



THE ROLE OF EVIDENCE-BASED PRACTICE IN IMPROVING PATIENT OUTCOMES IN NURSING CARE

Teshayeva Huriyat Muhiddin kizi¹

Norqulova Gulyayra Boboqulovna²

*Abu Ali Ibn Sina Public Health Technical School, Department of Professional
Subjects, Senior Lecturer Anatomy Subject*

Abstract

Evidence-based practice (EBP) is a critical component of modern nursing that integrates clinical expertise, patient values, and the best research evidence into the decision-making process. This study examines the role of EBP in improving patient outcomes, enhancing safety, and increasing the quality of healthcare services. The findings indicate that EBP significantly contributes to reducing clinical errors and improving patient satisfaction.

Introduction

Nursing practice has undergone significant transformation over the past decades. Traditionally, nursing interventions were based on routine and personal experience. However, with the advancement of medical science, the need for evidence-based approaches has increased.

Evidence-based practice ensures that nursing care is grounded in scientifically validated research rather than tradition alone. It promotes effective, safe, and patient-centered care, which is essential in modern healthcare systems.

Methods

This article uses a literature review methodology. Academic databases such as PubMed, CINAHL, and Google Scholar were reviewed. A total of 20 peer-reviewed



articles published between 2015 and 2024 were analyzed to identify the impact of EBP on nursing practice and patient outcomes.

Results

Improved Patient Outcomes

Research shows that implementing EBP leads to:

- Reduced hospital-acquired infections
- Faster recovery times
- Lower readmission rates

Enhanced Clinical Decision-Making

EBP enables nurses to combine clinical experience with scientific data, resulting in more accurate and effective decisions.

Increased Patient Safety

Using standardized, research-based protocols minimizes risks and prevents medical errors.

Discussion

Despite its benefits, several barriers hinder the implementation of EBP:

- **Time constraints:** Nurses often lack time to review scientific literature
- **Limited access to resources:** Some institutions do not provide access to research databases
- **Lack of training:** Not all nurses are adequately trained in EBP



To address these challenges, healthcare systems should focus on continuous professional education and organizational support.

Conclusion

Evidence-based practice is essential in improving the quality of nursing care. By applying research findings in clinical settings, nurses can ensure better patient outcomes and safer healthcare delivery. Future efforts should focus on increasing accessibility to resources and training programs.

References (APA Style)

1. Melnyk, B. M., & Fineout-Overholt, E. (2019). *Evidence-based practice in nursing & healthcare: A guide to best practice* (4th ed.). Wolters Kluwer.
2. Polit, D. F., & Beck, C. T. (2021). *Nursing research: Generating and assessing evidence for nursing practice* (11th ed.). Wolters Kluwer.
3. Dang, D., & Dearholt, S. (2018). *Johns Hopkins nursing evidence-based practice: Model and guidelines* (3rd ed.). Sigma Theta Tau International.
4. World Health Organization. (2020). *State of the world's nursing 2020: Investing in education, jobs and leadership*. WHO Press.
5. Stevens, K. R. (2017). The impact of evidence-based practice in nursing and the next big ideas. *Online Journal of Issues in Nursing*, 22(2), 4.
6. Saunders, H., & Vehviläinen-Julkunen, K. (2017). Nurses' evidence-based practice beliefs and the role of evidence-based practice mentors. *Worldviews on Evidence-Based Nursing*, 14(1), 35–45.



7. Ubbink, D. T., Guyatt, G. H., & Vermeulen, H. (2018). Framework of policy recommendations for implementation of evidence-based practice. *BMJ Open*, 8(1), e017765.
8. Brownson, R. C., Colditz, G. A., & Proctor, E. K. (2018). *Dissemination and implementation research in health*. Oxford University Press.
9. Titler, M. G. (2018). Translation science and context. *Research and Theory for Nursing Practice*, 32(1), 35–55.
10. Melnyk, B. M. (2021). Building cultures of evidence-based practice. *American Journal of Nursing*, 121(6), 36–43.