

# **Effectiveness of Evidence-Based Practice in Improving Patient Care in Clinical Nursing**

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**Abstract:** Evidence-Based Practice has emerged as a core framework in clinical nursing, providing a linkage among research evidence, clinical experience, and patient preferences to enhance quality and safety in healthcare. This study explored the effectiveness of EBP for improving patient outcomes and examined nurses' experiences with the implementation of EBP in clinical settings. To summarize, it involves a mixed-method research design that incorporates quantitative patient outcome data in recovery time, readmission rates, incidence of infections, medication error rates, and cost of care, which will be obtained together with qualitative insights from nurse surveys and interviews. Following the implementation of EBP guidelines, patient outcomes showed significant improvements. Similarly, recovery time decreased, infection and readmission rates were reduced, and medication administration accuracy improved. Patient satisfaction improved, too, reflecting better communication, patient engagement, and trust in care delivery. The nurses felt increased confidence, improved clinical judgment, and enhanced professionalism when implementing evidence-based interventions. On the other hand, barriers that were identified included time constraints to conduct research, a lack of access to updated scientific resources, and inadequate organizational support. These identified barriers indicate that in order for EBP to be effectively implemented, it would require supportive leadership, training, accessible research tools, and a culture that promotes inquiry and critical thinking. This indicates that EBP not only enhances clinical care outcomes but also strengthens professional growth among nurses. Commitment by health institutions is essential to ensure the full integration and sustainability of EBP in daily practice.

**Keywords:** Evidence-Based Practice, Nursing Care, Patient Outcomes, Clinical Decision-Making, Healthcare Quality, Professional Competence, Patient Safety, Hospital Management, Cost-Effectiveness, Nursing Education

