



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

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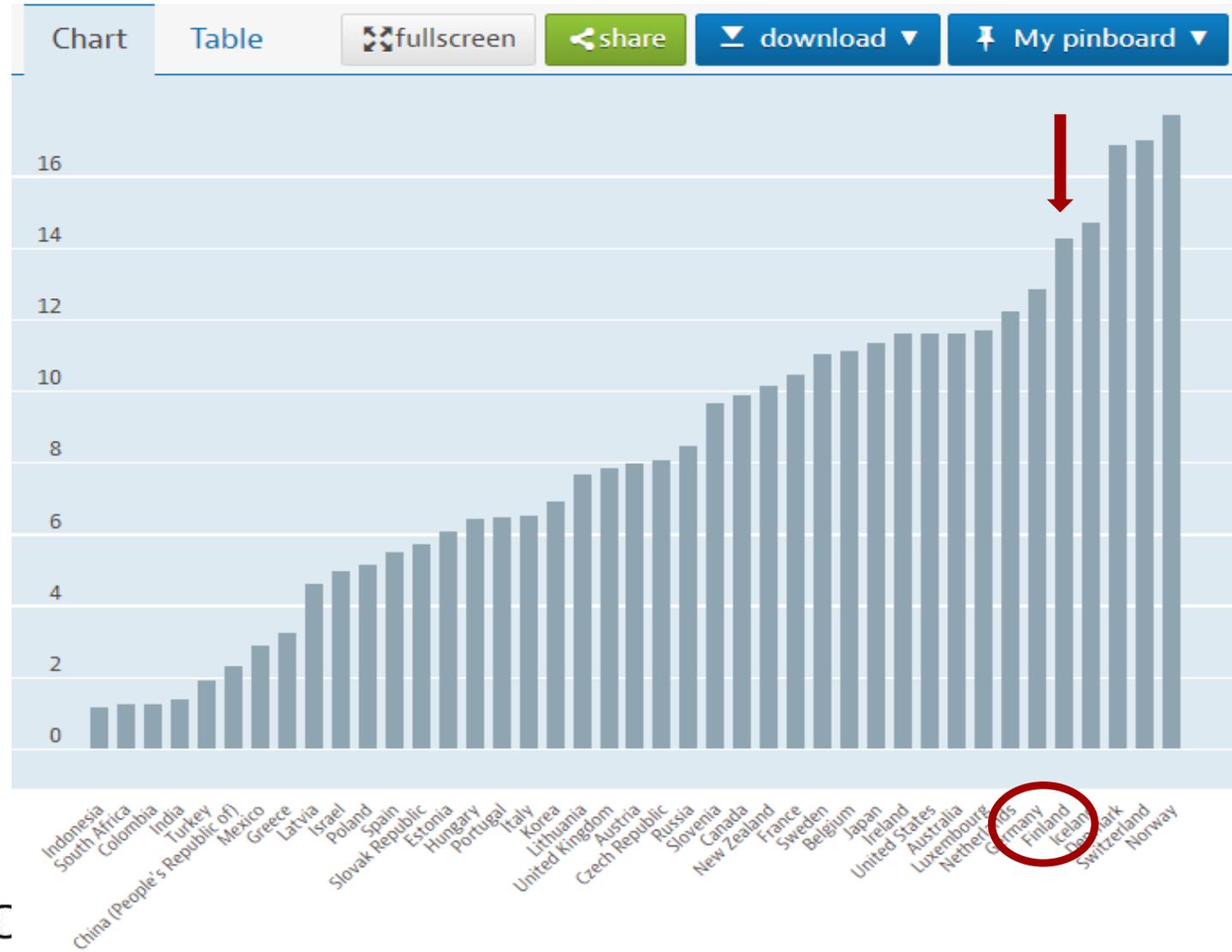
Finland

- 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



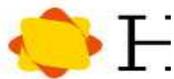
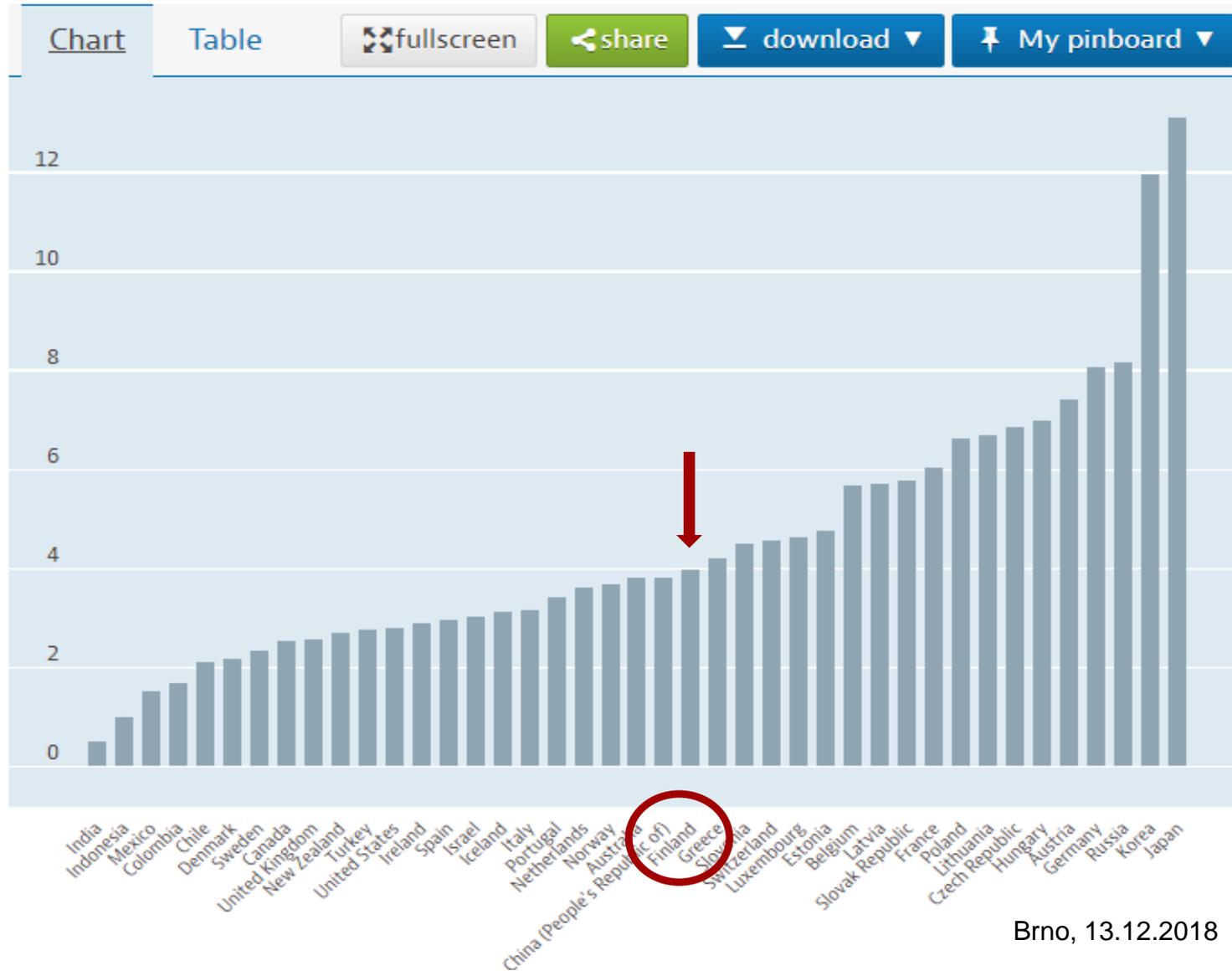
Nurses Total, Per 1 000 inhabitants, 2017 or latest available

Source: OECD Health Statistics: Health care resources



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 ¹		CNS ²	
	n	%	n	%	n	%
Work experience in nursing						
≤ 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
Total	1046	100	241	100	70	100
Work experience as a director/specialist						
≤ 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
Total	-	-	243	100	73	100

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