

## ADHERENCE AND EVIDENCE-BASED GUIDELINES: A CONCEPT ANALYSIS

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**Key Words:** Adherence, Evidence-Based Practice, Research Utilization and Application

**Purpose:** The purpose of this poster presentation is to present the findings of a concept analysis of adherence in relation to successful implementation of evidence into nursing practice.

**Method:** The method of analysis used for this poster is a modified approach that uses the theoretical phase of the Hybrid model of concept analysis along with antecedents and consequences, defining attributes, and empirical referents. Through a review of the literature, the essential elements of the concept of adherence in relation to evidence-based practice (EBP) are extracted to construct a definition.

**Findings:** Findings from the literature indicate that many nurses have difficulty modifying their nursing interventions to accommodate current nursing research evidence. Characteristics of adherence identified in the literature include compliance, ability to perform, and the nature of evidence, context, and facilitation. Traditional procedures and practices must be based on current evidence. Traditions are difficult to change and barriers exist with the implementation and overall adherence to evidence-based guidelines. Measurement and empirical findings of adherence in relation to evidence-based practice are reviewed and recommendations for future nursing research are suggested.

**Discussion:** Nurses are expected to integrate the best clinical evidence when making decisions about an individual's care. Regulatory agencies within the United States support efforts to improve quality and efficiency with the healthcare system by using evidence-based research in clinical practice settings. Putting research evidence into practice improves nursing care outcomes. Identification of barriers is one of the first steps to address the lack of adherence to evidence-based practice. The proposed definition of adherence in relation to successful implementation of evidence-based practice plays a key role in helping nursing professionals translate evidence into practice and advance the science of nursing.