



The Imperative of Evidence-Based Nursing Practice: Global Progress and Vietnamese Imperatives

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Citation: An Minh Nguyen (2025) The Imperative of Evidence-Based Nursing Practice: Global Progress and Vietnamese Imperatives. J of Inn Clin Trail Case Reports 1(1): 1-2. WMJ/JICTCR-107

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Submitted: 29.05.2025

Accepted: 18.06.2025

Published: 24.06.2025

The global healthcare landscape is constantly evolving, driven by scientific advancements and an escalating demand for high-quality, safe patient care. Within this dynamic environment, Evidence-Based Practice (EBP) has emerged as a critical methodology for nursing professionals. EBP, by harmoniously integrating the best available scientific evidence, clinical expertise, and individual patient values and preferences, represents a flexible and adaptive approach to decision-making that optimizes care effectiveness and respects patient autonomy. Its fundamental importance cannot be overstated; EBP significantly curtails errors rooted in subjective experience or outdated traditions, leading to improved patient outcomes, faster recovery times, and reduced complications. Furthermore, it fosters patient satisfaction and builds trust, strengthening the collaborative relationship between patients and nurses throughout the treatment journey. Research suggests

EBP can improve patient outcomes by over 28% compared to traditional methods, underscoring its pivotal role in advancing healthcare quality and ensuring patient safety worldwide.

The adoption and integration of EBP in nursing vary markedly across different regions, reflecting disparities in economic development, healthcare infrastructure, and professional priorities. Developed nations, particularly in North America, Europe, and Australia, have largely embraced EBP as a foundational standard in nursing practice. These regions have systematically integrated EBP into nursing education, developed comprehensive clinical guidelines, and fostered supportive work environments that encourage research and evidence application. While the extent of EBP adoption varies, structured training programs have consistently demonstrated significant positive impacts on nurses' knowledge, skills, and attitudes towards

EBP. However, even in these advanced settings, persistent challenges such as a lack of time, insufficient resources, and the need for continuous skill development in critical appraisal remain.

Beyond developed nations, the Asian region presents a diverse picture of EBP adoption. Countries in Northeast Asia, like Japan and South Korea, are gradually integrating EBP into their healthcare systems, with efforts to embed it in nursing education and clinical initiatives. However, they still face barriers such as limited awareness, insufficient specialized training, and reliance on traditional practices. Southeast Asian nations, including Vietnam, generally encounter more pronounced challenges. In these regions, EBP application is often in its early stages, marked by limited resources, nascent training programs, and the prevalence of language and cultural barriers that hinder access to and application of international scientific evidence. A strong culture of experience-based practice often makes the transition to EBP more challenging.

In Vietnam specifically, despite significant efforts from the Ministry of Health and educational institutions, EBP implementation in hospitals remains limited. Studies consistently show that while Vietnamese nurses generally hold positive attitudes toward EBP, their knowledge and practical skills often remain at a moderate level. Key barriers include a pervasive lack of time due to heavy workloads, limited access to essential EBP resources and materials,

a shortage of specialized training opportunities, and sometimes insufficient support from management. Furthermore, the existing EBP training programs often lean more theoretical than practical, and many experienced nurses graduated before EBP was integrated into curricula, creating a knowledge gap. Language barriers and a persistent traditional, experience-based work culture also complicate the shift towards evidence-based approaches. Despite these hurdles, there are commendable initial efforts, with EBP being introduced into nursing university curricula and pilot projects underway in some major hospitals.

The journey towards comprehensive EBP integration in nursing is an ongoing global endeavor. For nations like Vietnam, overcoming the identified barriers requires a multi-faceted and coordinated approach. This includes strengthening practical EBP training, developing clinical guidelines tailored to local conditions, investing in adequate financial and technological resources, and actively fostering a work environment that champions continuous learning and evidence application. Crucially, strong endorsement and active facilitation from all levels of management are vital to champion EBP initiatives. Ultimately, a synchronized effort involving national policymakers, educational institutions, healthcare facilities, and individual nurses is indispensable. This collaborative push is vital not only for elevating the quality and safety of patient care but also for fostering the sustainable development of national healthcare systems in an increasingly interconnected and evidence-driven world.