



# Evidence-Based Practices in Finland - Based on Nurse Professionals' Descriptions

Arja Holopainen, PhD, Director  
Nursing Research Foundation  
The Finnish Centre for Evidence-Based Health Care: A  
Joanna Briggs Institute Centre of Excellence  
WHO Collaborating Centre for Nursing

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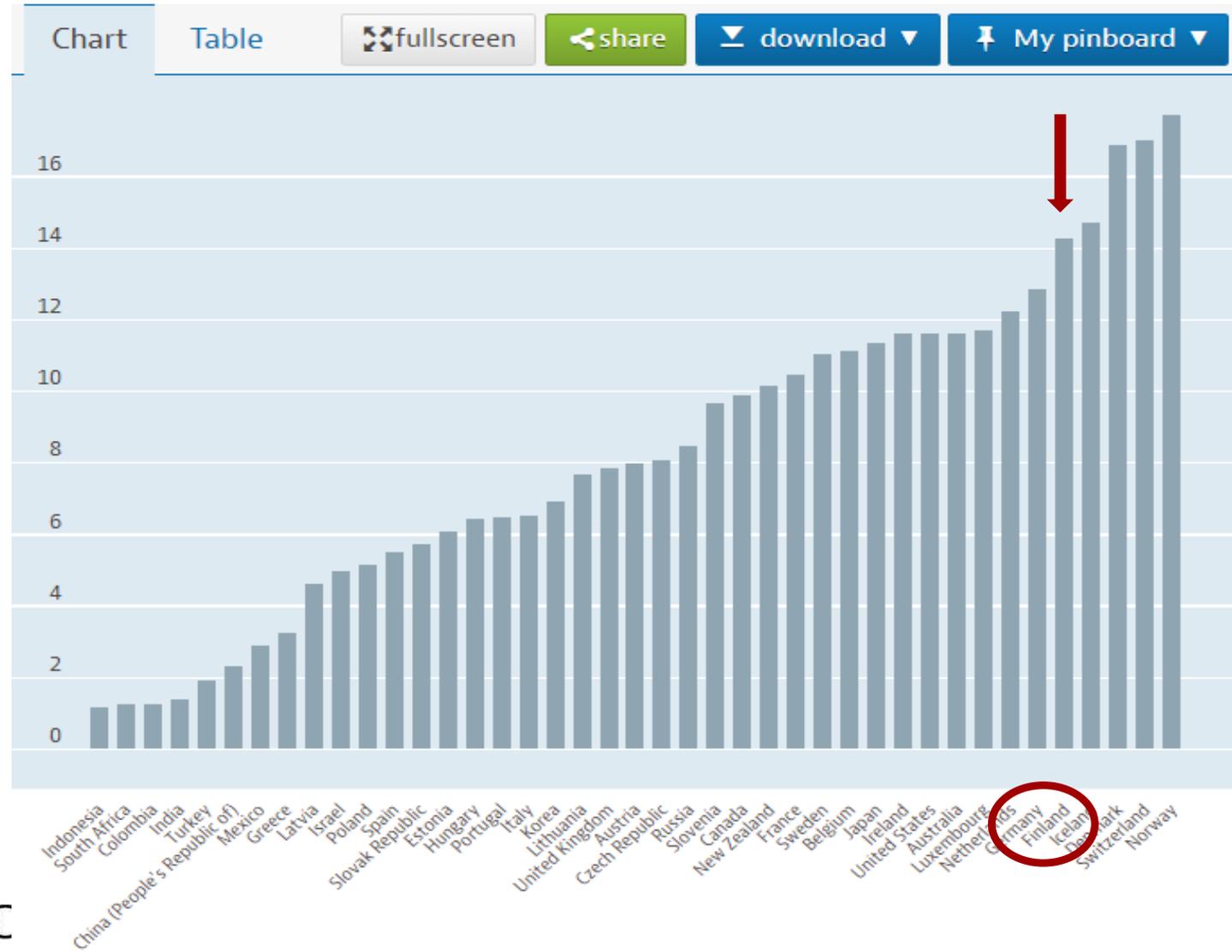
# Finland

- population 5.5 milj
  - official languages: Finnish, Swedish
- Finnish language is quite challenging language to learn and translate, e.g. "epäjärjestelmällistyttämättömyydellänsäkään" (yes – one word)
- Finnish people: worth of familiarize
  - RN's education: a 3.5 -year-long program (210 ECTS) at Universities of Applied Sciences
  - 1) Specializing in nursing (30 to 60 ECTS)
  - 2) Master's level advanced practice nurse education (210+90/300 ECTS)
  - 3) Doctorate level education
  - 61 000 registered nurses in working life



# Nurses Total, Per 1 000 inhabitants, 2017 or latest available

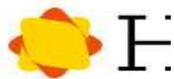
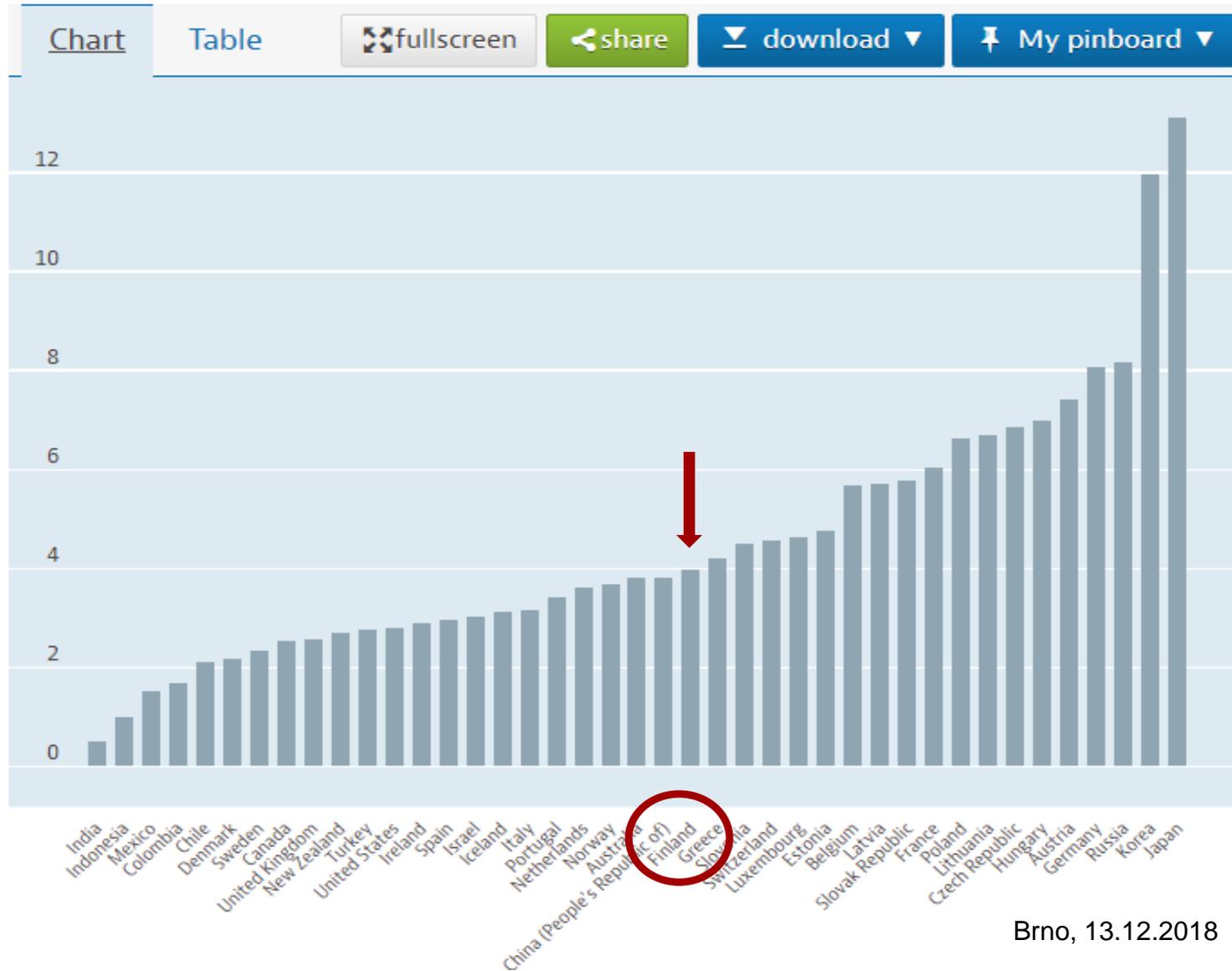
Source: OECD Health Statistics: Health care resources



Brno, 13.12.2018

# Hospital beds Total, Per 1 000 inhabitants, 2017 or latest available

Source: OECD Health Statistics: Health care resources



Brno, 13.12.2018

1.10.2018

# Nursing Research Foundation (NRF)

## The NRF

- is a non-profit research and development organization
- the main target is to improve nationally EBP in healthcare, e.g.
  - produces clinical guidelines for nursing
  - develops structures for implementation
  - evaluates EBP at national level
- a host organization of two collaborating centers:  
same target as the NRF



*Supporting relatives and other close ones of a person who dies suddenly*

# EBP in Finland

## - Nurse Professionals' Descriptions



- The Health Care Act (2010):  
“the healthcare shall be based on evidence and recognized treatment and operational practices”
- The purpose was to describe from the nurse professionals' perspective how evidence-based nursing currently actualizes in Finland

## Methods

- data collection: e-questionnaires in Finnish and Swedish
- inquiry targeted at  
nurses, n=1063  
nurse directors (ND) and clinical nurse specialists (CNS), n=340

Total 1403

- data analysis:  
descriptive statistical methods (structured questions)  
and inductive content analysis (open-ended questions)

## Characteristics of the respondents (N=1403)

Characteristics of the respondents	Nurse		ND <sup>1</sup>		CNS <sup>2</sup>	
	n	%	n	%	n	%
<b>Work experience in nursing</b>						
≤ 4 years	101	10	-	-	1	1
5-10 years	208	20	20	8	10	14
11-20 years	335	32	54	23	18	26
≥ 21 years	402	38	167	69	41	59
<b>Total</b>	<b>1046</b>	<b>100</b>	<b>241</b>	<b>100</b>	<b>70</b>	<b>100</b>
<b>Work experience as a director/specialist</b>						
≤ 4 years	-	-	50	21	27	37
5-10 years	-	-	69	28	24	33
11-20 years	-	-	87	36	13	18
≥ 21 years	-	-	37	15	9	12
<b>Total</b>	<b>-</b>	<b>-</b>	<b>243</b>	<b>100</b>	<b>73</b>	<b>100</b>

## Results

- the NDs and CNs perceived that EBP is a strategic goal in the organization
- majority of the nurses (64%) described that the use of evidence in the development of clinical practices is not evident

“First thing is that we should ensure that nurses understand what means EBP – we have different kind of perceptions about it”

- competence to assess the development needs of current practices: nurses 76%
- competence to find the best available evidence: nurses 70%
- the evidence is available in their organization: nurses 43%,  
ND and CNS: 49%

## Results, cont.

- 67% of the nurses, and 57% of the NDs and CNSs: knowledge about the EB protocols do not spread within their organizations – especially challenges in primary healthcare, the private or tertiary sector
- 39% of nurses, and 53% of NDs and CNSs described that they are developing clinical practices based on evidence
- 86% of the NDs and the CNSs perceived that they do not have time to assess the actualization of EBP
- although nurses understood how to assess the results of their work (83%), only a few of them (39%) had enough time for the assessment

## Conclusions

- evidence is utilized in some form in nursing practices and the improvement of current practices
- a need for easily available evidence
- nurses evaluated actualization of the EBPs weaker than the NDs and CNSs
- nurses need more support in implementing evidence into practice
- challenges: e.g. organizational culture, insufficient support systems

## Conclusions

“Establishing evidence-based practices requires cultural changes in health care organizations. In addition, evidence-based practices should be evaluated regularly – at organizational level, and practitioners’ level.”

- Our purpose is to re-conduct the nationwide survey concerning actualization of EBP every 2-3 years and to follow how the implementation of EBP is improving in Finland.

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**Thank you for your  
interest!**

Contact:

[arja.holopainen@hotus.fi](mailto:arja.holopainen@hotus.fi)



Santa Claus is also from Finland  
– don't believe your Swedish colleagues 😊