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## EVIDENCE-BASED PRACTICE IN PALLIATIVE CARE NURSING

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### ABSTRACT

**Background:** Palliative care is required for a wide range of diseases. In order to promote the wider use of research results, clinical protocols, guidelines on best practices in palliative care, we need more scientific data. However, there are difficulties in applying an evidence-based approach to palliative care. The low level of adoption of evidence-based practice among palliative care nurses is a global problem, since nurses are the most numerous providers of medical services. The inability of nurses to follow new scientific data can negatively affect the quality of life of patients.

**Material and methods:** The authors searched for scientific articles in English and Russian published till 2013 in the PubMed, Scopus, EBSCOhost, and Wiley databases. The study was conducted from June to September 2023. Forty-three publications were selected for the literature review.

**Results:** The goal of evidence-based palliative care practice is to provide effective care to patients using available resources. Analysis of the level of knowledge and skills of nurses in evidence-based practice showed that nurses have low competence in evidence-based medicine. Although the level of education and work experience have a positive correlation. Administrators of medical organizations are not ready for changes in practice. Often nurses themselves do not have a sufficient level of competence in evidence-based practice. Funding and low human resources also significantly complicate scientific activities in the field of palliative care. However, existing studies demonstrate the positive impact of scientific data to improve the quality of life of seriously ill patients.

**Conclusion:** At this stage of development of palliative care in many countries there is an urgent need for scientific research in the field of palliative care. Unwillingness to change, insufficient funding, low human resources, lack of knowledge entail difficulties in implementing a scientific approach. Solving the identified problems will improve the quality of palliative nursing care.

Further research is needed to determine the best method for the successful implementation of evidence-based practice in nursing practice

**KEYWORDS:** evidence-based medicine, palliative care, nursing, knowledge, skills, barriers.

### INTRODUCTION

It is obvious from previous studies that there are a number of factors that either hinder or contribute to the use of scientific data in nursing practice. Identifying these factors is vital for the suc-

cessful implementation of evidence-based practice in nursing [Duncombe D, 2018].

Endpoints such as the quality of care, quality of life indicators, including the quality of death,

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