Sources of Knowledge and Barriers of Implementing Evidence-Based Practice Among Mental Health Nurses in Saudi Arabia

1. Shaher H. Hamadeh PhD, RN

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PURPOSES

The purposes of this study were to identify the sources of knowledge for nursing practices and to identify the barriers of using “evidence-based practice” (EBP).

DESIGN AND METHODS

Descriptive cross-sectional design was used to collect data from 164 Saudi mental health nurses by completing the Development of Evidence-Based Practice Questionnaire.

FINDINGS

The most frequently used sources of knowledge were relied on social interactions and the nurses’ own experiences, while the least frequently used sources were external sources of knowledge and research evidences. Insufficient time to find research reports, difficulty in understanding research reports, and insufficient resources for evidences were the barriers of using EBP.

PRACTICE IMPLICATIONS

The organizations should encourage using EBP by providing adequate time, resources, knowledge, and skills for mental health nurses through conducting workshops and mentoring.