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Review Article
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A Review of Advances in Evidence-based Practice: Incorporating Research into Nursing Care

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ABSTRACT

Evidence-based practice [EBP] is yet to be fully implemented in our nursing care delivery system in the developing countries and the sub-Saharan region of which Nigeria is inclusive, nursing care have relied on tradition, experience, authority, trial and error, as well as logical reasoning. EBP is the process by which nurses make clinical decisions using the best available research evidence, their clinical expertise, and patient's references. It is an essential component of modern healthcare, ensuring that nursing interventions and decision-making are grounded in the best available evidence. The objectives of the study is to identify the importance of EBP, to explore the advances in EBP such as improved collaboration and partnership, use of wearable devices use of real-world data and real-world evidence and several advancement as a result of EBP and its integration into nursing care with emphasis on the importance of research in informing nursing care and improving patient's outcome. EBP is not without challenges especially in developing countries and the sub-Saharan where frantic effort is being made to practice nursing from a scientific base, challenges ranging from lack of infrastructure, inadequate funding, poor research culture amongst nurses and so many other factors. Despite these challenges, EBP is achievable if nurses will rise up to the occasion and surmount these challenges, knowing fully that EBP is the best form of nursing care to adopt, in order to improve patient outcome.

Keywords: Evidence-based practice, Research, Nursing care

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INTRODUCTION

Evidenced-based practice (EBP) in nursing, is a crucial approach that integrates the best available research evidence with clinical expertise and patient value to guide nursing care decisions, Evidence-based medicine or practice, refers to the thoughtful, explicit, and prudent use of the best available data when deciding how best to treat a specific patient (Sackett et al.,1996)

Shwetha (2023) identified the following to be the objectives of EBP:

- To give practicing nurses evidence-based information so they can deliver high-quality care.
- Find a solution in a healthcare setting.
- Ensure that the highest standard of treatment is provided.
- Aids in effective decision-making, minimizing variations in nursing care.

It involves staying up to date with the latest research

findings and implementing them in clinical practice to improve patient outcomes. Research studies show that evidenced-based practice results in higher quality care, improved patient care, reduced costs, and greater nurse satisfaction than the traditional approach to care. In spite of these valuable findings, many nurses remain inconsistent in their implementation of evidence-based care. Nurses who have knowledge of EBP still lack the computer and internet search skills needed to implement these practices, hence the misconception of EBP seen as being too difficult or too time consuming, continue to thrive.

Integrating evidence-based practice [EBP] into the daily routine of nurses has the ability to enhance the nursing practice as well as patient outcomes. It is important for nurses to form a body of knowledge, to improve standard and enhance patient outcome (Nesrin et al., 2021). The purpose of evidence based practice is to do the right thing, at the right time, for the right person. In other word, ensuring high quality care for the individual client, this is achieved by evaluating ideas, practices and previous occurrences and applying the results to future practice. (Cluett & Bluff 2006)

In the 1980s, the term "evidence-based practice" was developed to represent a process for selecting the best course of action based on available scientific data. The need for evidence-based practice started in England in the early 1990s; Evidence-based practicing is both a methodology and a way of thinking. The idea is founded on the moral precept that patients have a right to get the best interventions possible. Finding and putting into action those interventions is how we go about using the EBP methodology (Shwetha, 2023).

The term evidence based practice was first coined by Sackett et al. (1996) which they interpreted as the conscientious, explicit and judicious use of the current best evidence in making decisions about the care of individual patient (Sackett et al., 1996:169).

The principles and practice of evidence-based practice became adopted by many other disciplines, this evolved over many years. Before the adoption of evidence-based practice, research methods of data collection increased, and the volume of information on some topics also increased which made it difficult for practitioners to assess and comprehend (Cluett & Bluff 2006). Archibald Cochrane (1909–1988), in the early 1970's recognized this and thought about ways of bringing this information together by topics, making it easy to assess. He introduced the collation of research data from randomized controlled trials [RCT], he also critiqued it, and also concluded on what is effective care, so that limited resources could be effectively utilized. This eventually, led to a systematic review, that later resulted in evidence-based practice (Shah & Chung, 2010).

Evidence-based practice represents a comprehensive and individualized methodology in healthcare delivery, as

highlighted by Duquesne (2022). This approach empowers healthcare providers to integrate patient values, rigorously tested evidence, and their clinical expertise into all facets of care. By doing so, the primary objective is to enhance patient outcomes and ensure the provision of optimal care. This commitment to evidence-based practice underscores the importance of a tailored approach that prioritizes the unique needs of each patient while relying on proven methodologies to guide clinical decisions.

A combination of these elements within clinical practice makes it possible for healthcare providers to make the best clinical decision. Each of these three elements must be present to have a true EBP, the absence of any of these, will result in information gaps in the care delivery system. Each of these elements emerges from external sources such as journals or internal sources such as information gathered from observations by healthcare providers through interactions with patients (Duquesne, 2022).

However, there are some problems about the creation of a scientific foundation upon which nursing care is practiced. Tradition, authority, experience, trial and error, and logical thinking have all contributed to the development of nursing practice in Nigeria. A frantic effort is being undertaken to provide a scientific foundation for practice. The word "evidence-based" is now used interchangeably with other terms such as nursing procedure and quality assurance. However, it is concerning that nurses speak to evidence-based practice without displaying sufficient of its distinguishing characteristics. This suggests that nursing practice should be driven by evidence gained from study findings, expert opinions, or client input. The emphasis is on resolving nursing problems through proper analysis of current data (Emmanuel et al., 2012).

Hence the objectives of this paper are to:

1. Identify the importance of evidence-based practice in nursing
2. Explore the advances in evidence-based practice
3. Examine the steps in incorporating research into nursing care
4. Highlight the challenges/ possible solutions in incorporating evidence-based practice in Nigeria

IMPORTANCE OF EVIDENCE-BASED PRACTICE

Shwetha, (2023) outlined some of the importance of EBP as follows;

Helps build the research practice gap

The nurse can know what works and what does not work in providing patients with the best outcomes.

Nursing research is predominantly descriptive and qualitative in nature rather than the quantitative approach which is often considered rigorous in nature. EBP will help build the research practice gap by standardizing evidence across fields using the best possible outcome (Shwetha, 2023).

Assist healthcare providers in decision making

Healthcare providers are faced with issues regarding decision-making on a daily basis about assessment, treatment, and prevention of illnesses as they relate to their clients. All these require the best practice guided by evidence to enhance the client's overall well-being (Emmanuel et al., 2012).

Among its many benefits

EBP can lead to changing a policy that's been standard for decades. An example is the revision of guidelines addressing sudden infant death syndrome (SIDS). Original recommendations had babies sleeping on their stomachs in case they vomited and choked while sleeping. However recent research into SIDS has led to the recommendation that all babies now sleep on their backs until they turn 1 year old (Bernadette et al., 2010).

EBP makes healthcare providers accountable

Clients are becoming more sophisticated in their demand for nursing care based on best practice evidence, EBP helps nurses to be more accountable to the people they serve (Emmanuel et al., 2012). As healthcare costs continue to increase, more emphasis is laid on providing care based on the best available evidence to reduce cost, thus, EBP reduces the cost of purchasing care (Bernadette et al., 2010). It keeps the nurse and other healthcare provider constantly updated with the current medical practice.

- It boosts the efficiency of patient recovery.
- It provides a better understanding of the risks behind certain treatments.
- It gives patients a more active role in planning their care.
- EBP enhances the nurse to be in a unique position to develop and implement EBP-driven strategies in nursing to advocate the importance of EBP to the next generation of professional nurses (Duquesne, 2023).

Advances in evidence-based practices

Evidence-based practice is a dynamic field that is constantly evolving as new research, tools, and techniques emerge. EBP has achieved numerous

improvements throughout the years, including those in the following areas: Vivek (2022) cited some of the advances as the following:

Collaboration and partnership

Academic foundation and industry collaboration has become increasingly important in finding new therapies and advancing EBP. Collaborative efforts in EBP involve the partnership and cooperation of multiple stakeholders, including researchers healthcare professionals, policymakers, and patients, to promote the use of evidence-based interventions and improve healthcare outcomes. Examples of some collaborative efforts in EBP are research- decision maker partnerships, and practice-based research networks. Decision makers such as policymakers and healthcare administrators facilitate the transition of research findings into policies and practice.

Translational research

Translational research plays a crucial role in bridging the gap between scientific discoveries and clinical applications. It involves the translation of basic research findings into clinical practice, leading to the development of new therapies and interventions.

Precision medicine and personalized care

Ucdavis, (2023) defines 'precision medicine as the interception between people, their environment, changes in their markers of health and illness and social and behavioral factors over time' Precision medicine aims to tailor medical treatments to individual patient based on their unique characteristics, including genetics, lifestyle and environment. Advances in genomic medicine and biomarkers-driven therapies have revolutionized the nursing field, allowing for more targeted and effective treatment. Traditional medicine treatments have been fashioned as a "one – size –fit –all" approach this treatment can be effective for some patients, but may not be for others. Precision medicine takes into account individual differences in genes, environment, and lifestyles. Precision medicine specializes in individualized care using big data. Data sets are developed that can lead to preventive treatment plans for individuals and communities. Precision medicine aims to arrive at an accurate diagnosis of disease, treatment therapies, and prevention more personalized, proactive, predictive, and precise (Ucdavis, 2023). In 2015, President Obama proposed a precision medicine strategy to improve health and research while also treating ailments. The project defines precision medicine as "an emerging approach that takes into account individual variability in genes, environment, and lifestyle for each person" (Ucdavies, 2023).

The use of digital health and wearable devices

Integration of wearable devices and digital health technologies into clinical practice has the potential to transform evidence-based practice. Wearable devices are electronic devices that usually have sensors, processors, and the ability to connect and collect data, provide information, and offer interactive experiences with the users, and these devices are usually worn close to the skin. Saad, (2023) noted that the use of wearable devices has enhanced evidence-based practice in the following ways:

Remote patient monitoring

Wearable devices enable healthcare providers to monitor patients' vital signs and health metrics in real-time. This is very useful in monitoring patients with chronic conditions or those recuperating from surgery. Remote patient monitoring assists healthcare providers in making informed decisions based on the best available evidence thus advancing evidence-based practice (Vini et al., 2021).

Proactive chronic disease management

The use of wearable devices provides useful support for patients with chronic illnesses such as diabetes and hypertension. Continuous blood glucose monitoring offers real-time readings of blood sugar levels and allows better insulin management. Also, blood pressure is closely monitored with wearable devices, alerting patients and healthcare providers of any change that requires prompt intervention, thus promoting evidence-based practice (Saad, 2023).

Health and fitness tracking

Wearable devices such as fitness trackers and smart watches enable patients to monitor their health status by tracking their physical activities, heart rate, sleep patterns and more. The data collected are used to achieve health goals, make lifestyle changes, and prevent health problems, thus, promoting evidence-based practice (Saad, 2023).

Advanced predictive analytics

Wearable devices can detect subtle changes in the body that might indicate the onset of a disease, for instance, irregular patterns of the heart rhythms captured by a smart watch could indicate potential heart problems. Thus healthcare providers can acquire useful information to commence timely and best intervention hence, promoting evidence-based practices (Ucdavis, 2023).

Promoting a healthier lifestyle

Wearable devices can assist individuals in following medication schedules by sending reminders to take medication, track medication usage, and may dispense medication at the right time. This enables the client to assess the best form of care with a positive outcome, thus advancing evidence-based practice (Vini et al., 2021).

Mental health monitoring

Wearable devices can help individuals monitor their mental health indicators such as stress levels, mood changes, and sleep quality. These devices provide more useful information on mental well-being and enable the user to identify patterns that require immediate intervention. The data collected can assist mental health professionals in providing the best individualized care to improve outcomes, thus, promoting evidence-based practice (Saad, 2023).

Data-driven healthcare decision-making

Wearable devices continuously collect real-time health data, such as vital signs, activity levels, sleep patterns, and more which serves as data in evidence-based practice. This detailed information enables healthcare providers to gain more insights into patient health issues, improves diagnosis and treatment, and fosters patient-provider relationships, thus promoting outcomes (Singh, 2023).

Personalized healthcare insights

The use of wearable devices enhanced data collection that can be analyzed using advanced algorithms and artificial intelligence to provide personalized insights and recommendations. This fosters individualized care channeled towards lifestyle improvement, disease management, and overall well-being of the patient thus, advancing evidence-based practice (Saad, 2023).

Post-surgical recovery monitoring

Wearable devices enable healthcare providers to continuously keep track of patients' vital signs, mobility, and other health indicators. Any deviation from normal can be detected early, allowing for prompt intervention. This leads to fewer complications, shorter hospital stays, and improved patient outcomes (Moh, 2024).

Proactive clinical trial and research

Wearable devices can serve as useful tools for clinical trials and medical research.

They enable continuous, objective data collection, in real-time, providing researchers with insights that might not be captured through traditional clinical settings. Thus wearable devices provide good sources of data that promote evidence-based practice leading to more comprehensive and accurate research (Vini et al., 2021).

Real-world data and real-world evidence

Real-world data are data relating to patient health status and/or the delivery of health care routinely collected from a variety of sources. Examples of RWD include data derived from electronic health records, medical claims data, data from product or disease registries, and data from other sources [such as digital health technologies] that can inform on health status (FDA 2023). Real-world evidence is the clinical evidence about the usage and potential benefits or risks of a medical product derived from analysis of RWD. Real-world data [RWD] and real-world evidence [RWE] play a crucial role in shaping evidence-based practice. They provide valuable insights into the usage, benefits, and risks of medical products in real-world settings, beyond the controlled environment of clinical trials. RWD and RWE have affected evidence-based practice in the following ways; (FDA 2023).

Informing trial designs

Real-world data can be used to inform the designs of clinical trials by identifying relevant patient populations, selecting appropriate endpoints, and determining the optimal sample size (Vivek, 2023).

Improving clinical guidelines and disease understanding

Real-world evidence can contribute to the development and refinement of clinical guidelines by providing insights into the effectiveness and safety of interventions in real-world settings. It can also enhance understanding of diseases and their management by analyzing data from diverse patient populations.

Facilitating financial discussions and reimbursement decisions

Real-world evidence can also support discussions on the economic value of medical products and inform reimbursement decisions. It provides real-world outcomes data that can demonstrate the cost-effectiveness and long-term benefits of interventions.

Supporting regulatory decisions

Regulatory agencies such as NAFDAC, and FDA utilize decisions from real-world evidence to support regulatory

decisions throughout the product lifecycle. Real-world data can be used to monitor the post-market safety, of approved drugs, evaluate effectiveness, and support the approval of new indications for already approved drugs.

Promoting further uses for products already in the market

Real-world evidence can uncover new uses and applications for medical products that were not initially studied in clinical trials. This can lead to expanded indications and improved patient outcomes.

In summary, real-world data and real-world evidence have a significant impact on evidence-based practice such that they provide valuable effectiveness, safety, and value of medical products which can inform clinical guidelines, trial designs, reimbursement decisions, and regulatory actions.

Biomarkers and surrogate endpoint

Biomarkers are characteristics that are objectively measured and evaluated as indicators of normal biological processes, pathogenic processes, or pharmacologic responses to an intervention. Cholesterol and blood sugar levels are biomarkers, blood pressure, enzyme levels, measurement of tumour size from magnetic resonance imaging [MRI] or computed tomography [CT] and the biochemical and genetic variations observed in age-related macular degeneration are all examples of biomarkers. Biomarkers can enable faster, more efficient clinical trials for life-saving and health-promotion interventions. Biomarkers help healthcare practitioners and their patients make informed decisions about their care.

Biomarkers and surrogate endpoints play a crucial role in evidence in evidence-based practice by providing measurable indicators that can be used to assess the effectiveness of intervention or treatment. They help researchers and healthcare providers make informed decisions about patient care and treatment strategies. It is important to note that the use of biomarkers and surrogate endpoints in evidence-based practice requires careful validation and evaluation. The accuracy, reliability, and relevance of biomarkers need to be thoroughly assessed to ensure their usefulness in guiding clinical decision-making. Here are some biomarkers and surrogate endpoints that affect evidence-based practice (Christine & John, 2024).

Assessing treatment efficacy

Biomarkers and surrogate endpoints can be used to evaluate the effectiveness of a treatment or intervention. By measuring changes in biomarkers, researchers can determine if a treatment is having the desired effect on

the underlying disease or condition.

Predicting disease progression

Biomarkers can also be used to predict the progression of a disease or condition. By monitoring specific biomarkers, healthcare providers can identify individuals at risk of developing certain diseases or experiencing disease progression. This will help in treatment decisions and interventions.

Monitoring treatment response

Biomarkers and surrogate endpoints can be used to monitor the response to treatment over time. By regularly measuring biomarkers, healthcare professionals can assess if a treatment is working and make adjustments if necessary. This allows for personalized and targeted approaches.

Accelerating clinical trials

The assessment of novel therapies can be accelerated by using surrogate endpoints, which are biomarkers that stand in for clinical outcomes. Rather than waiting for long-term clinical results, researchers can quantify the impact of a treatment on a biomarker by utilizing surrogate endpoints. This has speed up the creation of novel treatments.

Improving patient outcomes

By using biomarkers and surrogate endpoints, healthcare professionals can make more informed decisions about patient care. This can lead to more personalized treatment plans, better monitoring of disease progression, and improved patient outcomes.

Artificial intelligence and machine learning

Artificial intelligence [AI] and machine learning algorithms have the potential to revolutionize evidence-based practice by analyzing large datasets, identifying patterns, and predicting treatment outcomes. AI-enabled technologies can assist in clinical decision-making, risk prediction, and patient monitoring, enhancing the delivery of evidence-based care. According to Vivek (2023), artificial intelligence has had the following effects on evidence-based practice:

Data analysis and pattern recognition

AI algorithms can analyze vast amounts of data, including clinical studies, patient records, and medical literature, to identify patterns and trends. This analysis can help researchers and clinicians uncover valuable insights and

Identify evidence-based guidelines in real time (Alowais et al., 2023).

Research gap identification

AI can help detect research gaps by analyzing existing literature and identifying areas where evidence-based answers are lacking. This can prevent redundant studies and ensure that research funds are allocated more efficiently (Davenport and Kalakota, 2019).

Evidence synthesis

AI can accelerate the evidence synthesis process, which is traditionally slow and costly. By automating the collection, appraisal, and combination of data, AI can provide more up-to-date and comprehensive evidence for decision-making (Alowais et al., 2023)

Living systematic reviews

AI can enable the creation of living systematic reviews [LSR]. LSRs are continuously updated reviews that incorporate new evidence as it becomes available. This ensures that decision-making is based on the most current and relevant information (Ferreira, 2023).

Shared decision-making

AI can facilitate shared decision-making by engaging patients and eliciting their values and preferences. Chatbot-based decision aids, for example, can provide personalized information and support patients in making informed choices about their healthcare (Davenport and Kalakota, 2019).

Clinical decision support systems [CDSS]

AI can contribute to the development of clinical decision support systems that deliver personalized recommendations based on individual patient data. These systems can help healthcare providers make evidence-based decisions that align with patient preferences (Davenport and Kalakota, 2019).

STEPS IN INCORPORATING RESEARCH INTO NURSING CARE

Shwetha,(2023) identified five steps in incorporating research into nursing care, these are;

1. Ask a question; the question should be asked using the PICOT format [patient population of interest, intervention, comparison, and sometimes time. The PICOT design provides an efficient framework for searching electronic databases. One designed to retrieve

only articles relevant to the clinical question. Using a case scenario on rapid response teams as an example, the question should be framed as whether such teams would result in positive outcomes: "In acute care hospitals, how does having a rapid response team compared with not having a response team affect the number of cardiac arrests during a three-month period time?"

2. Find information or evidence to answer questions; the search for evidence is usually streamlined when using the PICOT format. Using the PICOT format helps to identify keywords or phrases that, enable the researcher to gather findings as close to the truth as possible.

3. Critically appraise the evidence/information; once information has been gathered, it must be quickly reviewed and appraised to know if they are relevant, valid, reliable, and applicable to the clinical question. An appraisal is done to know whether such studies have similar subjects, whether the benefits outweigh the risks, feasibility and cost-effectiveness, and patients' values and preferences. Thereafter, each study is synthesized to know if they have similar conclusions, thus supporting an EBP decision or change.

4. Integrate appraised evidence with clinical expertise and patient preferences and values; research evidence alone is not sufficient to justify a change in practice. Clinical expertise, based on patient assessment, laboratory data, and data from outcomes management are important components to expedite the location of relevant information in a research database.

5. Evaluate; it's important to monitor and evaluate any changes in outcome so that positive effects can be supported and the negative ones corrected. A controlled trial may not work the same way in the clinical setting, but monitoring the effect of an EBP change on healthcare can help identify areas of flaws during implementation.

6. Disseminate EBP results; Duquesne [2022] identified this step as one of the steps in incorporating EBP into nursing care. Healthcare providers can achieve so many useful outcomes from their patients through EBP but they often fail to share their experiences with other healthcare providers in other health facilities. This often leads to needless duplication of effort and methods that do not support EBP.

EBP can be disseminated through ward rounds, presentations at local, regional, and national conferences, reports in peer-reviewed journals, professional newsletters, and publications for the general

public.

CHALLENGES/POSSIBLE SOLUTIONS IN INCORPORATING EBP INTO NURSING CARE IN NIGERIA

Several challenges have been identified by various authors as hindrances to the incorporation of EPB in Sub-Saharan Africa of which Nigeria is inclusive. Kabir et al (2022) identified various challenges and possible solutions including;

Resources and infrastructure

A lack of manpower and resources which have always been lacking creates an imbalance in both training and implementation of EPB. Basic infrastructure is lacking as well as trained experts. The lack of technicalities to use information technology is a major challenge against the use of EBP.

Inadequate facilities and capacity building

Inadequate or absence of current journals/ electronic library facilities and lack of internet access, unstable electricity supply, in the various health facilities are major challenges to the use of EBP in nursing care.

Inadequate funding

Sponsoring research is also a major challenge to EBP in sub-Saharan Africa with Nigeria inclusive. Training and retraining of staff through continuing education is missing. The government should be responsible for sponsoring, training, support and assisting staff that have served them for further education to enhance their knowledge that will motivate them to implement EBP.

Collaboration and teamwork

EPB involves teamwork and collaboration with various disciplines, however, this is not the case in Nigeria and in the sub-Saharan region due to the rivalry among healthcare providers this hinders the growth of EBP and quality care delivery. Partnership and collaboration should be encouraged by all healthcare providers in order to promote a strong foundation in the healthcare delivery system for effective and well-organized planning in EBP in healthcare services.

Curriculum reform

Curriculum reform is highly needed in Nigeria and the sub-Saharan region as a whole in order to accommodate

the changing needs in healthcare delivery such as improving primary healthcare, meeting new health challenges, EBP and millennium development goals. Competency-based curriculum should be adopted in our nursing schools in place of content-driven curriculum, in order to achieve great success in nursing education.

Professional regulation

Lack of professional regulation in nursing education is also a major challenge. There are issues regarding specialist and advanced nursing practice, accountability and autonomy, continuing education and delegation, as well as consultancy. Nurses are not being involved in policy and decision-making process. Policy is being made by the physicians who are nominated by the government to decide on matters that involves nurses and other healthcare professionals. The government should appoint representatives from all members of healthcare professionals in policy and decision-making such that EBP and other trends in nursing can be incorporated into nursing practice.

Nursing culture

Culture and practices of nurses are closely interrelated. The concept of EPB is often misplaced such that the attitude of nurses towards conducting research is only to fulfil academic purpose, there is insufficient research in the relevant areas of practice, lack of confidence in conducting and presenting research findings, too few nurses researchers and lack of feedback and evaluation from the relevant areas of practice, these and more, militate against the use of EPB. Nurses should deliberately imbibe culture and practices that will promote positive changes, of which EBP is a major key player to deliver quality nursing care.

CONCLUSION

EBP is a comprehensive, individualized approach to healthcare delivery; patient values, proven evidence, and professional knowledge are the three essential core values to consider while implementing this method. Despite its various benefits to the healthcare system, nurses in the Sub-Saharan area, including Nigeria, are working hard to completely adopt EBP. Despite the numerous problems that come with incorporating research into nursing care in Nigeria, a concerted effort is being undertaken to develop a scientific foundation for practice. Meanwhile, EBP has made several advances in some developed countries around the world, resulting in increased collaboration and partnership between health care providers and policymakers, as well as the use of wearable devices to collect valuable and real-time vital

signs to monitor patients and ensure the best decision is made regarding patient care. Translational research is being conducted in various nations around the world, allowing healthcare providers to apply discoveries from fundamental research to clinical practice. These and other advancements have been made to improve the EBP method in healthcare delivery.

RECOMMENDATIONS

- Promoting research mindedness; nursing research should be encouraged among Nigerian nurses, as this will improve the ability of nurses to be involved in the process of conducting researches to improve EBP, and not for academic purpose alone. Nursing curriculum should be reformed to promote research mindedness, thus, enhancing EBP.
- Manpower development and capacity building; nurses should be specially trained in research methods and schools of nursing should be furnished with qualified nursing researchers to educate student nurses on research methods, thus, promoting EBP. Schools of nursing should have well equipped libraries, with current journals and books, electronic libraries with good internet access to facilitate learning and enhance EBP.
- Adequate funding; the Nigerian government should provide research grants to nursing institutions that are willing to conduct researches to promote EBP in nursing care delivery.
- Effective collaboration of nurses with other healthcare providers; nurses should be appointed among other healthcare providers as policy makers in the healthcare industry, such that issues relating to the nursing profession can be tackled appropriately, this will promote effective nursing care delivery, and in turn, promote EBP.
- Nursing informatics; will help build a network of communication with other health institution and gradually build up a web of information and interaction and sharing of ideas about practice. This will enhance structuring of information to improve clinical decision-making process.

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