

IGA WAŚOWSKA<sup>1</sup>, IWONA REPKA<sup>2</sup>

## PROMOTION OF EVIDENCE-BASED NURSING BY POLISH AND FOREIGN NURSING ORGANIZATIONS

**Abstract:** Aim: The aim of the review was to obtain information on specific activities undertaken by professional nursing organizations, in order to promote and develop Evidence-Based Nursing (EBN). Results: The foreign organizations featured in the study actively promote EBN within their countries of origin. This activity is currently focused on the structural and financial measures (focused on extrinsic factors). Some organizations are lobbying governments for grants and general support, in order to further their use and development of EBN. Educational activities are still ongoing, which include the creation of the creation of new guidelines and publishing research in journals, along with the organization of periodic conferences.

Polish Nurses Association was the only one not involved in any structural and financial activities.

**Key words:** Evidence-based nursing, nursing organizations, research, nursing.

### INTRODUCTION

Nurses practicing today are faced with growing demands from both patients and healthcare systems in general — all of which center on provision of care at the highest level. In order to comply with such elevated standards and ensure consistency of care excellence, Evidence Based Nursing is crucial [1–3].

The practice of Evidence-Based Nursing has evolved significantly over the centuries. Its origins can be traced back to the nineteenth century, during which time research in medicine became more of a common practice and in turn brought about the first recorded examples of evidence-based medicine (EBM). The earliest beginnings of EBM are associated with the McMaster University of Canada, while two of the most important research coordination centers working in the field today are the Cochrane Collaboration in the UK and the Centre for Evidence Based Medicine at Oxford. Another crucially important place in the fundamental development of EBM is the Joanna Briggs Institute (JBI) based in Australia and the Agency for Healthcare Research and Quality [4].

During the twentieth century, the concept of Evidence Based Nursing (EBN) was further developed on the back of existing research and experience in EBM.

Authors at the time interpreted it as the incorporation of evidence from research and clinical practice in conjunction with patient preferences into clinical decisions [1, 2, 5]. The use of EBN in nursing rests on the following aspects: independent thinking, curiosity, asking questions, imitation models of conduct in patient care, shaping the professional environment for the evidence-based nursing practice. Scientific results are then collated during clinical practices, based on quality of health care provided and ensuing results. Meta-analysis shows that patients provided with nursing care based on scientific evidence have better results than those who receive care based on traditional nursing practice or intuition [6].

Widespread implementation of EBN into clinical practice continues to prove problematic and apparently is not sufficiently promoted. The main obstacle to overcome in the implementing of EBN on a wider basis is that of identifying and addressing the primary barriers to evidence-based practice. Core examples include clear limitations stemming from the lack of available time nurses already have, limited access to professional literature, a shortage of training resources and the insufficient use of research results, analysis and evaluation. With further development and wider implementation, EBN has the potential to play a major role in professional nursing organizations which commit to: “develop and educate nurses professionally, build professional networks to represent the interests of nurses and the nursing profession, influence government bodies and policymakers, and promote the value of nurses in all their diversity” (Royal College of Nursing) [7].

On the back of the above arguments and evidence, the author of this paper decided to carry out a review of foreign and Polish organizations involved in the promotion and furthering Evidence-Based Nursing.

#### AIM OF THE STUDY

The aim of the review was to collect and study information on the activities undertaken by professional nursing organizations in the pursuit of promoting and developing Evidence-Based Nursing.

#### MATERIALS AND METHODS

In order to illustrate the above topic, the author undertook an extensive literature and web-based resource review using PubMed, Joanna Briggs Institution Library and Cochrane databases. The author chose the following key words during searches: evidence based practice(s)\* or EBP\*, which then combined with Nursing Society\*, Nursing Organization\*, Nursing Organisation\*, Nursing Association\* or

Nursing Council\*. Other sources included a Google search of the Internet, and the official sites of various members of the International Council of Nurses. The author used publications in English and Polish produced between 2010 and 2014 along with evidence sourced from additional web resources on January 6, 2014. The review included evidence from eleven following organizations in total: Joanna Briggs Institution ([joannabriggs.org](http://joannabriggs.org)), International Council of Nurses ([www.icn.ch](http://www.icn.ch)), Registered Nurses' Association of Ontario ([rnao.ca](http://rnao.ca)), American Nurses Association ([www.nursingworld.org](http://www.nursingworld.org)), Finnish Nurses Association ([www.nurses.fi/the\\_finnish\\_nurses\\_association](http://www.nurses.fi/the_finnish_nurses_association)), Cochrane Nursing Field ([cnf.cochrane.org](http://cnf.cochrane.org)), The United Kingdom Royal College of Nursing ([www.rcn.org.uk](http://www.rcn.org.uk)), Australian Nursing Federation ([anmf.org.au](http://anmf.org.au)), Royal College of Nursing Australia ([www.acn.edu.au](http://www.acn.edu.au)), Transcultural Nursing Society ([www.tcn.org](http://www.tcn.org)).

The Polish Nurses Association ([www.ptp.na1.pl](http://www.ptp.na1.pl)) is the only such organization that represents Poland as it is the only large-scale organization working in this particular field.

## FRAMEWORK

For this work, the author was particularly interested in whether the activity promoting EBN by nursing organizations more of an educational or practical function in relation to daily nursing practices. Activities promoting EBN by nursing

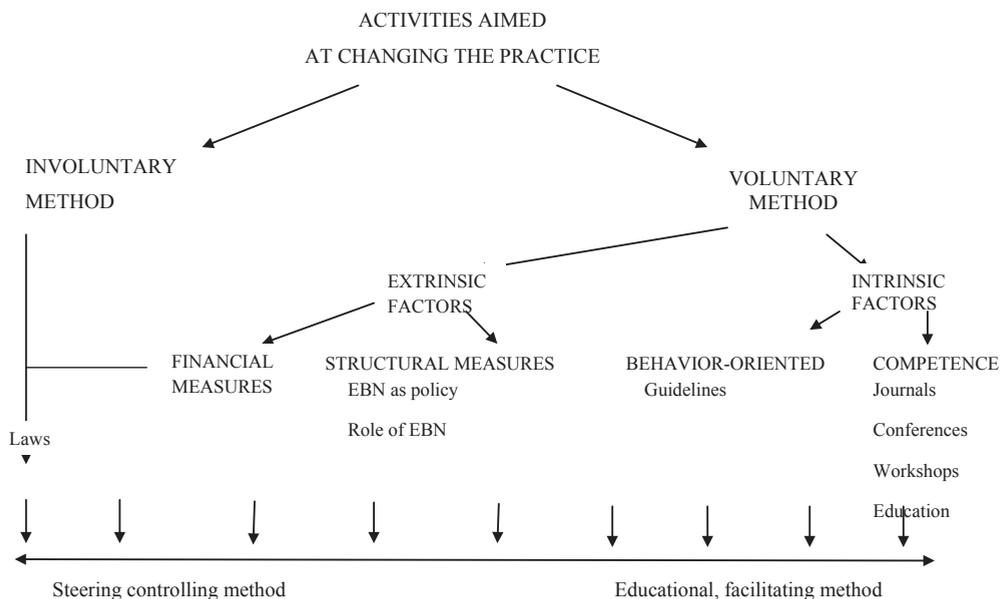


Fig. 1. Activities aimed at changing practice (adapted from van Woerkom 1990).

organizations would be difficult to classify, therefore in order to illustrate their operations model, the author used Activity framework by van Woerkom's (1990) (Fig. 1) [8].

Van Woerkom divided activities aimed at changing working practices into two categories: voluntary and involuntary.

The involuntary method includes external coercion and obligations related to the implementation of rules and sanctions. In this category, nursing organizations have no direct influence. By contrast, the voluntary method focuses on intrinsic and extrinsic factors. The intrinsic factors are activities designed to raise awareness through individual or group education by informing and instructing (workshops, conferences, seminars etc.). Extrinsic factors may include financial and structural activities aimed at lobbying governments and other associations, highlighting the role and value of EBN and the creation of its policies [9].

## RESULTS

All of the organizations studied by the author showed evidence of using voluntary methods of EBN promotion.

Educational activities (focused on intrinsic factors) were undertaken by eight of the organizations (including the Polish Nursing Association). Three of these — the International Council of Nursing, the Registered Nurses Association of Ontario and the United Kingdom Royal College of Nursing — provide guidelines for the implementation and use of EBN. The remaining five organizations are engaged in the publishing of research in journals, maintaining databases and organizing conferences about the use and value of EBN. The activity of the Polish Nurses Association in this area was organization of a workshop for members in Lublin.

Equally important in the EBN is the organizational and financial structure that is focused on the extrinsic factors. This group includes 10 organizations (Cochrane Nursing Field, Finnish Nurses Association, Registered Nurses Association of Ontario, American Nurses Association, Australian Nursing Federation, International Council of Nurses, Australian Nursing Federation, The Transcultural Nursing Society, United Kingdom Royal Collage of Nursing and the Royal Collage of Nursing Australia).

Activities in this area include the implementation of the guidelines for the nursing practices, or the creation programs capable of effective implementation of EBN into daily practice (Registered Nurses Association of Ontario, International Council of Nurses, Joanna Briggs Institution, Royal Collage of Nursing Australia), lobbying governments and other associations (Registered Nurses Association of Ontario, International Council of Nurses, American Nurses Association, Finnish Nurses Association, Cochrane Nursing Field, Australian Nursing Federation), create of EBN policies (American Nurses Association, Finish Nurses Association,

Cochrane Nursing Field, United Kingdom Royal Collage of Nursing, Australian Nursing Federation, Royal Collage of Nursing Australia, Transcultural Nursing Society. The only one of the above organizations that does not implement these types of activities is Polish Nursing Association (Table 1).

Table 1  
Nursing organizations' activities promote Evidence-Based Nursing.

	Voluntary method						
	Intrinsic factors					Extrinsic	
	Journals	Conferences	Workshops	Databases	Guidelines	EBN policy/role	Creation of programs
International Council of Nurses	+				+	+	+
Joanna Briggs Institution				+			+
Registered Nurses Association of Ontario	+			+	+	+	+
American Nurses Association						+	+
Finnish Nurses Association						+	+
Cochrane Nursing Field	+	+		+		+	+
United Kingdom Royal Collage of Nursing					+	+	
Australian Nursing Federation						+	+
Royal Collage of Nursing Australia	+					+	+
Transcultural Nursing Society	+	+				+	
Polish Nurses Association			+				

## CONCLUSIONS

Evidence-Based Nursing has already fallen behind most western countries in terms of both evidence and implementation. International nursing organizations are clearly engaged in lobbying governments and seeking grants to support the development of Evidence-Based Nursing. This is an important step in strengthening the position of nursing in general. The Polish Nurses Association was the only group found not to be involved in structural and financial activity — a possible indicator that we are still learning about such new ideas and initiatives, and that we need more time to develop EBN. For the time being, the most important goal in this area is that of increasing awareness of EBN among Polish nurses — knowledge and curiosity representing the primary foundations for further development of EBN. In author's opinion, promotion of EBN on the part of

Polish organizations is insufficient and must be increased. The author of this paper also believes that the abundance and availability of Evidence-Based Nursing should be expanded.

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#### CONFLICT OF INTERESTS

None declared.

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<sup>1</sup> Institute of Nursing and Midwifery Faculty  
of Health Science  
Jagiellonian University Medical College  
Kraków, Poland

<sup>2</sup> Tutor. Institute of Nursing and Midwifery  
Faculty of Health Science  
Jagiellonian University Medical College  
Kraków, Poland

#### Corresponding author:

Iga Wąsowska  
Institute of Nursing and Midwifery  
Faculty of Health Science  
Jagiellonian University Medical College  
Kraków, Poland  
Phone: +48 606 198 837  
E-mail: wasowska.iga@gmail.com