

## Worksheet: EBP Barriers and Enablers

What are the things that make it difficult for you to implement evidence based practice?

Tick the elements below that make EBP difficult for you. Can you identify what would stop this barrier from becoming an issue for you?

Individual barriers	Actions to overcome this barrier	Team/Department/Organisational barriers	Actions to overcome this barrier
<p><b>My lack of:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> self-belief in my ability</li> <li><input type="checkbox"/> personal motivation to change</li> <li><input type="checkbox"/> awareness of EBP 'elements'</li> <li><input type="checkbox"/> research skills (don't know how to "do" research)</li> <li><input type="checkbox"/> research knowledge (don't know how to interpret research)</li> <li><input type="checkbox"/> literature searching skills</li> <li><input type="checkbox"/> critical appraisal skills</li> <li><input type="checkbox"/> It's not a priority in my workload</li> <li><input type="checkbox"/> I feel guilty when I engage in EBP activities rather than seeing patients</li> </ul> <p><b>The lack of:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> (availability of) quality research to implement</li> <li><input type="checkbox"/> access to resources/library</li> </ul> <p>Other:</p>		<p><b>The lack of:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> time in my workload to "do" EBP activities</li> <li><input type="checkbox"/> funding</li> <li><input type="checkbox"/> support from management to devote time to EBP activities</li> <li><input type="checkbox"/> administrative support (for grant writing, data analysis etc.)</li> <li><input type="checkbox"/> support in career structure (time spent in 'research' isn't 'favoured'/'rewarded' in clinical workloads)</li> <li><input type="checkbox"/> support for implementation of research findings/evidence from the literature</li> <li><input type="checkbox"/> authority to change practice</li> <li><input type="checkbox"/> a supportive EBP culture where I work</li> <li><input type="checkbox"/> resources (e.g. computers, library)</li> <li><input type="checkbox"/> Our KPIs don't reflect EBP activities</li> </ul> <p>Other:</p>	