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**Implementation Of Evidence-Based Practice-Based Nursing Care**Robiul Fitri Masithoh<sup>1\*</sup>, Noyumala<sup>2</sup>, Yona Sahalessy<sup>3</sup>, Susi Susanti<sup>4</sup>, Masrikat Maya Diana Claartje<sup>5</sup><sup>\*1</sup> Nursing Study Program, Student Philippine Woman's University<sup>1</sup> Lecturer Universitas Muhammadiyah Magelang<sup>2</sup> Nursing Study Program, Gunung Sari Health College, Makassar, Indonesia<sup>3,5</sup> Nursing Study Program, Maluku Ministry of Health Polytechnic of Health, Indonesia<sup>4</sup> Medical Laboratory Technologies, Aceh Ministry of Health Polytechnic, Indonesia\*Correspondent Author: Robiul Fitri Masithoh, e- mail: [robiulfitri83@unimma.ac.id](mailto:robiulfitri83@unimma.ac.id)**ABSTRACT**

Evidence-Based Evidence-Based Practice (EBP) is an approach to nursing practice that integrates the best scientific evidence, nurses' clinical expertise, and patient values and preferences. The implementation of EBP-based nursing care is expected to improve the quality of care and patient safety. However, in practice, the implementation of EBP by nurses still faces various challenges. This study aims to determine the implementation of Evidence-Based Nursing Care. Practice in nursing services. This study uses a quantitative method with a descriptive analytical design and a cross-sectional approach. Sectional. The research sample was nurses in health care facility X. Data were collected using questionnaires and analyzed univariately and bivariately. The results showed that most nurses had implemented EBP-based nursing care in a good category, but there were still nurses who had not optimally utilized scientific evidence. The conclusion of this study is that the application of EBP in nursing care needs to be continuously improved through education and organizational support.

**Keywords:** Nursing Care, Evidence-Based Practice, Nurse



## 1. Introduction

Advances in science and technology in the healthcare sector require nurses to provide high-quality, safe, and scientifically based nursing care. Nursing services that are not based on scientific evidence have the potential to compromise the quality of care and patient safety. Therefore, the implementation of Evidence-Based Nursing is crucial. Practice (EBP) has become an important standard in modern nursing practice.

Evidence-Based Nursing practice is a systematic approach to clinical decision-making that integrates the best research evidence, nurses' clinical experience, and patient values and preferences. Through EBP, nurses are expected to provide effective, efficient, and appropriate nursing care tailored to patient needs.

EBP-based nursing care encompasses all stages of the nursing process, from assessment and establishing a nursing diagnosis, planning, implementation, and evaluation. Applying EBP at every stage of nursing care can improve decision-making accuracy and nursing care outcomes.

Although the benefits of EBP have been widely demonstrated, its implementation in the field remains suboptimal. Several factors impacting EBP implementation include nurses' limited knowledge of EBP, lack of access to scientific information sources, high workloads, and minimal support from management. These conditions lead nurses to rely solely on old habits or experience when providing nursing care.

Evidence-based nursing care is implemented. Practice and become the basis for formulating strategies to improve the quality of nursing services.

## 2. Research Methods

### a. Types and Design of Research

This research uses a quantitative method with a descriptive analytical design and a cross-sectional approach. sectional, namely to describe and analyze the application of Evidence-Based nursing care Practice at one time measurement.

### b. Location and Time of Research

The research was conducted at health service facility X. The research was conducted from May to July 2025.

### c. Population and Sample

The population in this study was all implementing nurses working at health service facility X. The research sample was taken using total sampling or purposive sampling techniques, according to the number of nurses who met the criteria.

### d. Inclusion criteria:

- 1) Implementing nurse
- 2) Have a working period of  $\geq 1$  year
- 3) Willing to be a respondent

### e. Exclusion criteria :





- 1) Nurse on leave
- 2) Nurses who did not complete the questionnaire completely

**f. Research Variables**

- Main variable: Implementation of Evidence-Based nursing care Practice

**g. Research Instruments**

The research instrument was a structured questionnaire that measured the application of EBP in nursing care, including:

- 1) Use of scientific evidence in practice
- 2) Clinical decision making
- 3) Patient involvement
- 4) Evaluation of nursing care results

**h. Data analysis**

Data were analyzed univariately to determine the distribution of EBP implementation and bivariately to examine the relationship between nurse characteristics and EBP implementation. Results are presented in tabular and narrative form.

**i. Research Ethics**

The research was conducted by paying attention to the principles of research ethics, including respondent consent (*informed consent*), data confidentiality, and respondent anonymity.

**3. Research Results And Discussion**

**a. Research Result**

- 1) Respondent Characteristics

**Table 1**  
**Distribution of Nurse Characteristics**

Characteristics	Frequency (n)	Percentage (%)
<b>Age</b>		
20–30 years	14	35.0
31–40 years	18	45.0
> 40 years	8	20.0
<b>Gender</b>		
Man	12	30.0
Woman	28	70.0
<b>Education</b>		
D3 Nursing	16	40.0
Bachelor of Nursing	20	50.0





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Characteristics	Frequency (n)	Percentage (%)
Nursing Profession	4	10.0
<b>Total</b>	<b>40</b>	<b>100</b>

## 2) Nurse's Knowledge Level on Evidence-Based Practice

**Table 2**

### Distribution of EBP Knowledge Levels

Level of Knowledge	Frequency (n)	Percentage (%)
Not enough	11	27.5
Enough	17	42.5
Good	12	30.0
<b>Total</b>	<b>40</b>	<b>100</b>

## 3) Implementation of EBP-Based Nursing Care

**Table 3**

### Distribution of Implementation of EBP-Based Nursing Care

Implementation of EBP	Frequency (n)	Percentage (%)
Not enough	13	32.5
Good	27	67.5
<b>Total</b>	<b>40</b>	<b>100</b>

## 4) The Relationship Between Knowledge and the Implementation of EBP-Based Nursing Care

**Table 4**

### Relationship between Nurse's Knowledge and EBP Implementation

Knowledge	Lack of Implementation	Good Implementation	Total	p- value
Not enough	8	3	11	
Enough	4	13	17	
Good	1	11	12	
<b>Total</b>	<b>13</b>	<b>27</b>	<b>40</b>	<b>0.001</b>

*Square test,  $p < 0.05$*

## b. Discussion





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The results of the study show that most nurses have implemented Evidence-Based nursing care. Practice (EBP) is categorized as good. This demonstrates nurses' awareness and efforts to integrate scientific evidence into daily nursing practice. The implementation of EBP is an important indicator of improving service quality and patient safety.

Based on Table 2, the majority of nurses have a fair to good level of knowledge about EBP. Knowledge is a fundamental factor in implementing EBP because nurses need to understand the concepts, steps, and how to access and use scientific evidence. Nurses with adequate knowledge tend to be more confident in making clinical decisions based on research findings.

Table 3 shows that more than half of respondents have implemented EBP effectively in nursing care. This implementation is evident in the systematic assessment process, the selection of interventions based on clinical guidelines, and the evaluation of nursing care outcomes. However, some nurses still have inadequate EBP implementation, which may be due to time constraints, high workloads, and limited access to scientific journals.

The bivariate analysis results in Table 4 show a significant relationship between nurse's knowledge and the implementation of EBP-based nursing care ( $p < 0.05$ ). Nurses with a good level of knowledge were mostly able to implement EBP well, while nurses with low knowledge were more likely to be in the poor implementation category. This finding confirms that knowledge is a key determinant of successful EBP implementation.

The results of this study are in line with the Evidence-Based theory. Practice states that nurses' ability to implement EBP is influenced by knowledge, critical skills, and a supportive work environment. Without adequate understanding, nurses tend to revert to conventional practices based solely on habit or experience.

Organizational factors also play a crucial role in EBP implementation. Management support, the availability of EBP training, and access to scientific information sources can encourage nurses to more actively implement EBP. Therefore, implementing EBP is not solely the responsibility of individual nurses but also requires support from the healthcare system.

The implications of this study's findings suggest that improving the implementation of EBP-based nursing care needs to be implemented sustainably through education, training, and organizational policies. Optimal implementation of EBP is expected to continuously improve the quality of nursing care and patient safety.

#### 4. Conclusion And Suggestions

##### a. Conclusion





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Evidence-Based Nursing Care The practice has been implemented by most nurses, but still needs improvement, particularly in utilizing the latest scientific evidence. EBP implementation is influenced by knowledge, education, and work environment support.

### b. Suggestion

#### 1) For Nurses

It is hoped that this will improve the ability to seek and apply scientific evidence in nursing practice.

#### 2) For Health Service Management

It is necessary to provide support in the form of EBP training and access to scientific information sources.

#### 3) For Nursing Education Institutions

It is recommended to strengthen Evidence-Based learning Practice in the curriculum.

#### 4) For Further Researchers

Can conduct research with experimental designs to assess the impact of EBP implementation on patient outcomes.

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