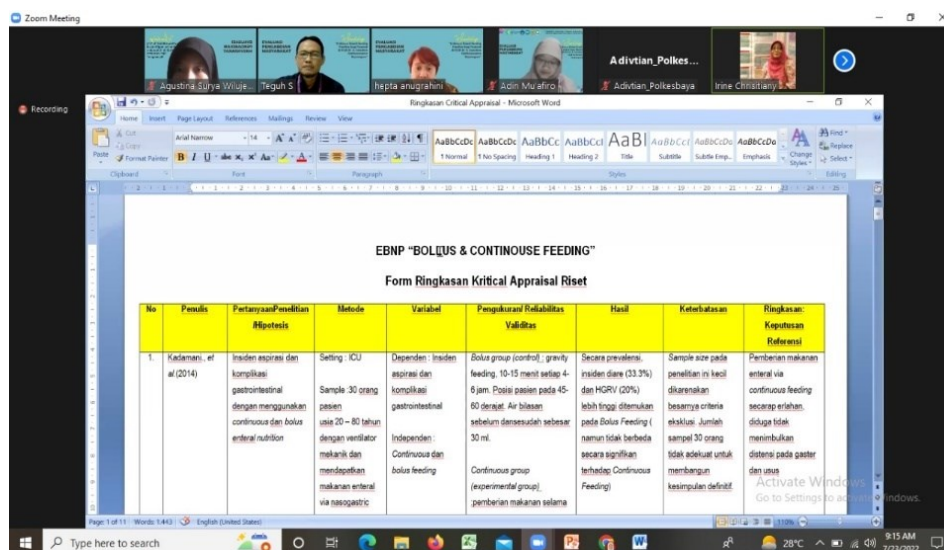


FIGURE 5 Evaluation of community service online

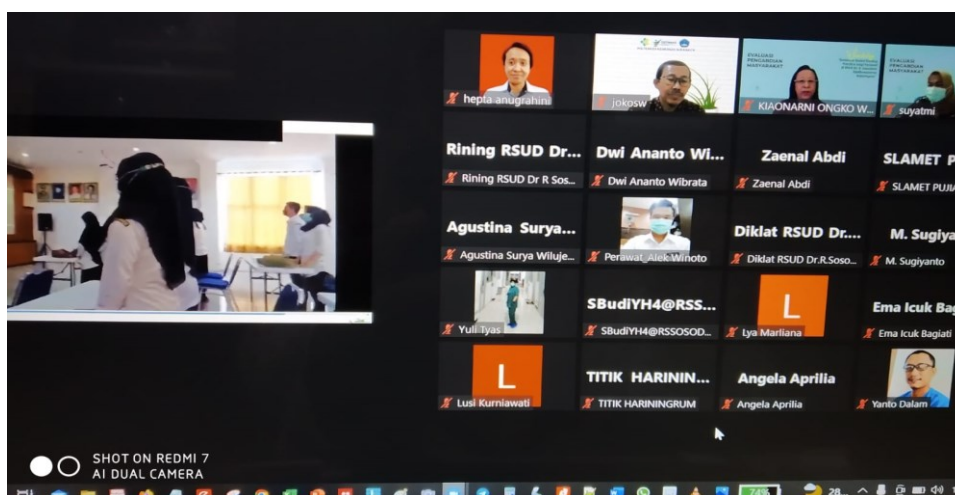


FIGURE 6 Evaluation of EBNP workshop community service activities for nurses at RSUD Dr. R. Sosodoro Djatikoeseoemo Bojonegoro online

IV. CONCLUSION

This community service result concluded as follows: This activity was attended by 27 nurses, most of whom were heads of rooms, at the Inpatient Installation of RSUD Dr. R. Sosodoro Djatikoeseoemo Bojonegoro. All participants were enthusiastic and actively participated in workshop activities when giving theory and practicum and completing assignments well. Through this workshop, participants gain knowledge, understanding, and skills in implementing EBNP. Through EBNP they can innovate in providing nursing care, one of the proposals planned by the participants is the use of continuous feeding to support the nutritional intake of critical clients in the intensive care unit.

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