

Perceptions of barriers to research utilization in clinical practice among nurses in Sabah

Sulaiman Nadirah¹, Tok Peter Seah Keng², Saptu Ammar Rafidah³, Gimbo Juhanah¹, Philip Phyllis Bridget³, Yau Kim Yain⁴, Pengui Lilyiana⁵, Dalie Drina⁶, Tinggal Norfairuziana¹

¹Hospital Queen Elizabeth, ²Institute of Clinical Research, ³Jabatan Kesihatan Negeri Sabah, ⁴Hospital Duchess of Kent, ⁵Hospital Tawau, ⁶Hospital Universiti Malaysia Sabah

ABSTRACT

Introduction: Evidence-based practice (EBP) has been widely introduced in nursing clinical practice, with nursing education and conferences consistently emphasizing its importance in strengthening implementation and improving patient outcomes. However, despite efforts to promote translational research, the level of EBP implementation in clinical nursing practice remains unsatisfactory. This study aimed to explore the barriers to research utilization from the perspective of nurses. **Methods:** A cross-sectional study using questionnaires was conducted in 2019, involving nurses in five main hospitals in Sabah. **Results:** The mean age of the 562 participating nurses was 34.3 years old (SD=7.96) and the mean duration of clinical practice was 10.0 years (SD=7.58). Half of the nurses (53.9%) reported having a moderate understanding of EBP. Online sources of information were perceived as the most important source (39.8%), and searching online was the most common approach (68.3%) used by nurses to seek information or research evidence. Most of the nurses perceived the barrier to research utilization as 'to a moderate extent' on the questionnaire scale for most of the items asked. The top three prominent barriers perceived by nurses were 'research reports/articles are not readily available' (56.4%), 'implications for practice are not made clear' (53.7%), and 'the research has not been replicated' (50.1%). **Conclusion:** Findings from this study highlight the challenges nurses encounter in integrating research into clinical practice and underscore the need for ongoing efforts to promote EBP and address gaps in research utilization.