

Global health and evidence based practice

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Global health involves the act of conducting researches that in turn require an evidence-based practice so as to bring out the intended findings. Global health worldwide hence incorporates a whole different lot of countries. To achieve a set of objectives, some medical practitioners adopt evidence-based practice as a way of conducting research: clinical data for clinical use. This paper brings out different findings and reasons as to why different clinical research methods are better as compared to others. Evidence related to the same is also included in the paper.

Keywords

Global Health Research Evidence based practice, Findings medical practitioners Research methods

Evidence-based practice wholly revolves around an integration of the best medical research methods. As a result, it calls for skilled medical personnel to find and record empirical clinical data. The main aim is to identify clinical problems that affect some countries on a global level. Some methods have been introduced to create reliable data. The truth is, some prove to be better than others out depending on the quality of their findings.

In the field administering treatment to a patient, evidence-based practice is the most effective. As a result, they rely on scientifically related data to provide findings. Its history dates back to 1972. Nonetheless, evidence-based practice evolves day in day out. Some factors like a rise in the level of technology fuel the rate at which interventions based on the practice.

Some of these interventions include the use of electronic health records to keep track of the patient's health. Since the technique has been incorporated in today's health systems, government policy requires all nurses to have a vast knowledge in evidence-based practice. Consequently, education institutions have now introduced the technique to nursing programs. Health organizations now prefer nurses who are well affirmed with the techniques. The main aim rotates around involving nurses while making critical clinical decisions.

PART A

As per recent findings, a number of health organizations are on the lookout for nurses or learned-qualified medical practitioners. As a result, they are in day to day decision-making process so as to facilitate the daily running of any health organization. The health market is also in one way or another diverting its dynamics by incorporating better methods in improving its patient's level and quality of healthcare.

In a bid to provide better HealthCare, institutions are faced with a competition challenge. Bearing in mind that there is an ever increasing shortage of nurses, some organizations are seeking to improve their status by employing qualified practitioners. Skilled personnel who have what it takes to provide better services via the use of the evidence based practice.

In response to government regulations in the health sector, nurses should utilize evidence-based research. The method is important since it seeks to improve the outcome of patients. Comprised of 3 different components namely; research evidence, clinical expertise and patient values, it leads to a better outcome and realization of goals. Also, it plays a role in ensuring that health resources are used sparingly hence relevant evidence is usually collected.

Before evidence-based practice came into the picture, nurses wholly relied on academic colleagues to provide instructions and final verdicts on patients. Over the years the evidence based practice has now involved nurses as a vital unit in the process of decision making. A definite progression has since been noted as a result of the practice.

Besides being recognized as a vital practice in health organizations, evidence-based research is now a core unit in professional development. Institutions providing education

programs incorporating nursing practices need to up their game to remain relevant in the world of instilling knowledge to students who seek to pursue health-based programs.

Nurses should utilize the method as mentioned earlier since it comes along with the following benefits (Rycroft-Malone et al., 2004).

Benefits of evidence-based practice

Improved data information and findings.-Utilization of the practice compels organization in realizing better information that relates to clinical practices. Evidence-based practices in one way or another weigh the truth found in pre-existing myths or assumptions in the health sector. It changes stagnant ways and strategies of how something should be done or conducted.

Increased funding and attention-Rated as the best, evidence-based practice has captured the attention of donors primarily both governmental and non-governmental organizations. As a result, it improves the quality of the program as mentioned earlier. More opportunities including jobs are on the rise as this new practice has been widely accepted.

The increase in the level of technology-Technology has been advanced as a result of the health programs. It helps by tracking a client or patient's health record over a period. Use of technology in making the program work also drives in the issues of security. Medical records are electronic hence kept private. Data is rarely tampered with since medical outlets usually keep a backup of any vital information.

Part b

The main aim of the investigation is to generate new evidence and knowledge pertaining an issue that some people were not aware. Studies involving researching are systematic and

follow a particular strategy or procedure to realize an outstanding result. Research suggests something deeper like finding out about a particular phenomenon. It proves to be more rigorous. Its skills are however used in a method known as evidence-based practice. The method is used to realize and identify clinical findings for the benefit of a client's conditions.

Widely practiced by nurses, the process aims to promote better health care. Nurses need the skills involved in research methods so as to incorporate it into the now established health program. Unlike research, EBP includes the act of translating findings and incorporating a clinical decision. Nurses should understand the qualitative type of research method which involves answering questions on why or how a particular phenomenon came to exist. Qualitative data do not generalize a whole community as whole from just a single finding. In this way, it relates to nursing since only patients results cannot be used to prove the state of a whole lot of other people.

Qualitative research wholly revolves around the interpretation of data and conclusions by making use of them and finally transforming (Melnyk & Fineout-Overholt, 2011). Some qualitative researchers used in health care are grouped as generic since they are somewhat of inductive and rarely stray away from nature. Over all the other methods, nurses should gain knowledge in the qualitative type of research so as to facilitate the process by which evidence based practice is utilized across health institutions.

The mentioned kind of research is also being used in healthcare to identify barriers behind only health barriers. It helps to determine what state to put in a patient by administering the right drugs hence calls the need for nurses to get familiar with the research method. Also, the named type of research method is used to identify both social and cultural factors that influence

health care in either a positive or negative way. Nursing involves analysis as used in qualitative research hence share some similarities as far as the two types of analysis are concerned:

Discourse and conversational

For a qualitative kind of research method to work efficiently, it needs to be accompanied by qualitative knowledge. Qualitative knowledge wholly depends on information derived from the social behaviors of human beings while understanding its weight and context to make professional clinical decisions. Nursing as a profession draws its formation from data that was collected by history using the various methods of research. It is hard to apply any analysis procedure in nursing hence calls for a profession with the required skills.

PART C

Evidence-based practice for diabetic patients in Iran

Some complications accompany diabetes, foot ulceration being the most common. As per the article by (Varaei, Salsali, & Cheraghi, 2013), Evidence-based practice works in diabetic patients hence leads to quality improvement in the world of nursing. With the ever increasing and alarming rate of the growth of diabetes, both scientists and medical practitioners are on their toes finding an adequate solution to the menace. Diabetes mellitus is most prevalent among patients in Iran. It is a common complication is the foot ulcer. A report as per the article named above claim that 5-8% patients in Iran suffer from diabetes mellitus accompanied by an increase of 5000 patients yearly.

Nurses have a significant role to play in ensuring evidence-based practice is applied across a whole lot of patients across Iran. The practice has been embraced out of its positive progress in tackling diabetes. Nurses on the other side have been urged to seek programs that

will help use the technique. Evidence-based practice requires clinical expertise, patient values as well as actual research data to facilitate a clear and professional clinical decision. In a bid to promote the above technique, nurses use various technics, methods as well as materials which directly relate to evidence-based practice to tackle diabetes in Iran. They include:

Sample

The whole lot of 19 nurses available in Iran underwent training on how to improve the outcome of a patient by use of evidence-based research. Not only do they provide the services but also monitor the costs met while providing better health care to patients. In the process, nurses fill a questionnaire to facilitate the evaluation of clinical performance by researchers. The survey involved the rate at which patients are admitted. As per the article, the ward which hosts different patient who needs evidence based practice to improve their outcomes, out of sixteen, three were diagnosed with diabetes mellitus.

Educational, clinical programs

To facilitate the process by which diabetes patients in Iran improved their results, nurses divided themselves into groups preferably made up of 6-7 nurses. The main aim included to educate them about diabetes. As a result, every nurse in the ward was expected to identify the problems of the specific patient. Points noted such as the risk at which the patient was exposed to help them come up with a concrete decision in dealing with diabetes.

With the aid of incorporating the above programs to help nurses arrive with a way of dealing with patients, nurses gained a better set of skills in approaching patients. Fresh data and findings fetched from research should always be incorporated and relayed towards nurses. As a result, nurses gain the chance to improve the quality of customer satisfaction. It is hence

achieved by way of displaying discipline and a lot of concern towards them. It is important since it creates a path in which nurses realize better outcomes in patients by use of evidence-based practice

Obstacles and solutions affecting Evidence-Based Practice

Depth of the research.

Research requires maximum attention to facilitate the accuracy of its data. Depending on how big an analysis is a research program request more time in handling it. Resources or rather a lot of capital and investments as well as energy will be incorporated to come up with the definite date that will lead to a professional clinical decision. On the other hand, this can be solved by the way use of better techniques or services that extract information fast

Applying evidence-based research

Difficulties are encountered while using evidence-based research due to a whole lot of different factors. Common factors include poor access to outstanding evidence and set of procedures to follow or guidelines. In one way or another mess the quality of findings hence compromising the quality of patient outcome. Some patients respond slowly to treatment which turns out to be frustrating. As a result, this can be tackled by way of applying selected incentives to drive to influence better disease management systems. Programs dealing with medical practitioners should be introduced to create awareness among nurses.

Conclusion

Evidence-based practice is not only available but for medical practitioners but also other health care facilities. Some of them have adopted the PICOT system and model (Patient, Intervention, Comparison, Outcome and time) Evidence-based practice is advantageous to both patients and health institutions. However, some barriers have been noted in its implementation. Despite various shortcomings in implementing evidence-based practice across health organizations, it is a practice that should be embraced. Governments should give a helping hand by funding such programs. Non-governmental organizations should seek to find donors towards such delicate programs. Its benefits will only be noticed and felt if at all the program receives the right attention. Not only should it be a local program but something global hence patients can access medical treatment across various centers and places in the world depending on location, preferences and their health status. Evidence-based practice is the key to tackling some diseases.

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