

## EVIDENCE BASED NURSING PRACTICE: ONE EXPLORATORY STUDY BETWEEN DIFFERENT CARE SETTINGS

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**Introduction:** Currently, the importance of a clinical practice based on the best available evidence justifies the development of investigation to construct a situational diagnosis that allows to identify in different contexts of care, barriers, attitudes and practices towards an evidence-based nursing.

**Objectives:** In this investigation we aim to identify barriers regarding the adoption of an Evidence Based Practice (EBP) in different care settings and describe the main nurse's attitudes and practices in relation to PBE.

**Methods:** We developed a cross-sectional study in a local health unit in the north of Portugal including nurses working in a hospital and in several primary health care settings. Data collection occurred in two distinct stages: between December 2010 and March 2011 and between March and July 2012 Through a convenience sample we applied the Portuguese version of the "Attitudes Towards

Evidence-Based Practice Questionnaire " to 345 participants, the rate of response of 70.7% (n = 244). We proceed to univariate and descriptive statistics and performed the t Student and the chi-square ( $\chi^2$ ) tests.

**Results:** Nurses demonstrated a positive belief in supporting practices based on research, believing that this will contribute for a better future professional development. Comparing the studied settings we globally verified a favourable perspective for the adoption of an EBP existing however facilitators whose mean is highest in the hospital context.

**Conclusion:** It has been noted the need for additional support regarding the adoption of EBP. Therefore is essential an integrated policy to streamline clinical research involving the active participation both of the clinical practice nurses and academic institutions.

**Keywords:** Evidence based nursing. Cross-sectional study.