

Facilitation of evidence based discussions in an Emergency Department

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decision-making and is used to optimize patient outcomes and optimize clinical practice. To strengthen the nurses focus on EBP at the Emergency Department (ED), we introduced 10 minutes of professional nursing related discussion daily. A staff nurse and a clinical nurse specialist facilitated it and used EBP as a tool. The objective of this study aims to investigate if facilitation of “10 professional minutes” could strengthen the nurses focus on evidence and their practical skills using EBP as a tool.

Methods: Each day a nurse from the ED decided a topic for discussion. A clinical nurse specialist and a staff nurse facilitated the discussion by using a flip-over to illustrate the topic in the EBP model. To evaluate the project, a questionnaire containing 11 questions was distributed to all nurses at the ED (n=116) after 4½ month. Two focus group interview were performed to supplement the survey.

Background: Evidence based practice (EBP) is a way for the nursing discipline to minimize the gap between theory and practice. EBP is based on

Results: The questionnaire had a response rate of 72%. 61% of the nurses answered that “10 professional minutes” had influenced their nursing practice. 54% gained an increased focus on guidelines and search for evidence. 54% found the EBP model contributed to a better understanding of working evidence based. 66% found that 10 professional minutes created a room for nursing-related discussion. From the focus group interviews with respectively employees and leaders, three identical themes emerged; “Framework with 10 professional minutes creates a culture for discussion about nursing”, “The EBP model increase focus on evidence and nuances in nurses practical skills” and “10 professional minutes creates space for nursing-related discussion and reflection in daily work”.

Conclusion: In conclusion, 10 professional minutes facilitate a better understanding and an increased focus of evidence-based work by use of EBP. It creates a room for nursing-related discussion and reflection to the nurses daily work. Further research is suggested to focus on implementation, where EBP will be an integrated part of the nurses daily work.