



Ninik Yunitri

Posttraumatic stress disorder

Eye movement desensitization & reprocessing

Meta-analysis

Network meta-analysis

Systematic review

Scoping review

Evidence-based Nursing Practice

An Overview



NURSING PRACTICE





Berperan penting dalam pelayanan kesehatan



Memberikan asuhan keperawatan



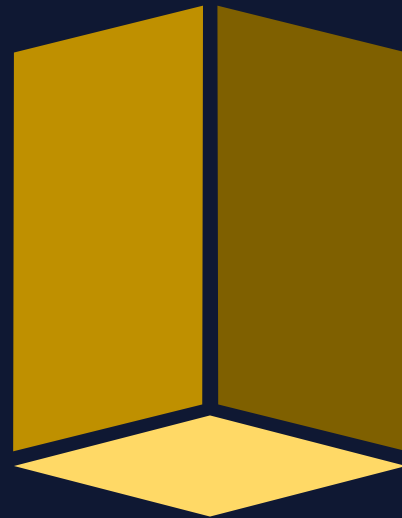
Mengendalikan penyakit dan gangguan



Subjek asuhan adalah individu, keluarga dan kelompok

BEST PRACTICES OF NURSING CARE

Berbasis bukti
ilmiah



Biaya terjangkau

Pelayanan
berkualitas

THE GAPS

Pasien tidak menerima asuhan
keperawatan berdasarkan hasil
pembuktian ilmiah terkini

30%

THE GAPS


>20%

Pasien mendapatkan intervensi yang tidak diperlukan bahkan berpotensi membahayakan kesehatan

17-23 tahun

Jarak antara "penelitian" ke "lahan praktik"

**PASIEN
TIDAK MENDAPATKAN PELAYANAN YANG
SEHARUSNYA**



The fact that an opinion has been widely held is no evidence whatever that it is not utterly absurd

Stephen A Margolis

EVIDENCE BASED PRACTICE

Menjadi kunci untuk meningkatkan kualitas pelayanan dan kesehatan pasien

ILMU KEPERAWATAN PERLU MENERAPKAN PENELITIAN YANG BERSIFAT KOMPREHENSIF



from discovery
to
translation

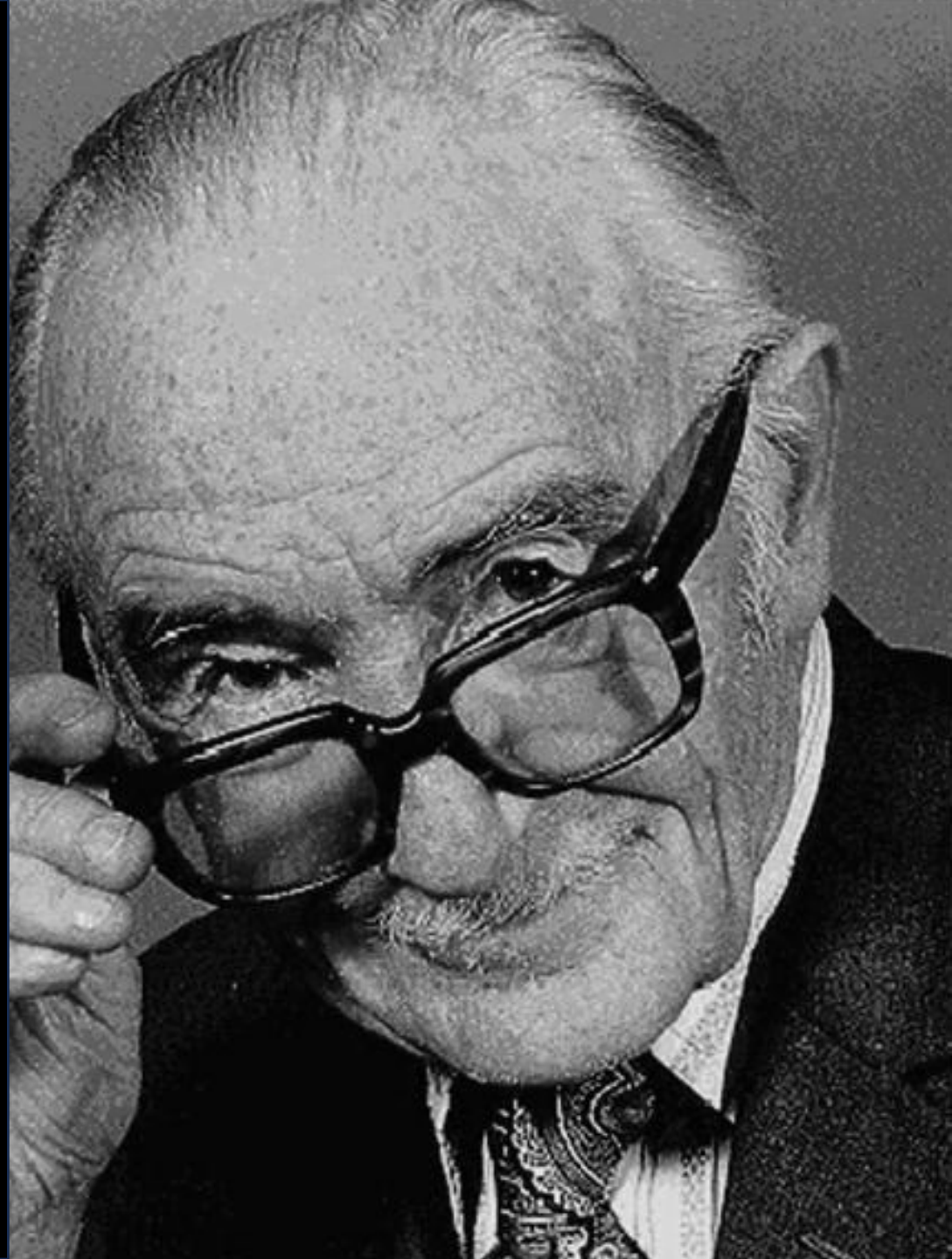


from bench
to
bedside



from mechanistic
to
holistic

**ARCHIE
COCHRANE**

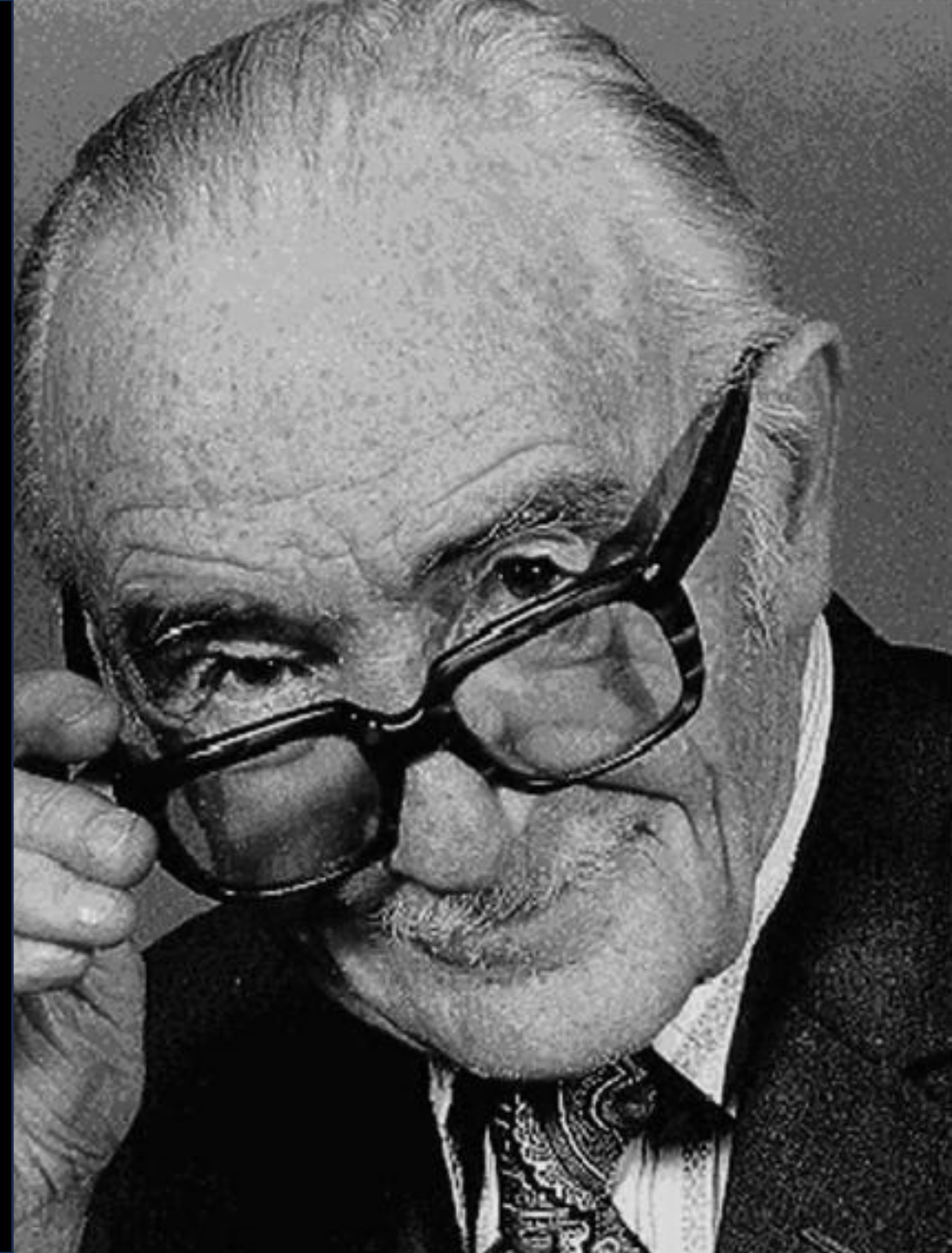


ARCHIE COCHRANE

“Effectiveness & efficiency”

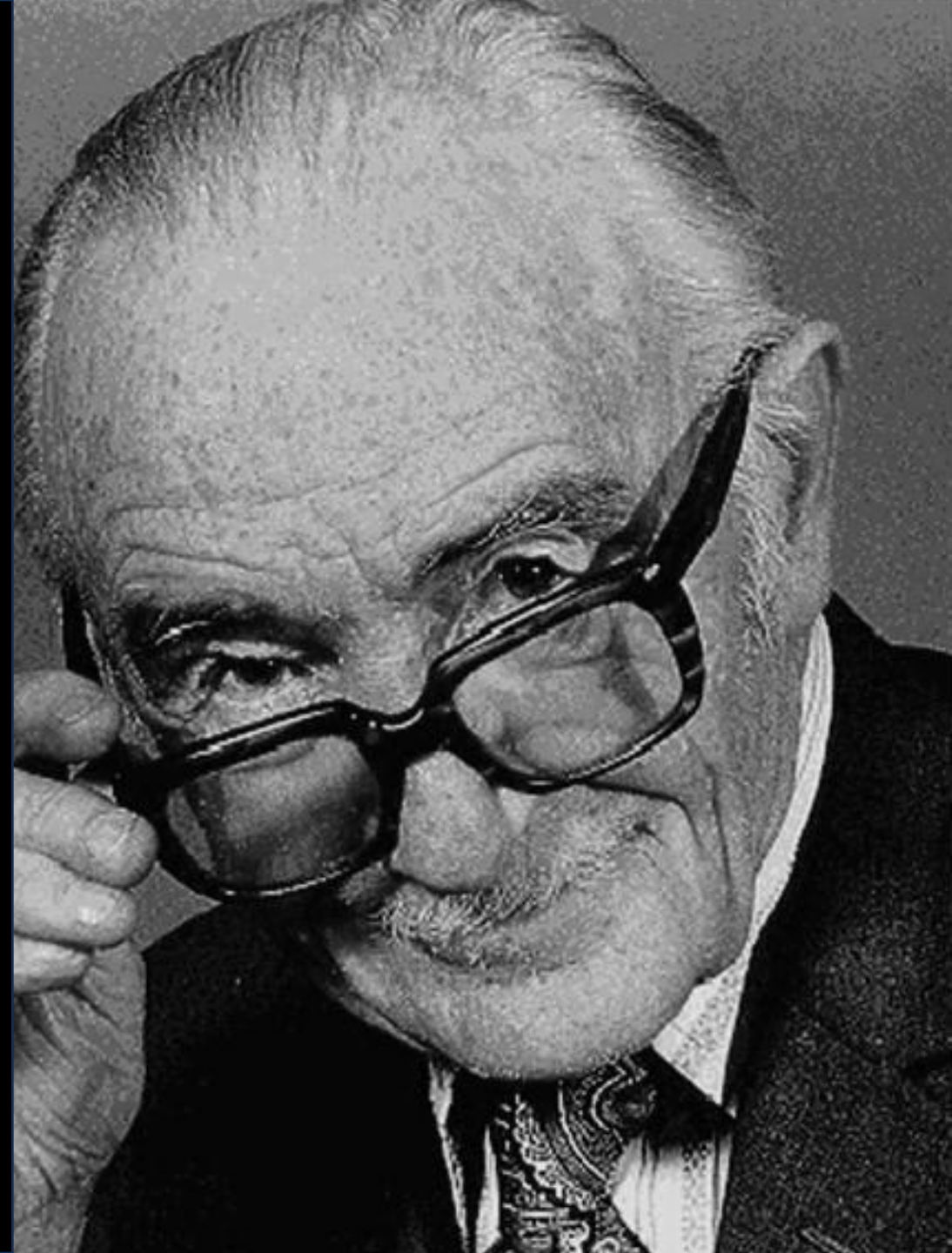
Membuktikan bahwa banyak terapi
medis tidak dibuktikan melalui
metode

Randomized Control Trial (RCT)



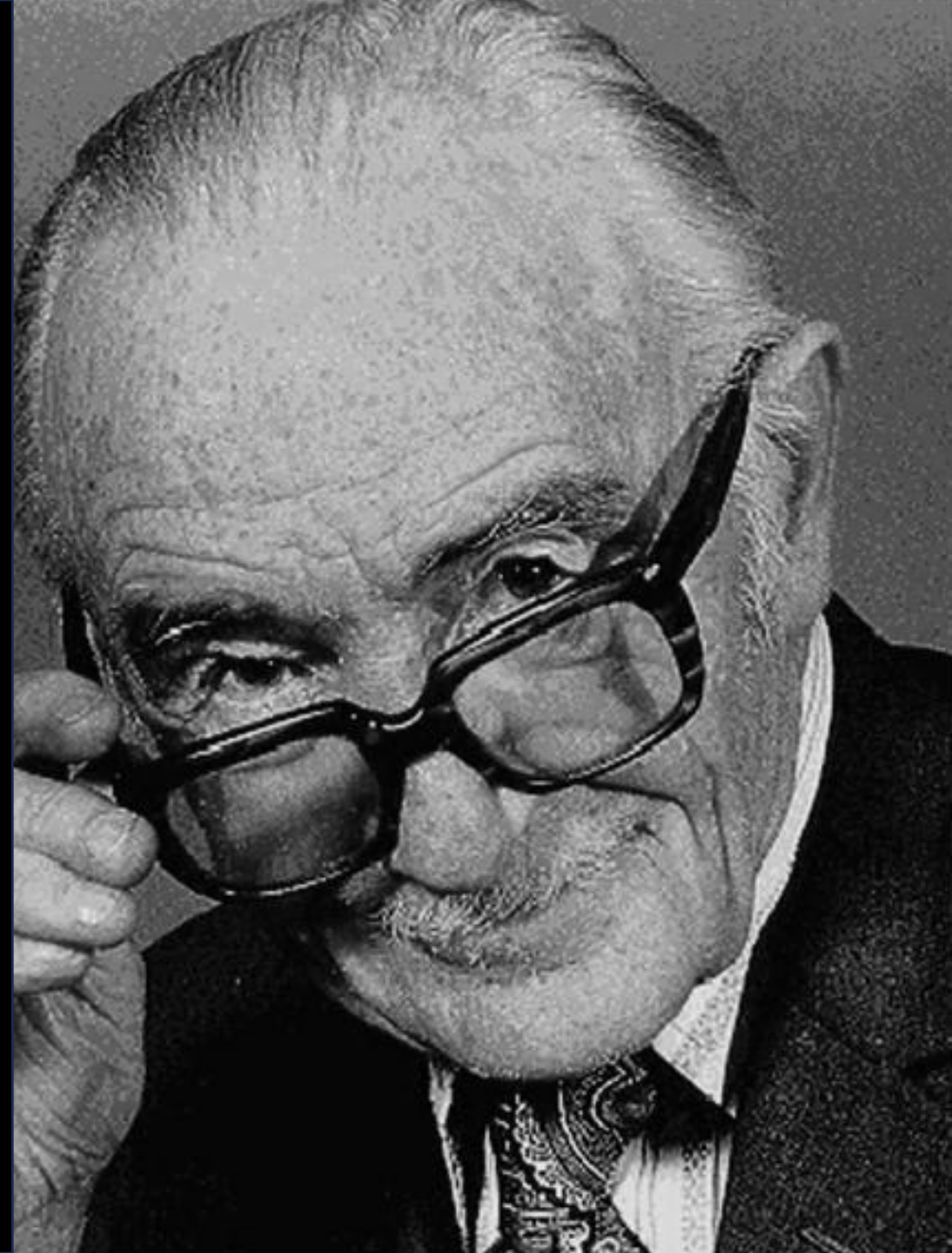
ARCHIE COCHRANE

Berpersepsi bahwa pengambilan keputusan dokter harus berdasarkan metode penelitian terbaik, RCT



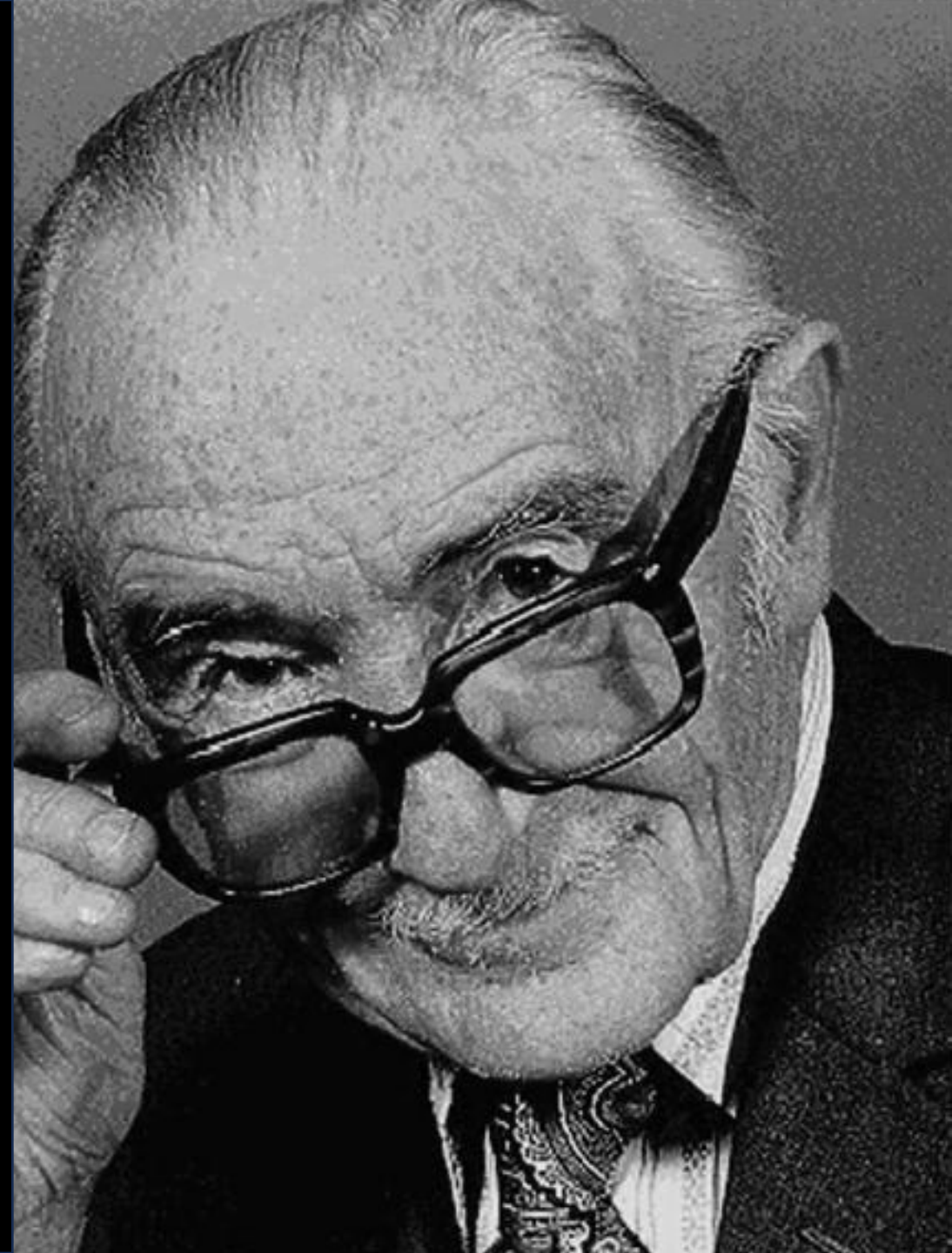
ARCHIE COCHRANE

In 1979, Cochrane khawatir dengan tidak adanya hasil penelitian yang merupakan simpulan dari semua RCT terkait topik tertentu



ARCHIE COCHRANE

Meyakini bahwa kumpulan studi RCT berkualitas dapat membantu tenaga kesehatan dalam pengambilan keputusan



EBP



EBP

Review, Analyse, Translate
the latest scientific evidence

The logo consists of a rectangular box with a yellow-to-white gradient. Inside the box, the letters 'EBP' are written in a bold, dark blue, sans-serif font.

EBP

Tujuan: Menggabungkan hasil penelitian terbaik, pengalaman klinik, dan kebutuhan pasien dalam mengambil keputusan intervensi terbaik saat memberikan asuhan

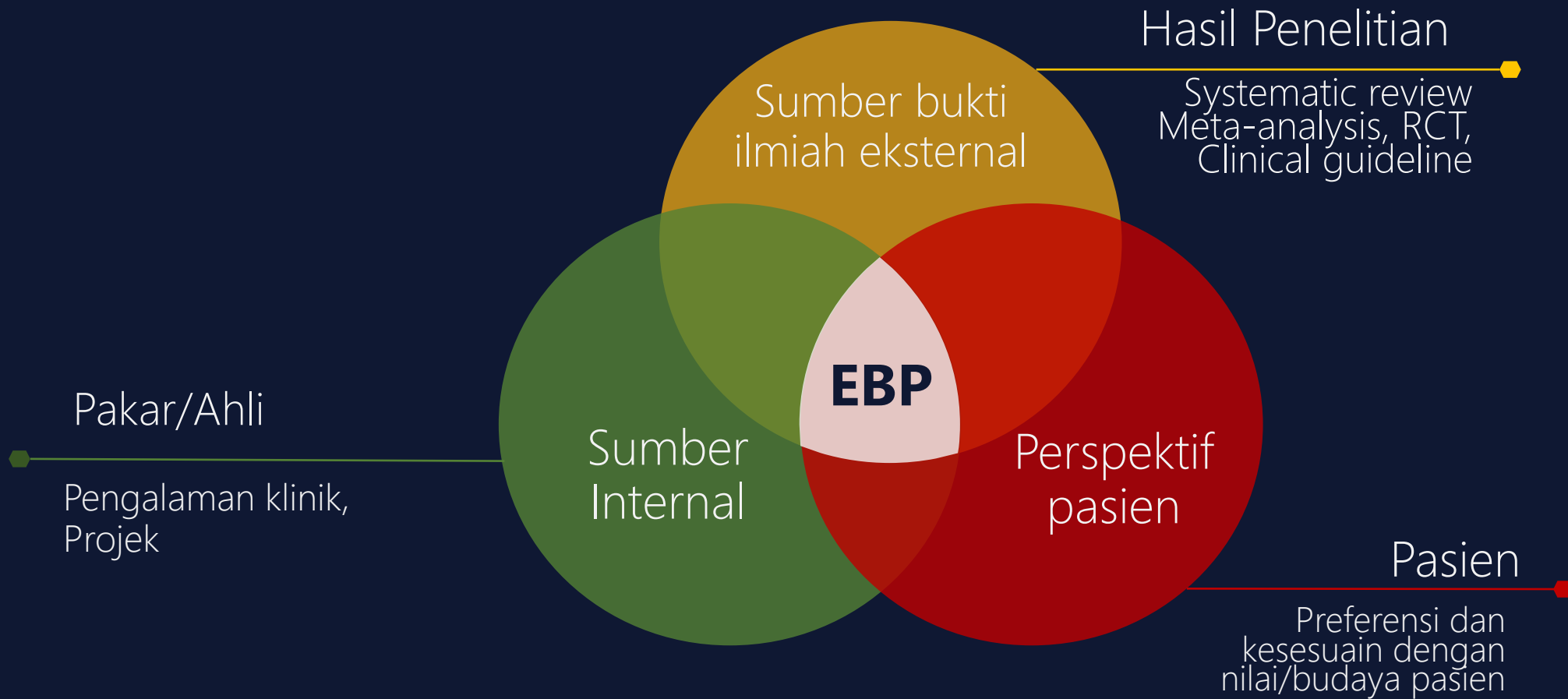
**MENDUKUNG ASUHAN
KEPERAWATAN YANG ADA**

**MENDUKUNG
PERUBAHAN ASUHAN**

BENEFIT EBP

- ● Meningkatkan kualitas pelayanan kesehatan
- ● Meningkatkan kemampuan tenaga kesehatan dan kepuasan kerja
- ● Menurunkan biaya pelayanan kesehatan
- ● Menurunkan keberagaman intervensi kesehatan akibat faktor geografi
- ● Menurunkan kejadian turn-over tenaga kesehatan
- ● Mampu mencapai kinerja dan hasil sesuai ekpektasi masyarakat

COMPONENTS OF EBP



SUMBER BUKTI ILMIAH EKSTERNAL

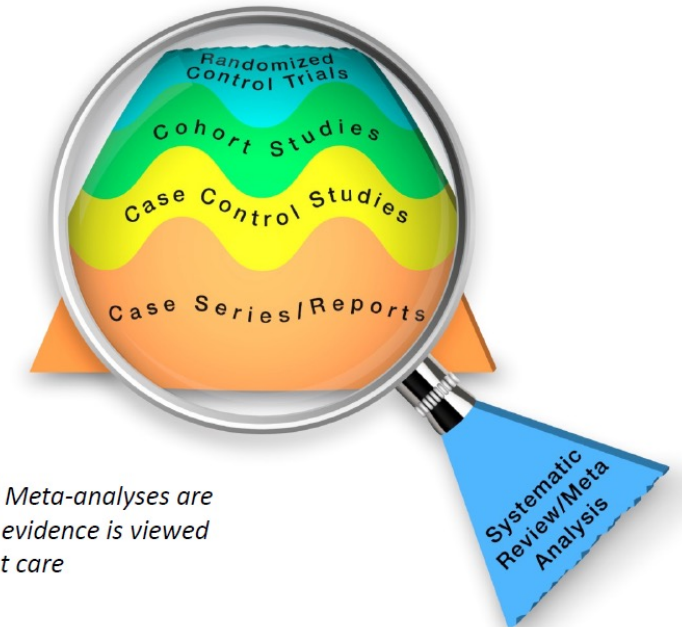
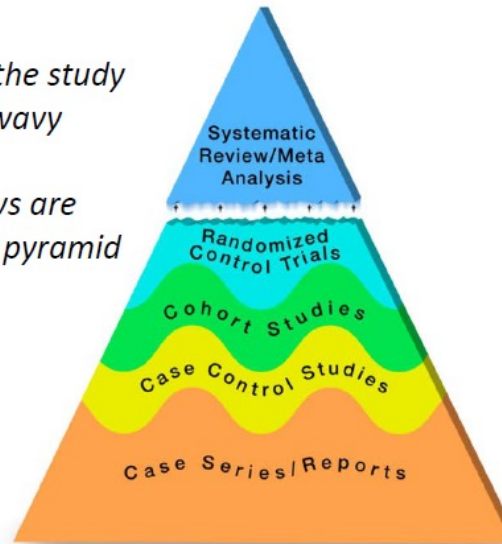
EVIDENCE BASED PYRAMID

The traditional pyramid



Revising the pyramid

- (1) Lines separating the study designs become wavy (GRADE)
- (2) Systematic reviews are 'chopped off' the pyramid



Systematic reviews & Meta-analyses are a lens through which evidence is viewed and applied to patient care

“ Tidak ada studi individual, meskipun telah di desain secara baik, dapat menjawab permasalahan di lahan praktik
Oleh karenanya, tidaklah bijak untuk mengambil kesimpulan dari studi individual secara eksklusif”

S.L. Braver, F.J. Thoemmes, R. Rosenthal Continuously cumulating meta-analysis and replicability. *Perspectives on Psychological Science*, 9 (3) (2014), pp. 333-342 <http://dx.doi.org/10.5k2>;
L.V. Hedges, I. Olkin Statistical methods for meta-analysis. Academic Press, Orlando, FL (1985); J.E. Hunter, F.L. Schmidt Methods of meta-analysis: Correcting error and bias in research findings. (2nd ed.), Sage, Thousand Oaks, CA (2004); H. Pashler, C.R. Harris Is the replicability crisis overblown? Three arguments examined. *Perspectives on Psychological Science*, 7 (6) (2012), pp. 531-536, [10.1177/1745691612463401](https://doi.org/10.1177/1745691612463401); H. Pashler, E.-J. Wagenmakers Editors' introduction to the special section on replicability in psychological science: A crisis of confidence?. *Perspectives on Psychological Science*, 7 (6) (2012), pp. 528-530, [10.1177/1745691612465253](https://doi.org/10.1177/1745691612465253); S.J. Ritchie, R. Wiseman, C.C. French Replication, replication, replication. *Psychologist*, 25 (5) (2012), pp. 346-348

Multipel studi seharusnya dilakukan untuk menguji hubungan, hipotesis atau efek intervensi. Merujuk pada studi meta-analysis mampu mengatasi masalah jumlah sampel, power, dan presisi yang ditemukan pada studi individual

S.L. Braver, F.J. Thoemmes, R. Rosenthal Continuously cumulating meta-analysis and replicability. *Perspectives on Psychological Science*, 9 (3) (2014), pp. 333-342 <http://dx.doi.org/10/5k2>;
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IN FACT,.....



Keterbatasan waktu



Jumlah studi banyak



Kualitas beragam



Ketiadaan akses

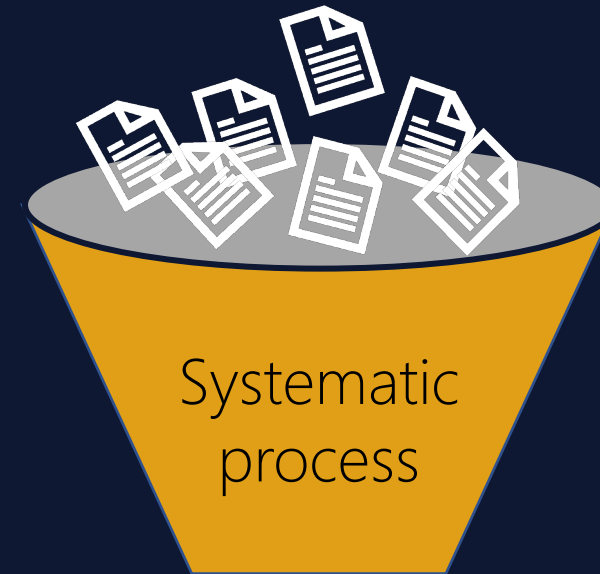


Jumlah publikasi terus meningkat

SYSTEMATIC REVIEW / META-ANALYSIS

Merupakan pendekatan penelitian yang mengambil kesimpulan berdasarkan seluruh penelitian yang telah dilakukan pada topik tertentu.

Metode penelitian ini menggunakan proses yang transparent, sistematis untuk meminimalisir bias sehingga mampu memproduksi hasil yang terpercaya untuk digunakan dalam pengambilan keputusan



Systematic review
Meta-analysis

INTERNAL EVIDENCE



Panel tenaga
ahli



Pemberi pelayanan
kesehatan



Peneliti

PREFERENSI PASIEN



INDIKATOR

Evaluasi kepuasan pasien

Umpan balik pasien selama/setelah intervensi

Dampak negatif yang dirasakan pasien

Angka drop-out pasien saat mendapatkan terapi

MODEL PENERAPAN EBNP

MODEL PENERAPAN EBNP

Model (year/country), emphasis of approach and type of evidence	Synthesis of steps
Stetler Model of Research Utilization (1976, USA) Individual Scientific evidence	Establish purposes for literature review; to carefully evaluate the research findings; comparing the results of the studies with the practice of care; make a decision (use, expect to use, reject or not use); detail and justify the steps for the implementation of the new procedure and evaluate formally.
Conduct and Utilization of Research in Nursing (CURN) (1978, USA) Individual Organizational Scientific evidence	Concern about changes in Nursing practice; define and evaluate a problem in patient care; seek solutions; selecting a potential solution; perform experiments or test the proposed solution; evaluate satisfaction or dissatisfaction with the solution, therefore repeat the steps
Quality Assurance Model Using Re- search (QAMUR) (1987, USA) Organizational Scientific evidence	Ask questions or identify problems; seek solutions, review and evaluate literature (conducting research); plan to change; implement innovation (protocols, procedures and policies); evaluate the expected results; formulate care standards (ensure quality improvement).

Model (year/country), emphasis of approach and type of evidence	Synthesis of steps
Iowa Model (1994, USA) Organizational Scientific evidence	Identify practical problems and formulate research questions; determine how much of a problem the priority topic is for the organization; identify terms for searching for evidence, critically analyze and synthesize this evidence; determine if the evidence is sufficient otherwise conduct a search; if evidence is sufficient and the changes are appropriate, conduct a pilot study to change the practice; evaluate pilot results, disseminate results and implement change.
Ottawa Model of Research Use (OMRU) (1999, Canada) Individual Organizational Scientific evidences	Identify people with authority to legitimize the change process and the required resources; clearly specify what innovation need to be implemented; evaluate innovation: potential actors that can adopt it, barriers and facilities implementation; select strategies to sensitize those involved about the value of innovation, its diffusion in the organization until reaching the direct care to the patient; evaluate the impact and disseminate the results.
Promoting Action on Research Implementation in Health Services Framework (PARIHS) (1998, United Kingdom) Organizational Scientific evidence	Seek evidence from scientific research, clinical experience, patient experiences, institution data and reports; adopt innovation in order to influence organizational culture by supporting leadership and reviewing practices; incorporate people into the organization whose knowledge and skills can support change in practice according to the evidence.

Model (year/country), emphasis of approach and type of evidence	Synthesis of steps
The Rosswurm and Larrabee Model (1999, USA) Individual Best scientific evidence	Identify the need to change practice; approximate the problem with outcome indicators; summarize the best scientific evidence (systematic review) considering feasibility, benefits and risks for its implementation; develop a plan for changing the practice, including the necessary resources; implement and evaluate change (inform if a pilot study is conducted); integrate and maintain change in practice (communicate results to strategic leaders); monitor implementation (evaluate process and results).
Advancing Research and Clinical Practice Through Close Collaboration (ARCC) (1999, USA) Organizational best evidence	Understand organizational culture and readiness to change; identify strengths and barriers for the implantation of EBP in the organization; identify the professionals specialized in the organization to assist in the implementation of the EBP with the assistance teams in the clinical units; implement the evidence in practice and evaluate the results.

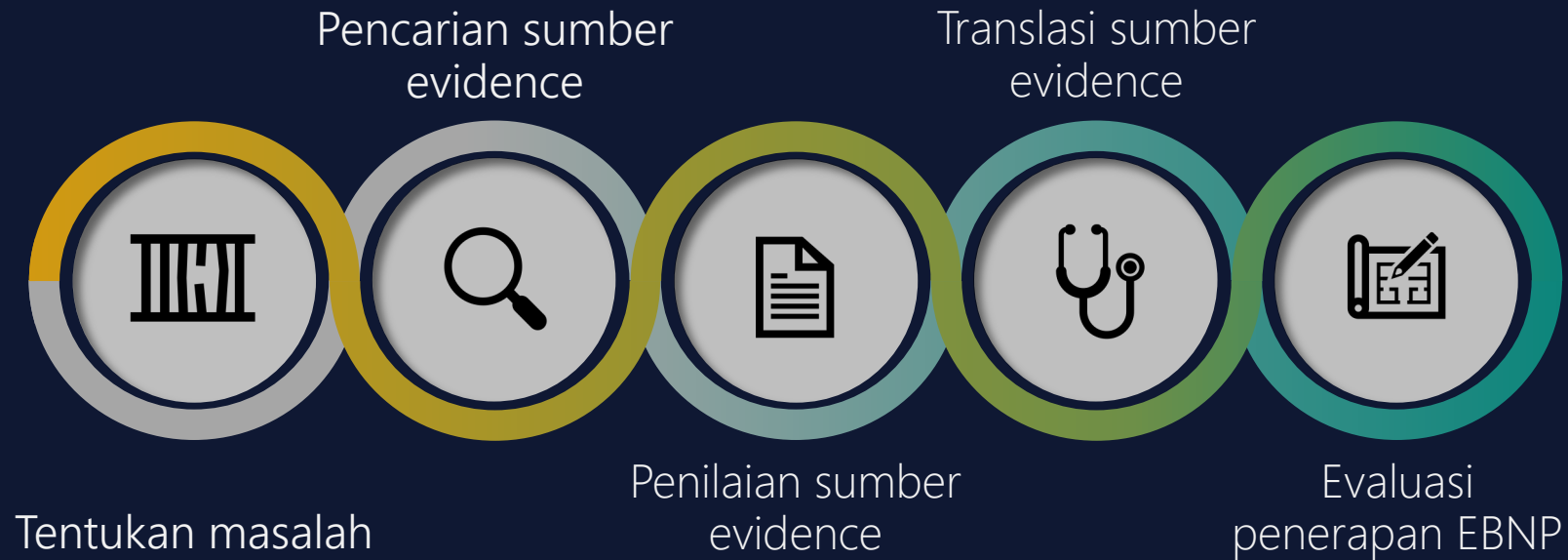
Model (year/country), emphasis of approach and type of evidence	Synthesis of steps
<p>The Tyler Collaborative Model (2004, USA)</p> <p>Organizational</p> <p>Scientific and non scientific evidence</p>	<p>Breaking the ice: identifying forces in the organization that can affect change; building collaborative relationships among strategic leaders to adopt change; diagnose the problem: identify areas to implement EBP; acquiring resources: raising financial and human requirements for the implementation of change; move: engage nursing assistants to identify solutions to their demands based on EBP (organize working group); choose a solution: rigorous review of scientific production; gain acceptance and followers: implement the evidence through a pilot study, in which they can evaluate the care given to the adoption of the evidence regarding their non-adoption; Stabilize: include evidence in the organization's rules and routines; evaluate results in the organization against the incorporation of evidence into work routines, and prepare reports that evaluate the results.</p>
<p>Johns Hopkins Nursing Evidence- based Practice Model (JHNEBP) (2007, USA)</p> <p>Individual</p> <p>Scientific and non scientific evidence</p>	<p>Identify a question of practice, formulate the research question using terms appropriate to the search for evidence; search, critically evaluate, summarize and classify levels of evidence; use "non-scientific" evidence (financial data, professional experience and patient preferences) for decision making; determine the feasibility of applying the evidence, draw up an action plan for its translation, implement the change, evaluate and communicate the results.</p>

Model (year/country), emphasis of approach and type of evidence	Synthesis of steps
Academic Center for Evidence-Based Practice (ACE) (2004, USA) Individual Scientific evidence	To seek new knowledge through research; to carry out a rigorous review of multiple primary studies (in view of the different designs) to formulate new knowledge; prepare a document or guide to translate the evidence into practice; integrate evidence into practice by influencing changes in people and organization; evaluate the impact of the change in practice and its increase in the quality of care provided.
The Clinical Scholar Model (2009, USA) Individual Organizational Scientific and non scientific evidence	Identify opportunities to implement change in the organization; review internal evidence (information and service data) and external evidence (search results); determine the strength of the evidence and conduct a plan for its implementation. If they are not safe enough, conduct a search; to simulate its application with different means; apply them and obtain the results in context; disseminate the results to the internal and external community of the organization.
Model in an Academic Medical Center (2009, USA) Individual Organizational Best evidence	Formulate a clinical question; search for the best evidence (systematic review of primary experimental studies); critically review the evidence; integrate evidence into practice; communicate the results.

Model (year/country), emphasis of approach and type of evidence	Synthesis of steps
<p>The Colorado Model (2011, USA)</p> <p>Individual Organizational</p> <p>Scientific and non scientific evidence</p>	<p>Identify factors that facilitate organizational change; elaborate a clinical question using the PICO strategy; identify the patient's needs; evaluate patient's values and preferences; seek scientific evidence according to a protocol (if the hospital has a protocol for EBP) or to carry out a rigorous review of the literature (in the absence of an institutional EBP protocol). In the absence of scientific evidence, use evidence from other sources: infection control data, cost-effectiveness analyzes, and clinical expertise; summarize the evidence considering their level of classification; use them according to the context and decisions of the patient; evaluate the results.</p>
<p>The Multisystem Model of Knowledge Integration and Translation (MKIT) (2011, USA)</p> <p>Organizational</p> <p>Scientific and non scientific evidence</p>	<p>Induce the development of research that can be applied in practice; identify transformational leadership in organizations; perform a search, critical evaluation and synthesis of the evidence by the actions of nurses with specialty for the action; to promote the translation of evidence through meetings between nurse researchers and nursing assistants; prepare a pilot study and intervention plan with the support of specialized nurses; integrate evidence into the work process and organize normative documents (protocols and clinical guidelines); monitor the results achieved by the implementation; to disseminate implementation results.</p>

Model (year/country), emphasis of approach and type of evidence	Synthesis of steps
<p>The Research Appreciation, Accessibility and Application Model (RAAAM) (2015, Australia)</p> <p>Organizational Scientific and non scientific evidence</p>	<p>To value research in the hospital context (through partnerships between universities and hospitals); access research results that can support the improvement of the quality of practice (organization of committees or specific groups and inclusion of specialist tutors in the hospital context); apply research (the development of research is an integral activity of the role of nurses in the hospital context); ensure the sustainability of the model (the development of communication strategies for dissemination and reporting to evaluate EBP).</p>
<p>Melnyk et al, 2010</p>	<p>Step 0 relates to cultivating a spirit of inquiry, which involves health professionals adopting an inquisitive approach to practice: Step 1 involves developing a focused question with one relevant framework: Step 2 relates to searching for the best evidence using the key words and synonyms: Step 3 involves critically appraising the evidence sources: Step 4 relates to integrating the evidence sourced, along with clinical expertise and patient preferences in making the best clinical decisions Step 5 involves evaluating the outcome(s) of the EBP approach, to determine the impact: Step 6 relates to disseminating the outcome(s) to enable others to learn and develop their practice.</p>

STAGES OF EBP



TETAPKAN PERMASALAHAN

POPULATION

INTERVENTION

COMPARISON

OUTCOME

TIME

STUDY DESIGN

TETAPKAN PERMASALAHAN

POPULATION, pada pasien trauma

INTERVENTION, apa dampak terapi CPT

COMPARISON, dibandingkan CBT

OUTCOME, terhadap gejala PTSD & insomnia

TIME, 3 bulan setelah terpapar bencana

STUDY DESIGN, meta-analysis atau systematic review

**PENCARIAN
SUMBER
EVIDENCE**

DATABASE: PubMed, CINAHL, Embase,
web of science

REGISTRATION PLATFORM: PROSPERO,
trial.gov, Open science framework

**PENCARIAN
SUMBER
EVIDENCE**

Evaluasi kualitas study menggunakan instrument yang sesuai:

Meta-analysis/systematic review, AMSTAR
Randomized control trial, RoB

**PENILAIAN
SUMBER
EVIDENCE**

SPO intervensi
validitas hasil penelitian
efek samping
implikasi penerapan

TRANSLASI SUMBER EVIDENCE

Integrasi antara sumber evidence dengan
ekspert dan preferensi pasien

Susun SPO untuk diterapkan

**TRANSLATE
EVIDENCE
UNTUK LAHAN
PRAKTIK**

Integrasi antara sumber evidence dengan
ekspert dan preferensi pasien

Susun SPO untuk diterapkan di tatanan
pelayanan

EVALUASI DAMPAK PENERAPAN EBNP

Evaluasi dampak penerapan EBNP terhadap luaran yang telah ditetapkan

Evaluasi kualitas dampak penerapan EBNP pada pasien

**DISEMINASI
HASIL
PENERAPAN
EBNP**





Publikasi atau sosialisasikan hasil penerapan EBNP dalam skala local, regional, nasional, atau global

evidence from research (effective innovation) must be accompanied by **effective implementation**, and an enabling context to achieve significant outcomes.

STUDI CROSS-SECTIONAL PADA 521 FULL-TIME RN DARI RUMAH SAKIT TERSIER DI KOREA

“clinical nurses had a positive level of EBP beliefs, but the level of EBP knowledge, organizational readiness and EBP implementation were insufficient”

PERSIAPAN PENERAPAN EBNP

-  Melatih fasilitator
-  Menyusun program dasar EBNP (visi, kebijakan, rangan biaya, sumber daya manusia, dan fasilitas lainnya)
-  Berpartisipasi aktif dalam pelatihan terkait EBNP
-  Mengembangkan kurikulum atau program untuk meningkatkan pemahaman EBNP pada semua lini tenaga kesehatan

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Focus on
being Productive
instead of busy

