

# Self-efficacy and perceived barriers towards evidence-based practice among nurse-midwives in maternity care at public hospital

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## ABSTRACT

**Introduction:** Maternity care has shifted from opinion-based practice to scientific evidence in clinical decision-making during the last several decades. However, in the midwifery profession, the question of how such evidence-based practice (EBP) is incorporated into clinical practice has received less attention and discussion. Self-efficacy is crucial as nurse-midwives must be able to provide credible evidence. The aim of this study is to assess the level of self-efficacy and perceived barriers to implementing EBP among nurse-midwives in maternity care. **Materials and Methods:** A cross-sectional study was carried out at five public hospitals in Sabah. A total of 256 nurse-midwives were recruited using Total Population Sampling. A self-administered questionnaire using Self-efficacy Scale and Perceived Barriers Scale was used. **Results and Discussion:** More than half (60.9%) respondents had moderate self-efficacy with the mean scores were  $160.2 \pm 46.23$ , conducting a literature search using Cochrane Library showed lower mean self-efficacy ( $5.16 \pm 2.25$ ). It is concerning since the most recent study information is now only available in electronic format. Organisation factors ( $21.30 \pm 5.63$ ) were perceived as the main barriers to implementing EBP in clinical practice. This is most likely related to a lack of time and autonomy. Nurse-midwives often lack autonomy in clinical settings, which may be related to a lack of physician cooperation. Self-efficacy was found to be statistically associated ( $p < 0.05$ ) with respondents who had attended an EBP workshop, were participating in an EBP project, and used databases to find EBP knowledge. Advanced education promotes self-efficacy and the longer a nurse has worked in a clinical, the more confident they are to perform a better job (Soudagar et al., 2015). **Conclusion:** Nurse-midwives should be encouraged to participate actively in organisational transformation and to be empowered in their roles to achieve the common aim of evidence-based practise.