

# The Evidence-Based Nursing Practice Implementation in the Romanian Context

**Carmen MAZILU**  
**PhD, RN**

*President of OAMGMAMR Bucharest Branch*  
*Director of The Romanian Centre for Evidence Based Nursing*

# The Order of Nurses, Midwives and Medical Assistants in Romania (OAMGMAMR), Bucharest Branch



- Professional Organization for Bucharest (Romania's Capital City)
- 25.000 nurses and midwives
- main objective:
  - ❖ To develop the professions of nurse and midwife



# The OAMGMAMR Bucharest Branch Strategy for the Implementation of Evidence Based Practice during 2010-2018



- ✧ The development of *The Romanian Centre for Nursing Research. A Joanna Briggs Institute Centre of Excellence*
- ✧ To develop the clinical leadership abilities and the professional competencies of nurses, midwives and medical assistants
- ✧ The standardized planning of evidence based healthcare:
  - To review and update the operational procedures of nursing practice
  - To develop protocols of nursing practice
  - To elaborate best practice guidelines
- ✧ To develop the nurses' and midwives' practice abilities regarding:
  - The management of patient risk
  - The development of the Care Records and the Care Plan

# OAMGMAMR Bucharest Collaboration



- ✧ Joanna Briggs Institute, The University of Adelaide, Australia
- ✧ Birmingham City University, UK
- ✧ Robert Gordon University, UK
- ✧ The “Carol Davila” University of Pharmacy and Medicine, Bucharest, The Faculty of Midwives and Nursing
- ✧ Romanian Non-governmental Organizations with activities in the medical field
- ✧ Romanian Patient Organizations
- ✧ The Nursing School and the Continuing Education Center in Chişinău, Republic of Moldova
- ✧ OAMGMAMR branches
- ✧ Clinical partnerships with Medical Units: The “Fundeni” Clinical Institute, The “Elias” University Emergency Hospital, The Emergency Hospital of Bucharest, The “Prof. Dr. Theodor Burghele” Hospital, The “Bagdasar-Arseni” Emergency Hospital

# The Romanian Centre for Evidence Based Nursing. A Joanna Briggs Institute Centre of Excellence



## Purpose

✧ To promote evidence-based practice by:

- Identifying and assessing scientific evidence
- Disseminating the best available evidence
- Applying evidence into practice
- Assessing the impact of using the best evidence based practice
- To develop tools for health care specialists (nurses and midwives) and for patients and their families or carers



## Resources

✧ A working group for research and development of the nursing practice- consisting of clinical experts in Bucharest hospitals - was formed

# The opportunity of developing research activity in the field of health care

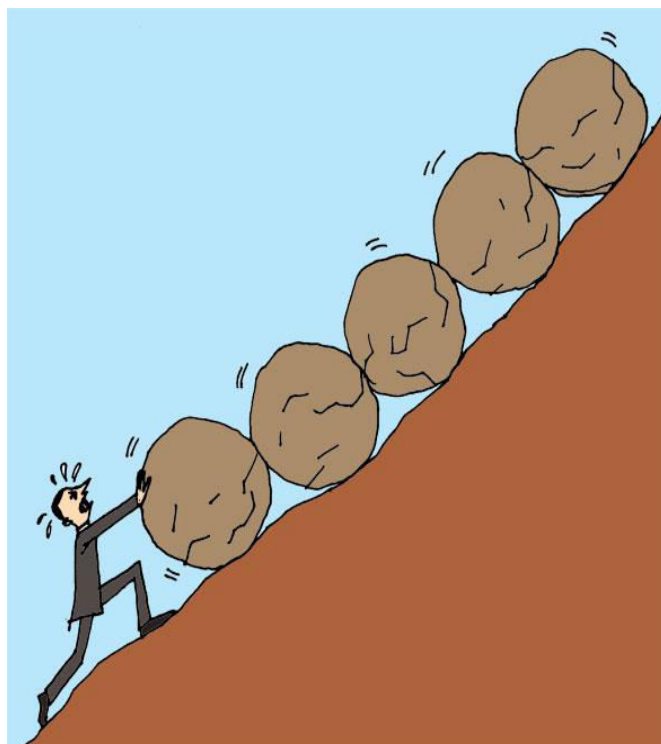
The National Authority of Quality Management in Health (ANMCS), which in 2017 added, for the first time in Romania, criteria regarding research activity for nurses and midwives

ANMCS codes	Statement
01.03.01.04.07	Number of nurses involved in the development of research studies in nursing per number of nurses on each hospital ward, a year.
01.03.01.04.08	Number of research studies in nursing developed, a year.
01.03.01.04.09	Number of published scientific presentations/papers per number of nurses on every ward, a year.
01.03.01.04.10	Number of published scientific presentations/papers on the theme of quality management per total number of published scientific presentations/papers on every ward, a year.





# PROJECTS



# Evidence Based Health Care



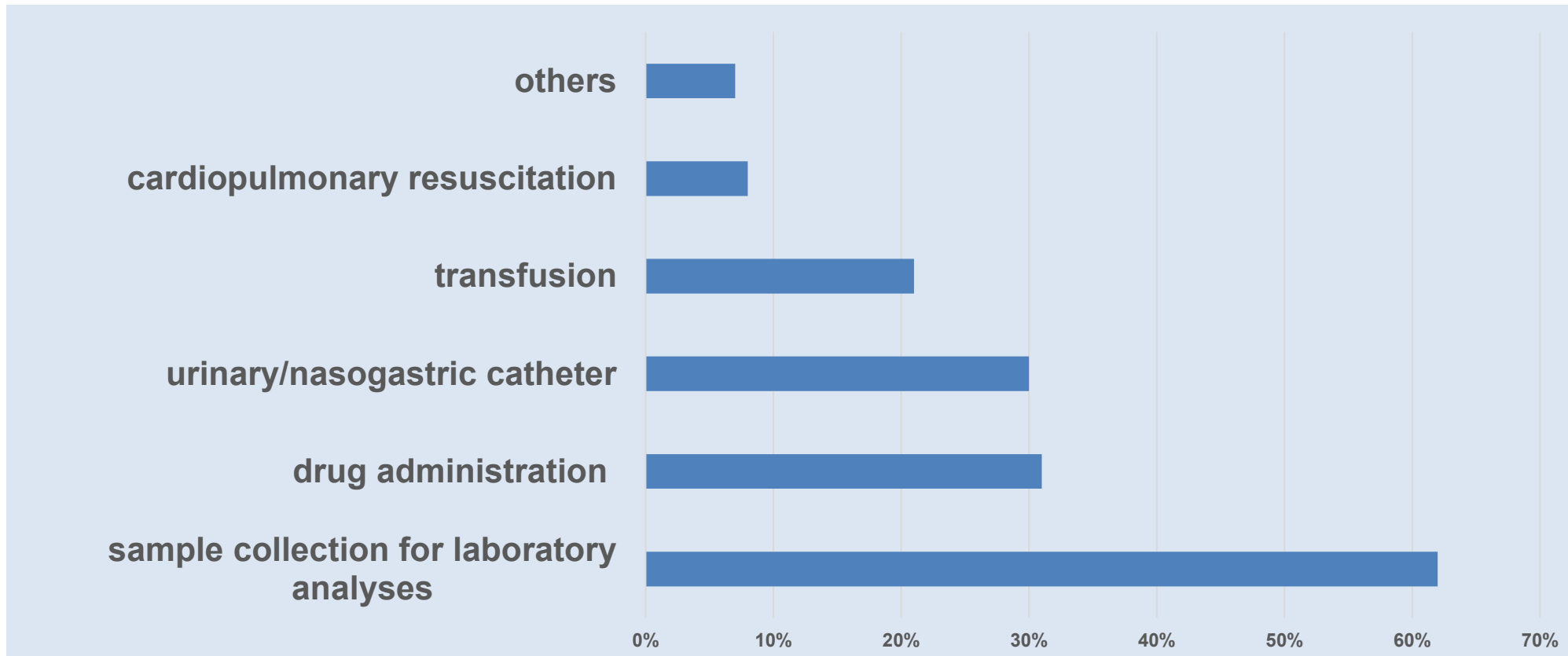




# Risk Management The Challenge of Change



# The most frequent nursing procedures of potential risk, identified by nurses and midwives



## Other procedures of potential risk:

- Insertion, maintenance and removal of the peripheral venous catheter
- Medical equipment management
- Wound management
- Enema procedure
- Patient mobilization, etc.



# Assessment Study of the Nurses' Level of Knowledge Regarding Hospital-Acquired Infections (HAI) and Hand Hygiene



The results of the study reflect a medium knowledge level of nurses regarding HAI and hand hygiene, which can thus influence the quality of health care and patient safety. Taking into account the highly important **impact of HAI on the patients' evolution**, the importance of hand hygiene in the prevention and limiting of HAI, and also the fact that education represents the fundamental element of improving hand hygiene practice, it is obvious that **nurses need continuing education regarding the surveillance, the prevention and the limiting of HAI.**



Wash Hands!



Clean hands save lives!

## HAND HYGIENE POSTERS



Clean hands or No touch



JOANNA BRIGGS  
COLLABORATION

The Romanian Centre for  
Evidence Based Nursing  
A Joanna Briggs Institute Centre of Excellence

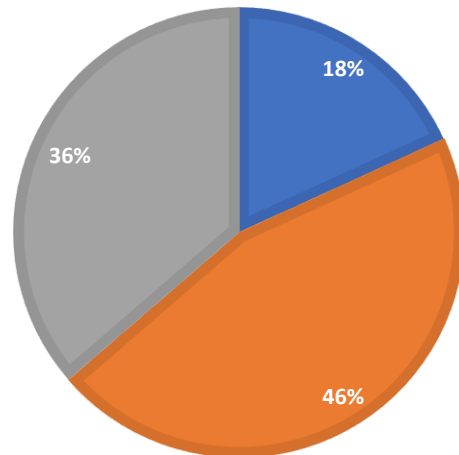




# Identifying the Educational Needs of Nurses in Acute Postoperative Pain Management

## THE USE OF PAIN ASSESSMENT TOOLS BY NURSES

■ seldom use ■ never use ■ sometimes use

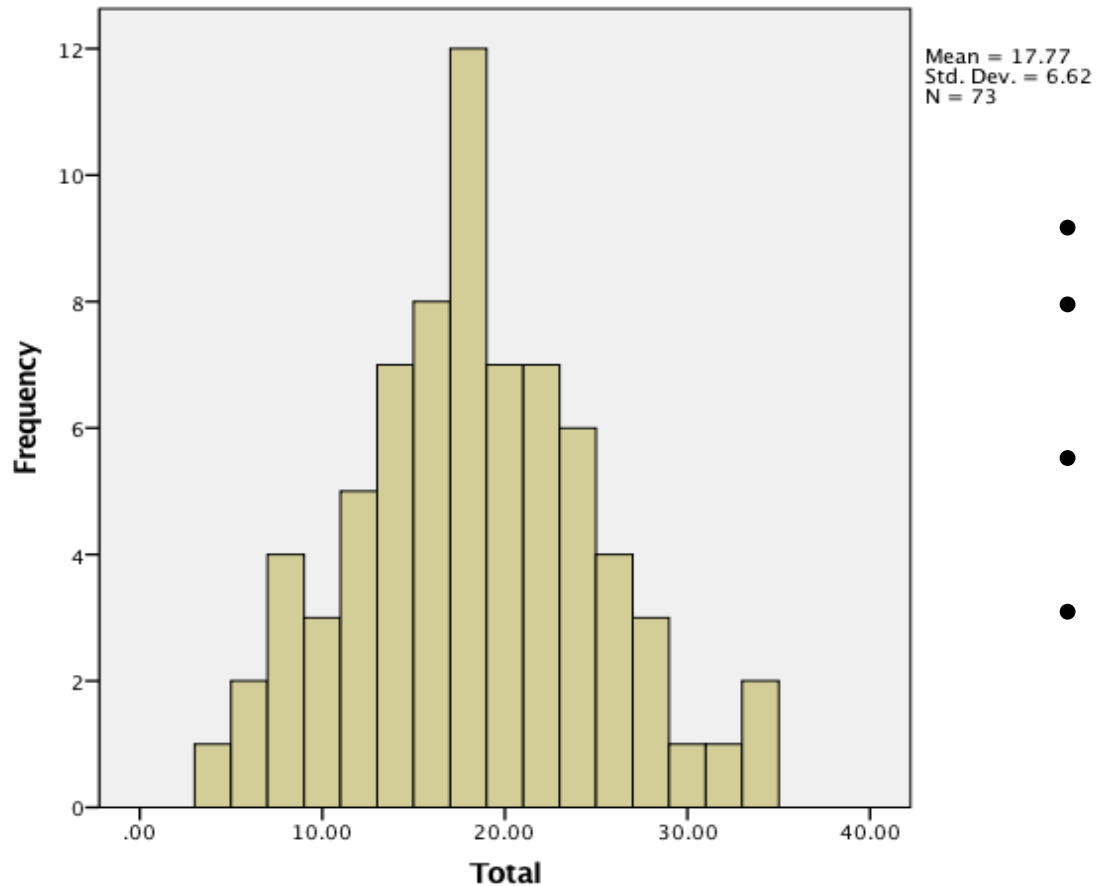


Items	Unconfident	Unsure	Confident	Very confident
How confident are you in your ability to <b>choose pain assessment methods</b> ?	0	12,5%	37,5%	50%
How confident are you in your ability to <b>use postoperative pain assessment tools</b> ?	0	25%	50%	25%
How confident are you in your ability to <b>set time intervals of administering analgesics</b> as needed ?	0	50%	37,5%	12,5%

The main major areas regarding acute postoperative pain management identified as being vulnerable for nurses are:

- Pharmacological and non-pharmacological interventions in patients experiencing pain
- The multidimensional nature of pain
- Methods of assessing and measuring pain.

# Pilot study of pressure ulcer risk management

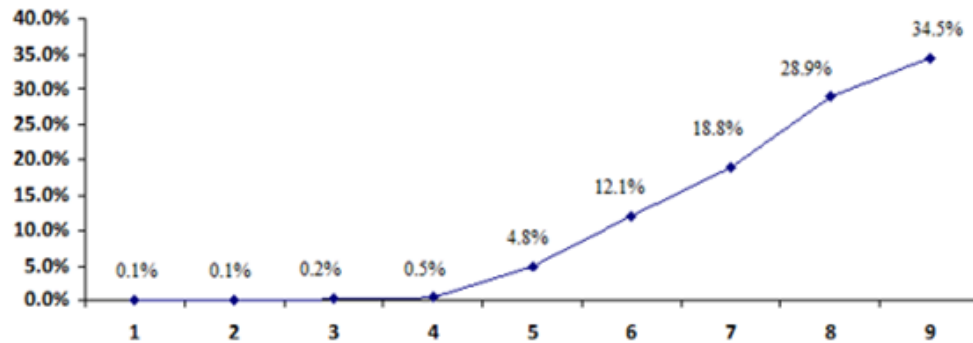


- No. of filled in forms = 73
- Waterlow Risk score mean = 17,77 (>15=high risk)
- It confirmed that the scale also works for high-risk patients
- The question is: does it work for all patients?

# The nurses' and midwives' perception of their own professional identity and their professional status

## RESULTS

I think that my professional status is...



UNSATISFYING

SATISFYING

SUPERIOR

ITEM	no.	score	SD
To me, being a nurse/midwife is a profession, not just a job.	979	4.25	1.316
The people working as nurses/midwives have a true calling for this profession.	980	4.13	1.180
It's encouraging to see the high level of idealism of the people involved in this profession.	971	4.13	1.167
Most of the people would stay in this profession even if their income decreased.	972	3.40	1.291
<b>I don't have many opportunities to express my professional opinion.</b>	<b>949</b>	<b>2.61</b>	<b>1.201</b>
The profession of nurse/midwife is vital for society.	956	4.56	1.080
In order to become a nurse/midwife you need a high level of expertise and knowledge.	963	4.47	1.074
<b>Nurses/midwives have the same status like other medical professionals such as doctors.</b>	<b>971</b>	<b>2.79</b>	<b>1.529</b>

On a Likert Scale from 1 to 5, the results showed a good identification of the nurses with the practiced profession and a relatively high self-perceived professional status, except for 2 items: the opportunities of expressing professional opinions (mean score of 2.61) and professional status compared to that of doctors (mean= 2.79).

# The Standardized Planning of Evidence Based Health Care



## Objectives

- ✧ Reviewing and updating the operational procedures of health care practice
- ✧ Developing evidence-based best practice guidelines and protocols for nurses, midwives and medical assistants
- ✧ Developing the nurses' and midwives' practical abilities regarding the care process and the care plan

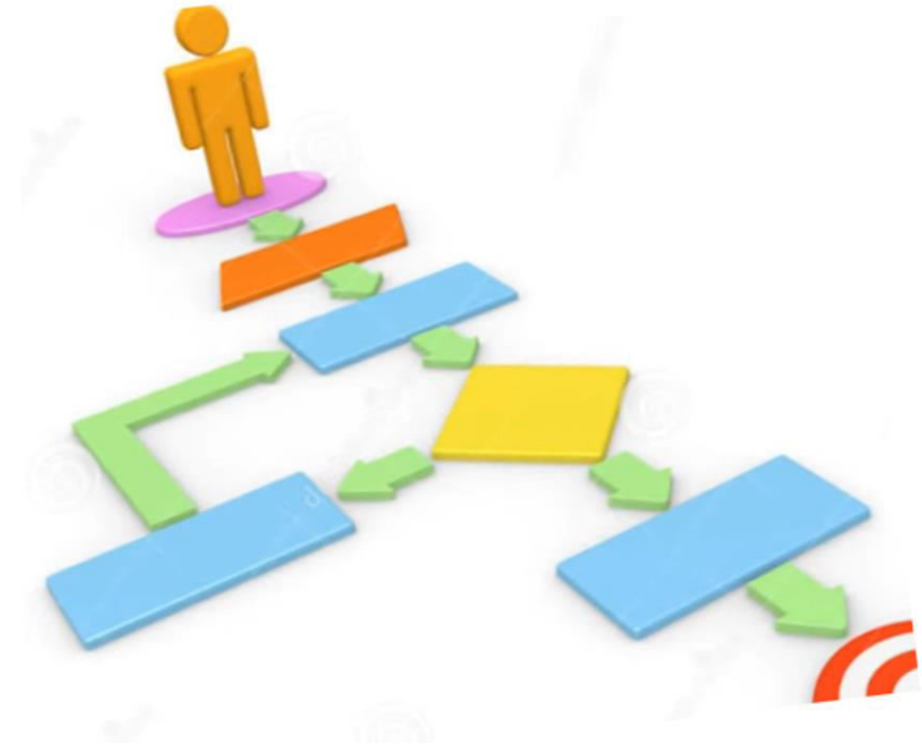


# The Standardized Planning of Health Care

## The Development of Operational Procedures for Nursing Practice

## Main results – Procedures for:

- ✧ Drug administration
- ✧ Monitoring and documenting vital signs and other parameters
- ✧ Feeding and hydrating the patient
- ✧ The patient's hygiene and comfort
- ✧ Collecting, monitoring and documenting body fluid output
- ✧ Punctions
- ✧ Collecting biological samples for laboratory tests



### Other Results of this Project are:

- ✧ Best Practice Guidelines for the Clinical Audit of Health Care Services
- ✧ Manual of Clinical Risks of Health Care and Adverse Effects Associated with Medical Procedures

# The Standardized Planning of Health Care

## The Development of the Care Plan

### Main Results:

- ✧ The organizing and documenting of the Care Process. Guidelines for the development of the Care Plan, in collaboration with specialists from BCU, UK.

### Secondary results:

- ✧ The identifying of:
  - the legislation regarding the nurse's and midwife's status, competencies, activities and responsibilities
  - other requirements that can be applied in this area (ANMCS criteria )
  - the best available evidence
  - the advantages offered by the implementation of a correctly developed care plan



## THE ASSESSMENT OF NURSES' KNOWLEDGE AND ATTITUDES TOWARD POSTOPERATIVE PAIN. DESCRIBING THE PROCESS OF DEVELOPING AND CULTURALLY ADAPTING A STANDARDIZED TOOL

Doina Carmen MAZILU<sup>1,2</sup>, Mariana ZAZU<sup>2</sup>, Viorica NEDELICU<sup>2</sup>, Raluca SFETCU<sup>2,3</sup>, Petru ARMEAN<sup>4</sup>

<sup>1</sup>The „Carol Davila” University of Medicine and Pharmacy;

<sup>2</sup>Order of Nurses Midwives and Medical Assistants in Romania, Bucharest;

<sup>3</sup>The „Spiru Haret” University

*The postoperative pain management represents a multiprofessional area where nurses play a vital role. However, internationally, a lack of nurses' knowledge of pain management has been observed. To date, in Romania, an assessment of the nurses' level of knowledge and attitudes toward pain has never been conducted and no tool for this kind of assessment is currently available. In this context, this study aims to present the process of developing a questionnaire of assessing the nurses' level of knowledge and attitudes regarding postoperative pain assessment in adult patients in surgical and intensive care units by adapting other assessment tools identified in the specialized literature. We report here the process of identifying a set of 141 items (coming from seven distinct tools), of testing them with a group of 11 clinical experts and of selecting a number of 79 items which were used to develop a questionnaire for assessing the nurses' knowledge and attitudes toward pain management. The tool represents an important starting point in identifying the nurses' actual educational needs regarding the pain management area and also in improving the quality of medical care.*

**Keywords:** knowledge, attitudes, pain management, postoperative pain, questionnaire, adaptation.

### INTRODUCTION

The year 2017 was declared the Global Year Against Pain After Surgery by The International Association for the Study of Pain (IASP), with the following objectives: a) to disseminate information worldwide about pain after surgery, b) to educate pain researchers as well as health-care professionals, c) to increase awareness of postsurgical pain among public officials, members of the media, and the general public and d) to encourage government leaders, health-care organizations, and other relevant organizations to support policies that result in improved management of pain after surgery [1]. Pain is defined as "an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage" and the acute pain management represents one of the main components of healthcare [2]. Pain also represents the main reason for which patients use health

Some of the most frequently invoked barriers to an adequate pain management being the high workload, the personnel shortage or other organizational constraints [10].

In this context, The Order of Nurses, Midwives and Medical Assistants in Romania, Bucharest Branch, (OAMGMAMR Bucharest), included in the 2017 strategy a series of objectives regarding postoperative pain management, as it follows:

- a. to identify valid tools for assessing the nurses' level of knowledge and attitudes toward postoperative pain management and also to develop and validate a tool adapted



Format: Abstract ▾

Send to ▾

[JBI Database System Rev Implement Rep](#). 2018 Feb;16(2):303-307. doi: 10.11124/JBISIR-2017-003414.

### Effectiveness of pain management educational interventions on nurses' knowledge and attitudes regarding postoperative pain management: a systematic review protocol.

[Mazilu DC](#)<sup>1,2</sup>, [Zazu M](#)<sup>1,3</sup>, [Nedelcu V](#)<sup>1</sup>, [Sfetcu R](#)<sup>1,4</sup>.

⊕ Author information

#### Abstract

The objective of this review is to identify the effectiveness of pain management education programs (PMEPs) in improving the level of knowledge and the attitudes of nurses working in adult surgical departments and intensive care units on postoperative pain management.

PMID: 29419615 DOI: [10.11124/JBISIR-2017-003414](#)

# Published Articles

## How prepared is the mental health care system to answer the increasing mental health needs of the elderly? A nursing perspective

Autori	R Sfetcu, C Mazilu, C Gagi
Data publicării	2014/9/1
Jurnal	International Journal of Evidence-Based Healthcare
Volumul	12
Numărul	3
Pagini	202-203
Editor	LWW
Descriere	<p>Background:</p> <p>The mental health of older adults, while a topic of increasing concern, remains poorly addressed by mental health care systems, and gaps in service provision having been frequently reported in international literature. While part of the gap might be explained by the way the services are organized for different subgroups of users (eg severely mentally ill older adults), the staff perception of users need and how to respond to those might also play a relevant role.</p>

## How do the Romanian nurses perceive their level of professionalism and professional status in to competence/knowledge and professional identity?

Autori	R Sfetcu, CV Mazilu
Data publicării	2012/9/1
Jurnal	International Journal of Evidence-Based Healthcare
Volumul	10
Numărul	3
Pagini	289-290
Editor	LWW
Descriere	<p>Background The professional identity is often developed in relation to the concepts of professionalism and professional self-image (Öhlén &amp; Kerstin, 1998), and on the basis of professional competence. Nevertheless, the application of a competence framework to nursing is controversial because the nursing profession requires complex combinations of knowledge, performance, skills and attitudes,(Cowan et al., 2005). In this context, the promotion of evidence based nursing can support professional development and contribute to higher self esteem and a more crystallized professional identity of nurses in Romania.</p>

## The need for integration of evidencebased resources for practice in continuous medical education programs for nurses

Autori	R Sfetcu, A Preda, M Ghinescu, C Mazilu
Data publicării	2010/9/1
Jurnal	International Journal of Evidence-Based Healthcare
Volumul	8
Numărul	3
Pagini	238
Editor	LWW





# Conclusions

- ✧ Since 2010 we have created a favorable context for the development of the nurse and midwife professions because of:
- OAMGMAMR Bucharest Branch plays an important and active role in promoting scientific research, professional development, enhancing the visibility and professional identity of nurses and midwives through the activity of **The Professional Scientific Department of Research and Development of the Profession**
  - The collaboration with national and international organizations
  - The development of quality standards for health care services by the state authority

*Happy Holidays!*



*THANK YOU FOR YOUR ATTENTION!*