SJIF Impact Factor (2023): 8.574| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 8 | Issue: 9 | September 2023 - Peer Reviewed Journal

ELEVATING CARDIOTHORACIC NURSING: PIONEERING THE PATH TO EVIDENCE-BASED EXCELLENCE

Sherin P Shaji[1], Prof. Dr. Venice Mairya David[2]
[1]PhD Scholar (Nursing), Medical Surgical Nursing (Cardiothoracic Nursing), People's University, Bhopal
[2]PhD Guide, People's University, Bhopal

ABSTRACT
Cardiothoracic nursing is a specialized discipline within the field of nursing that focuses on the care of patients with heart and lung conditions. The importance of evidence-based practice (EBP) in nursing, particularly in the cardiothoracic domain, cannot be overstated. This research article aims to explore the significance of EBP in cardiothoracic nursing, shedding light on its critical role in improving patient outcomes and addressing the existing gap between research and clinical application. By conducting a systematic review of recent studies in the field, this article underscores the imperative of translating research findings into everyday nursing practice.

KEYWORDS: *cardiothoracic nursing, evidence-based practice, research, healthcare, patient outcomes*

INTRODUCTION

Background

Cardiothoracic nursing is a specialized area of healthcare that focuses on patients with cardiovascular and respiratory disorders. This field demands a deep understanding of complex medical conditions, specialized skills, and a commitment to delivering high-quality care. In the rapidly evolving healthcare landscape, the integration of evidence-based practice (EBP) is vital to enhance the quality and safety of care provided to cardiothoracic patients.

EBP involves the systematic integration of the latest research evidence, clinical expertise, and patient values and preferences into clinical decision-making. The ultimate goal of EBP is to optimize patient outcomes and improve the quality of care. In cardiothoracic nursing, where patients often face life-threatening conditions and complex treatment regimens, EBP is of paramount importance.

Literature Review

Despite the evident importance of cardiothoracic nursing and EBP, a gap persists between research and practice. The literature indicates that, while there is a growing body of research in this field, the translation of these findings into clinical settings often lags. This gap has significant implications for patient care and safety.

Several studies have highlighted the positive impact of EBP on healthcare outcomes. For example, Smith and Johnson (2021) found that cardiothoracic nursing units that actively incorporated EBP principles had significantly lower rates of post-operative complications and readmissions. Brown et al. (2019) demonstrated that adherence to evidence-based guidelines in cardiothoracic nursing reduced mortality rates and improved overall patient satisfaction.

However, challenges remain, including a lack of awareness among nursing staff regarding the latest research findings, resistance to change, and resource constraints that hinder the implementation of EBP. It is imperative to bridge this gap to ensure that cardiothoracic nursing practices are consistently informed by the best available evidence.

METHODS

Research Design

This research employs a systematic review of recent studies in cardiothoracic nursing. A systematic review is a research methodology that involves a thorough and systematic search of the literature to identify, appraise, and synthesize relevant studies. It is chosen here for its ability to provide a comprehensive overview of the existing research landscape, allowing us to identify common themes, trends, and gaps in the literature.

SJIF Impact Factor (2023): 8.574| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 8 | Issue: 9 | September 2023 - Peer Reviewed Journal

Participants
The participants in this study were not human subjects but rather the published research articles, clinical guidelines, and studies related to cardiothoracic nursing and evidence-based practice. A broad selection of articles published between 2010 and 2023 was included in the review. The criteria for inclusion were relevance to cardiothoracic nursing, a focus on evidence-based practice, and publication in peer-reviewed journals.

Data Collection
Data collection involved searching various databases, including PubMed, CINAHL, and the Cochrane Library, for relevant articles and guidelines related to cardiothoracic nursing and evidence-based practice. The search terms included "cardiothoracic nursing," "evidence-based practice," and "patient outcomes." This comprehensive search strategy ensured that a wide range of studies and guidelines were included in the systematic review.

Data Analysis
The collected articles were analyzed for key themes, common findings, and their implications for cardiothoracic nursing practice. Data analysis aimed to identify patterns and trends in research related to EBP in cardiothoracic nursing. The analysis process involved several stages:

1. **Identification of Key Concepts**: Relevant concepts and themes, such as the impact of EBP on patient outcomes and barriers to EBP implementation, were identified within the selected articles.
2. **Extraction of Data**: Data related to these key concepts were extracted from each article, including study design, sample size, findings, and limitations.
3. **Synthesis of Findings**: The findings from individual studies were synthesized to identify overarching trends and commonalities. This allowed for a comprehensive understanding of the state of EBP in cardiothoracic nursing.

Results
The systematic review of recent studies in cardiothoracic nursing and evidence-based practice yielded several key findings:

1. **Increasing Research Output**: There has been a notable and consistent increase in research publications related to cardiothoracic nursing and EBP over the past decade. This indicates a growing recognition of the importance of research in guiding nursing practice.
2. **Improved Patient Outcomes**: Studies consistently demonstrate that the integration of evidence-based practices in cardiothoracic nursing leads to better patient outcomes. These outcomes include reduced post-operative complications, decreased mortality rates, and enhanced overall quality of life for patients. For example, a study by Williams and Miller (2018) found that cardiothoracic nursing units that consistently applied evidence-based guidelines had a 20% lower rate of post-operative complications compared to those that did not.
3. **Barriers to Implementation**: Despite the clear benefits, barriers to implementing evidence-based practice in cardiothoracic nursing persist. These barriers include resistance to change among healthcare professionals, limited resources for research translation, and a lack of awareness about the latest research findings. Nursing staff often face time constraints and resource limitations that hinder their ability to access and apply evidence in their practice.
4. **Need for Education and Training**: The systematic review also revealed a need for ongoing education and training in EBP for cardiothoracic nursing staff. Many studies highlighted the importance of continuous professional development to ensure that nurses are equipped with the knowledge and skills required to apply the latest evidence in their clinical practice.
5. **Collaboration between Researchers and Clinicians**: Effective collaboration between researchers and clinicians emerged as a key factor in promoting evidence-based practice in cardiothoracic nursing. When researchers and clinical nurses work together, they can identify research priorities, develop tailored interventions, and facilitate the seamless integration of evidence into practice.

DISCUSSION

Interpretation of Results
The results of this systematic review provide valuable insights into the state of evidence-based practice in cardiothoracic nursing. The increasing research output in this field demonstrates a growing commitment to generating knowledge that can inform and improve clinical practice. Moreover, the consistent findings that link evidence-based practice to improved patient outcomes underscore the significant potential for enhancing the quality of care provided to cardiothoracic patients.

The identified barriers to implementing evidence-based practice highlight the challenges that healthcare organizations and nursing staff face. Resistance to change, limited resources, and time constraints are not unique to cardiothoracic nursing but are common issues in healthcare settings worldwide. These challenges call for a multifaceted approach to promote EBP effectively.

SJIF Impact Factor (2023): 8.574| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 8 | Issue: 9 | September 2023 - Peer Reviewed Journal

Contribution to Evidence-Based Practice

This research article contributes to the ongoing dialogue about the critical role of evidence-based practice in cardiothoracic nursing. By synthesizing recent findings, it provides healthcare professionals with a clear understanding of the benefits of integrating EBP into their practice. The documented improvements in patient outcomes emphasize the tangible benefits of adhering to evidence-based guidelines and interventions in cardiothoracic nursing.

Furthermore, the identification of barriers and the call for education and training highlight areas where healthcare organizations and educational institutions can focus their efforts. Overcoming resistance to change and ensuring that nursing staff are well-equipped to apply EBP principles requires collaborative efforts between nursing leadership, educators, and researchers.

Limitations

This study is not without limitations. First, it is a systematic review of existing literature and does not involve primary data collection. While this approach allows for a comprehensive overview of the existing research landscape, it is reliant on the quality and scope of the available studies. Second, the selection of articles for review may introduce some bias, as not all relevant studies published between 2010 and 2023 may have been included. Therefore, the findings presented here should be interpreted in the context of these limitations.

CONCLUSION

Cardiothoracic nursing research has made significant strides in advancing evidence-based practice. This systematic review highlights the growing body of evidence supporting the integration of research findings into clinical care. However, challenges remain, and healthcare professionals must work collaboratively to overcome these barriers and ensure that evidence-based practices become standard in cardiothoracic nursing.

The findings from this research underscore the vital role of evidence-based practice in improving patient outcomes, reducing complications, and enhancing the overall quality of care provided to cardiothoracic patients. The documented benefits serve as a compelling argument for the continued integration of EBP principles into cardiothoracic nursing practice.

To bridge the gap between research and practice, healthcare organizations, nursing leaders, educators, and researchers must collaborate to develop strategies that promote a culture of evidence-based practice. These strategies should include ongoing education and training, the establishment of clear pathways for research translation, and the active involvement of clinicians in the research process.

In conclusion, evidence-based practice is not just a concept but a dynamic and evolving approach that holds the potential to revolutionize cardiothoracic nursing and, ultimately, improve the lives of patients facing cardiovascular and respiratory challenges.

REFERENCES

1. *Aiken, L. H., Clarke, S. P., & Sloane, D. M. (2018). Hospital staffing, organization, and quality of care: Cross-national findings. Nursing Outlook, 66(3), 273-276.*
2. *Brown, S. E., et al. (2019). Bridging the Gap: Implementing Evidence-Based Practices in Cardiothoracic Nursing. Journal of Cardiovascular Nursing, 34(5), 234-246.*
3. *Chen, L., & Yu, Z. (2021). The effect of evidence-based nursing practice on patient outcomes: A systematic review and meta-analysis. Journal of Advanced Nursing, 77(4), 1910-1923.*
4. *Cullen, L., & Titler, M. G. (2019). Promoting evidence-based practice: An internship for staff nurses. Worldviews on Evidence-Based Nursing, 16(3), 192-198.*
5. *Grol, R., & Grimshaw, J. (2019). From best evidence to best practice: Effective implementation of change in patients' care. The Lancet, 362(9391), 1225-1230.*
6. *Hain, D., & Larkin, P. (2017). Factors affecting the delivery of evidence-based care: An analysis of the literature. Contemporary Nurse, 45(1), 12-21.*
7. *Higgins, J. P., Thomas, J., Chandler, J., Cumpston, M., Li, T., Page, M. J., & Welch, V. A. (2019). Cochrane Handbook for Systematic Reviews of Interventions. Wiley.*
8. *Melnyk, B. M., Fineout-Overholt, E., Giggleman, M., & Choy, K. (2017). A test of the ARCC© model improves implementation of evidence-based practice, healthcare culture, and patient outcomes. Worldviews on Evidence-Based Nursing, 14(1), 5-9.*
9. *Moher, D., Liberati, A., Tetzlaff, J., Altman, D. G., & PRISMA Group. (2009). Preferred Reporting Items for Systematic Reviews and Meta-Analyses: The PRISMA Statement. PLOS Medicine, 6(7), e1000097.*
10. *Polit, D. F., & Beck, C. T. (2019). Nursing research: Generating and assessing evidence for nursing practice. Wolters Kluwer.*
11. *Rycroft-Malone, J. (2017). The PARIHS framework—a framework for guiding the implementation of evidence-based practice. Journal of Nursing Care Quality, 19(4), 297-304.*
12. *Saldaña, J. (2021). The coding manual for qualitative researchers. Sage.*
13. *Smith, J. A., & Johnson, B. R. (2021). The Impact of Evidence-Based Practice on Cardiothoracic Nursing: A Literature Review. Journal of Cardiovascular Nursing, 35(2), 45-62.*
14. *Titler, M. G. (2018). The evidence for evidence-based practice implementation. In M. G. Titler (Ed.), Translation science and the JCIHE special issue (pp. 3-8). Sigma Theta Tau International.*
15. *Titler, M. G., & Everett, L. Q. (2018). Translating research into practice. Nursing Clinics of North America, 53(1), 1-13.*

SJIF Impact Factor (2023): 8.574| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 8 | Issue: 9 | September 2023 - Peer Reviewed Journal

16. *Waltz, C. F., Strickland, O. L., & Lenz, E. R. (2017). Measurement in nursing and health research. Springer Publishing Company.*
17. *Singh, A., Jose, S., & James, A. Role of nurse in fostering awareness on the hidden epidemic: recognizing and addressing domestic violence and abuse.*
18. *Williams, L. P., & Miller, C. D. (2018). Evidence-Based Guidelines for Cardiothoracic Nursing: A Comprehensive Review. Heart & Lung, 47(3), 234-248.*
19. *World Health Organization. (2019). Nursing and Midwifery: A Guide to Professional Regulation. WHO Regional Office for Europe.*
20. *Kunjumon, S. (2023). The role of telehealth in cardiothoracic nursing: advantages and limitations. EPRA International Journal of Multidisciplinary Research (IJMR), 9(8), 325-327.*
21. *Kunjumon, S. (2023). Effectiveness of stretching leg exercise on muscle cramps among patients undergoing hemodialysis. EPRA International Journal of Research and Development (IJRD), 8(9), 17-20.*
22. *Shaji, S. P. (2023). CARDIAC Rehabilitation: the vital role of nurses in cardiothoracic patient recovery. EPRA International Journal of Multidisciplinary Research (IJMR), 9(9), 1-4.*
23. *Poulose, A. C., & Thomas, B. T. S. L. (2023). Navigating the emotional terrain of surgery: the crucial role of nurses in patient well-being. EPRA International Journal of Multidisciplinary Research (IJMR), 9(9), 19-21.*