

## **426: SUSTAINABILITY IN CHANGING CLINICAL PRACTICE PROMOTES EVIDENCE BASED NURSING CARE**

### **Authors:**

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### **Objective:**

To examine the relationship between sustained work with Quality Improvement and factors related to research utilisation in a group of nurses.

### **Methods:**

The study was designed as a comparative survey and involved 240 nurses at various health care organisations in Sweden. All these nurses had participated in uniformly designed 4-day basic training courses, arranged by the Swedish Society of Nursing, in order to manage a method for quality improvement.

A validated questionnaire, covering different aspects of research utilisation, was employed for collecting data. The response rate was 70 % (154/220). As QI is part of management responsibility 35 nurses (23%) in managerial positions at the departmental level were excluded from the study. Thereby the final sample consisted of 119 respondents, of which 86 (72%) were staff nurses and 33 (28%) were nurse managers at unit level.

Four years after the basic training courses 46 nurses (39%) were still involved in audit-related activities, 72 (61%) nurses reported that they had discontinued the QI-work (missing=1). These two groups were compared regarding the relationship between sustainability in QI and (i) activity in research searching, (ii) participation in research related activities and (iii) available research related resources. The groups were homogenous concerning the number of nurses/nurse managers (31/15 vs. 54/18), years of professional experience (m=22.0 vs. m=19.8) and full time/part-time position (37/9 vs. 47/25).

### **Results:**

Most of the nurses (80-90%) had a positive attitude to research in general, but had a slightly less positive attitude to the items that considered research related to their own practice.

The nurses who had continued the QI-work over a 4-year period reported more activity in searching research literature compared to the nurses who had discontinued the QI-work ( $p<0.005$ ). The QI-sustainable nurses also reported more participation in several research related activities: e.g. sharing research findings with colleagues ( $p<0.04$ ), implementing specific research findings in practice ( $p<0.001$ ) and analysing research data ( $p<0.04$ ). Several contextual differences were reported: e.g. the QI-sustainable nurses were more likely to get leadership support ( $p<0.002$ ), consultation from a skilled researcher ( $p<0.005$ ), statistical support ( $p<0.0001$ ), and secretarial services to assist research activities ( $p<0.05$ ). Within the wider health care organisation the occurrence of a research and development strategy ( $p<0.04$ ) was more common for the nurses who had continued the QI-work.

### **Conclusion:**

Facilitative human resources and a supportive leadership seem to promote sustainability in the endeavours of changing clinical practice. These factors, including the sustained QI-work, appear also to contribute to more curious (research searching) and more action-oriented (research utilising) nurses.