
Implementation of Evidence-Based Practice in Nursing Care in the General Surgery Ward of a Tertiary Hospital in Kidapawan City

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ABSTRACT

This study examined the implementation of Evidence-Based Practice (EBP) among nurses in the General Surgery Ward at Cotabato Provincial Hospital in Kidapawan City. Specifically, it determined nurses' demographic profile, assessed the level of EBP implementation in nursing care, identified challenges affecting EBP adoption, examined the relationship between demographic characteristics and EBP implementation, and proposed recommendations for improvement. A quantitative descriptive-correlational design was utilized involving 20 nurses through total population sampling. Data were collected using a validated, researcher-developed questionnaire and analyzed using descriptive and inferential statistics. Findings revealed high EBP implementation across patient assessment, care planning, intervention implementation, outcome evaluation, and documentation. Time availability for patient care emerged as the most significant challenge, while knowledge of EBP, access to research materials, attitude toward change, and administrative support were moderate challenges. No significant relationship was found between demographic characteristics and EBP implementation. The findings indicate that organizational and systemic factors influence EBP integration more than personal characteristics.

Keywords: Evidence-Based Practice, Nursing Care, Surgical Nursing, Patient Safety, Documentation.

INTRODUCTION

Evidence-Based Practice (EBP) is a cornerstone of quality nursing care, particularly in surgical settings where clinical decisions directly affect patient outcomes. Research shows that evidence-guided protocols improve patient safety, communication, and recovery (He et al., 2023; Arsenault Knudsen et al., 2025). However, EBP implementation is often hindered by inadequate training, limited access to research, staffing shortages, and time constraints (Edmealem et al., 2024; Tamayo et al., 2022).

In the Philippines, particularly in provincial hospitals, studies on EBP implementation remain limited. This creates uncertainty regarding how local resources, organizational support, and nurses' characteristics influence evidence-based nursing care. To address this gap, this study examined EBP implementation among nurses in the General Surgery Ward of Cotabato Provincial Hospital, Kidapawan City.

STATEMENT OF THE PROBLEM

This study sought to:

1. Determine the demographic profile of nurses in terms of age, gender, educational attainment, years of professional experience, years in the General Surgery Ward, and position/designation.
2. Assess the level of EBP implementation in:
 - Patient Assessment
 - Planning of Care
 - Implementation of Interventions
 - Evaluation of Outcomes
 - Documentation of Care

3. Identify challenges affecting EBP implementation regarding:
 - Knowledge of EBP
 - Access to Research Materials
 - Time Availability
 - Resistance to Change
 - Administrative Support
4. Determine whether a significant relationship exists between demographic characteristics and EBP implementation.
5. Recommend strategies to improve EBP implementation in nursing care.

SCOPE AND DELIMITATIONS

This study focused on the implementation of EBP among nurses in the General Surgery Ward at Cotabato Provincial Hospital, Kidapawan City. It examined five domains of nursing care: patient assessment, care planning, intervention implementation, outcome evaluation, and documentation.

The study also investigated demographic factors and barriers to EBP implementation, including knowledge, access to research materials, time constraints, resistance to change, and administrative support. Total population sampling was used, involving all 20 nurses assigned to the ward. Findings were limited to self-reported responses and may not be generalizable to other hospital settings.

REVIEW OF RELATED LITERATURE

Previous studies indicate that EBP improves nursing documentation, patient outcomes, communication, and efficiency in surgical settings (He et al., 2023). Despite its benefits, implementation remains inconsistent due to inadequate training, limited resources, staffing shortages, and organizational barriers (Edmealem et al., 2024; Arsenault Knudsen et al., 2025; Uda & Bagolong, 2023).

Research also shows that nurses' education, professional experience, and leadership roles influence EBP competency and adoption (Schetaki et al., 2023; Balci et al., 2023; Mun et al., 2023). These findings highlight the importance of both individual competence and institutional support in promoting evidence-based nursing practice.

THEORETICAL FRAMEWORK

This study was anchored in four theories: Nightingale's Environmental Theory, which emphasizes the influence of environmental conditions on quality care; Technology Competency Theory, which highlights the importance of technological literacy in accessing evidence; Roy's Adaptation Model, which explains nurses' responses to workplace demands; and Watson's Theory of Human Caring, which integrates scientific knowledge with compassionate patient care.

CONCEPTUAL FRAMEWORK

The study examined the influence of demographic characteristics and EBP-related challenges on the level of EBP implementation.

Independent Variables:

- Demographic Profile
- EBP Challenges and Barriers

Dependent Variable:

- Level of EBP Implementation in Nursing Care

- The framework assumes that both personal and organizational factors affect EBP implementation.

METHODOLOGY

The study employed a quantitative descriptive-correlational design. It was conducted in the General Surgery Ward of Cotabato Provincial Hospital, Kidapawan City. Total population sampling was utilized, involving all 20 nurses assigned to the ward.

Data were collected using a validated researcher-made questionnaire consisting of three sections: demographic profile, EBP implementation, and challenges to EBP implementation. The instrument achieved a Content Validity Index (CVI) of 1.00 and underwent pilot testing and reliability testing using Cronbach's alpha.

Data collection was conducted through Google Forms following Ethics Review Board approval and hospital permission. Descriptive statistics were used to summarize demographic characteristics, EBP implementation, and challenges, while Mann-Whitney and Kruskal-Wallis tests were used to determine significant relationships at $p < 0.05$. Ethical principles of informed consent, confidentiality, anonymity, and voluntary participation were observed.

RESULTS AND DISCUSSION

SOP 1. What is the demographic profile of the respondents?

Of the 20 nurses, 65% were aged 30–39 years and 35% were aged 20–29 years. Most respondents were female (90%), BSN graduates (95%), and had 6–10 years of professional nursing experience (80%). Similarly, 80% had 6–10 years of experience in the General Surgery Ward. Most respondents were staff nurses (70%), followed by charge nurses (25%) and head nurse (5%).

SOP 2. What is the level of implementation of EBP in nursing care?

All domains demonstrated High Implementation: Planning of Care ($M=3.03$), Patient Assessment ($M=3.02$), Documentation of Care ($M=3.01$), Evaluation of Outcomes ($M=3.00$), and Implementation of Interventions ($M=2.98$). Strong areas included patient education, evaluation of outcomes, and use of standardized documentation.

SOP 3. What challenges affect EBP implementation?

Time Availability for Patient Care ($M=3.65$) was the only Significant Challenge. Knowledge of EBP ($M=2.60$), Access to Research Materials ($M=3.00$), Attitude or Resistance to Change ($M=2.95$), and Administrative Support ($M=2.55$) were Moderate Challenges. These findings suggest that workload and time limitations hinder full EBP integration.

SOP 4. Is there a significant relationship between demographic profile and EBP implementation?

No significant relationship was found between demographic characteristics and EBP implementation. All computed p -values exceeded 0.05, indicating that age, gender, educational attainment, experience, and position did not significantly affect EBP implementation levels.

SOP 5. What recommendations can improve EBP implementation?

Recommendations include strengthening EBP training, increasing access to research resources, improving staffing and workload management, establishing EBP mentoring systems, and conducting regular EBP monitoring and evaluation.

SUMMARY

This study examined EBP implementation among 20 nurses in the General Surgery Ward of Cotabato Provincial Hospital, Kidapawan City. Nurses demonstrated high EBP implementation across all domains. Time availability was the primary challenge, while other barriers were moderate. No significant relationship was found between demographic characteristics and EBP implementation, suggesting that organizational factors play a greater role in influencing evidence-based nursing practice.

CONCLUSIONS

1. The nursing workforce consisted primarily of female BSN graduates with moderate professional experience.
2. Nurses demonstrated high implementation of EBP in patient assessment, care planning, interventions, evaluation, and documentation.
3. Time constraints were the most significant barrier to EBP implementation.
4. Demographic characteristics did not significantly influence EBP implementation.
5. Organizational support is essential for strengthening evidence-based nursing practice.

RECOMMENDATIONS

For Nurses: Participate in EBP training, peer learning, and evidence-based discussions.
For Hospital Administration: Improve staffing, provide research resources, establish EBP mentoring programs, and integrate EBP into performance evaluation.
For Future Research: Investigate the effects of EBP interventions, staffing patterns, and digital technologies on nursing outcomes.

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AI DECLARATION STATEMENT

AI tools were used only for grammar and formatting support. All data collection, analysis, and interpretation were conducted solely by the author.

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