

## The Effects of Evidence-Based Nursing Training and Consultation Program on Self-Efficacy and Outcome Expectancy of Evidence-Based Practice among Nurses

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**Abstract :** Evidence-based nursing (EBN) can improve quality of patient care and reduce medical expenses. Development of training and consultation program according to nurses' needs and difficulties is essential to promote their competence and self-efficacy in EBN. However, limited research evaluated the effects of EBN program on EBN self-efficacy among nurses. This study aimed to evaluate the effects of an EBN consultation program on self-efficacy and outcome expectancy of evidence-based practice (EBP) among nurses. A two-group pretest-posttest quasi-experimental design was used. A purposive sample of full-time nurses was recruited from a hospital. Experimental group (n=28) received the EBN consultation program including 18-hour EBN training courses, hand-on practices and group discussion by faculty mentors. Control group (n=33) received regular in-service education with no EBN program. All participants received baseline and post-test assessment using Chinese version of Self-Efficacy in EBP scale (SE-EBP) and Outcome Expectancy for EBP scale (OE-EBP). After receiving EBN consultation program, experimental group's posttest scores of SE-EBP ( $t=-4.98$ ,  $p<0.001$ ) and OE-SEP ( $t=-3.65$ ,  $p=0.001$ ) were significantly higher than those of the pretests. By controlling the age and years of nursing work experience, the experimental group's SE-EBP ( $F=10.47$ ,  $p=0.002$ ) and OE-SEP ( $F=9.53$ ,  $p=0.003$ ) scores were significantly improved compared to those of the control group. EBN program focus on hand-on practice and group discussion by faculty mentors in addition to EBN training courses can improve EBP self-efficacy and outcome expectancy among nurses. EBN program focus on English literature reading, database searching, and appraisal practice according to nurses' needs and difficulties can promote implementation of EBN.

**Keywords :** evidence-based nursing, evidence-based practice, consultation program, self-efficacy, outcome expectancy

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