APPLYING NURSING RESEARCH TO PRACTICE

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**Introduction**

 Gone are the days when things were dealt in unique and remedial bases in the field of healthcare. Now healthcare needs innovation and transformation since it has an altering nature due to the occurrence of the diversity of diseases and patient population with increasing time. While implementing a new best practice in nursing it is important to do extensive evidence-based research on its whereabouts and linkage with other findings. The field of nursing requires research in various scientific findings regarding the outcomes of the disease in patients with varying medical conditions. The exploration of scientific understandings is necessary for the healthcare system as it investigates the gaps of knowledge between clinical practice and published researches. Therefore, evidence-based practice is needed by the nurses to find out the accurate and optimal care for the patients by the translation of research and current knowledge into routinely nursing practice. This analytical essay will explore the difference between research, its utilization and evidence-based practice, along with the identification of steps involved in the evidence-based practice.

**Discussion**

 Research in nursing practice is an essential aspect for exploring the scientific phenomena related to the diseases and problems of patients with every day clinical practice. It drives out the practice of patient care by identifying the knowledge and understanding of the gaps between clinical research and practice. Scientific research is the chief or fundamental aspect of research in nursing (Schmidt & Brown, 2017). The research utilization is the core phenomenon in the field of nursing and it requires the processing of disseminating, synthesizing and usage of knowledge based on research for creating an influence or alteration in the existing practices of nursing. This procedure of nursing was devised many years ago in healthcare for addressing the issue and problems which required the research outcomes in practice. Its purpose is to generate a new set of knowledge or to authenticate the already existing theoretical knowledge.

The evidence-based practice, on the contrary, is about developing a new set of knowledge but it validates the already existing findings (Grove & Gray, 2018). Evidence-based practice uses the best available evidence for making the decisions regarding patient care; however, it goes beyond the clinical expertise and reaches out to the values and preferences of the patient (Black et al., 2015). This type of research practice is based on evidence from the daily lives of clinical professionals and leaders rather just the research findings. As research is about finding innovative knowledge, the evidence-based practice includes innovation by finding the best working evidence into practice.

There are various steps involved in processing EPB and foremost is to develop the bases for investigation. Then it collects the relevantly best practice in that field, followed by a fiery clinical question (Rousseau & Gunia, 2016). The fourth step is to evaluate the evidence critically, and then integrate this evidence with the expertise of professional clinicians and values and preferences of the patients for decision-making. The last two steps are to assess and disseminate the outcomes of that practice or decision.

**Conclusions**

 This analytical essay critically distinguished research and its utilization from the evidence-based practice, and further explained briefly the steps involved in evidence-based practice. Unlike research, an evidence-based practice not only involves the knowledge of already existing researches it also incorporates the findings from clinical leaders and experts while considering the cultural preferences and practices of the patients. However, both types of research practices involve findings and validation of already present researchers. As research is all about discovering an advanced level of knowledge, the evidence-based practice embraces advancement by finding the finest operational evidence into practice. There are total of seven steps discussed in the essay which are essential for carrying out the process of evidence-based practice.

**References**

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