



The Practical Application of Evidence-Based Nursing Concept in Postoperative Nursing Care in Surgery

Hewen Zhu

Harbin Medical University Harbin 163711, Heilongjiang, China

Abstract: Evidence-based nursing is a new kind of nursing model that combines scientific research evidence, clinical experience and patient's need, it has played a significant part in the postoperative nursing care of surgery, which can improve the nursing process, enhance the quality of nursing and decrease the occurrence of postoperative adverse events. Theoretical foundation of evidence based nursing is discussed in this paper, evidence based practice framework for post operative nursing care in surgery is developed, it's application in post operative pain, incision care and complication prevention is analyzed, the guarantee mechanism for implementing evidence based nursing is discussed, the practical effects are evaluated and the future development direction is looked forward to, so as to provide theoretical references and practical guidance for the standardized development of evidence based postoperative nursing care in surgery, promoting the transformation of surgical nursing from experience to science.

Keywords: evidence based nursing; postoperative period of surgery; nursing practice; pain management; complication prevention

1. Introduction

Surgical operation is an important way for clinical treatment of all kinds of surgical diseases, but postoperative patients are prone to pain, abnormal incisions, complications, etc., affecting the recovery process and quality of life, putting forward higher requirements for the scientific and standardized nature of nursing work. Traditional experience-based nursing depends on the personal experience of nurses, there are no unified standards or scientific basis, making it hard to satisfy the individualized rehabilitation needs of patients. Evidence based nursing puts the newest and most dependable scientific research findings at the center, then combines the skills of healthcare workers with the readiness of patients to create a nursing plan, fixing the weaknesses of old-fashioned nursing. The application of the concept of evidence-based nursing in postoperative nursing care in surgery can achieve the scientization of nursing decision-making and the refinement of nursing measures, which is of great practical significance for promoting the quick recovery of patients and improving the level of nursing service. So, the exploration of its practical application has great significance.

2. Theoretical Basis for Evidence-based Nursing

2.1 Evidence-Based Nursing: The concept and connotation

Evidence-based nursing comes from evidence-based medicine, it's a careful, clear and smart way for nurses to use the best science studies about health, their own ideas when they take care of sick people, what those people want and need, all together to make choices about how to help them get better. Its main idea is not just copying scientific research evidence, but stressing the scientific nature of evidence, its practical application in clinics, and the patient's subjectivity, discarding irrational empirical practices in conventional nursing, and achieving personalized and standardized nursing services based on scientific evidence. Evidence-based nursing pays attention to the dynamic updates, so that the nursing personnel can always keep an eye on the latest scientific research outcomes, promptly change the useful evidence into actual nursing operations within the clinic, guarantee the timeliness and efficiency of nursing actions, and show the scientificness and progressiveness of the nursing field.

2.2 Core elements of evidence-based nursing

The main parts of evidence-based nursing are made up of three things, and these are all connected and important. The best scientific research evidence is the basis of evidence-based nursing, it means those scientific research results that have been strictly selected and proved to be true, reliable and applicable, such as systematic evaluations and randomized controlled trials about nursing, which serves as the scientific basis for nursing decision-making. Professional judgment by nursing staff is important; nursing staff need to have good professional nursing knowledge, plenty of clinical experience, and a strong ability to use evidence, so they can properly select and apply evidence according to the actual situation in

the clinic, rather than applying it mechanically. Patients' needs and preferences are the direction. Evidence-based nursing stresses respecting patients' wishes, taking into account their physical and mental needs along with their financial condition, and developing nursing plans that fit their individual requirements, thereby improving patients' willingness to follow nursing instructions and level of satisfaction.

2.3 Evidence-based nursing significance for surgical nursing

Evidence based nursing has great practical value in surgical nursing and it can greatly improve the quality of surgical nursing. It breaks the limits of traditional experience-based nursing, gives scientific and unified practical standards for surgical nursing, reduces the blind spots and subjectivity of nursing actions, lowers the probability of nursing mistakes. Postoperative surgical patients have various nursing problems during the process of postoperative recovery. Evidence-based nursing can accurately solve these nursing problems, optimize nursing measures, reduce patient pain, help patients recover quickly, and shorten the rehabilitation period. At the same time, evidence-based nursing helps nursing staff to learn scientific research knowledge actively, improve their professional skills, promote the coordinated development of nursing discipline and surgical medicine, form the idea of scientific nursing, and improve the overall level and industry competitiveness of surgical nursing service.

3. Evidence-Based Practice Framework for Postoperative Nursing Care in Surgery

3.1 Evidence-based identification of postoperative nursing problems

Evidence-based identification of postoperative nursing problems is the main link in evidence-based nursing practice, which requires nursing personnel to identify possible problems and risks during the nursing process according to the characteristics of surgical operations and the postoperative condition of patients. The identification procedure has to comply with the principles of scientificness and all-inclusiveness. Nursing staff need to figure out what the main nursing issues are for patients after surgery by carefully watching them, doing professional evaluations, and using their own experience from working in hospitals. At the same time, based on the evidence-based idea, the discovered nursing issues need to be categorized and organized, the hierarchy of these issues needs to be established, and those critical issues that impact patients' recovery should be given special attention, thus laying a groundwork for later evidence collection and nursing plan creation, ensuring that nursing efforts can directly address the genuine requirements of patients.

3.2 Retrieval and Evaluation of Evidence-Based Resources

Retrieval and evaluation of evidence-based resources is an important link to guarantee the quality of evidence-based nursing. During the retrieval process, nursing personnel have to decide retrieval keywords and retrieval range based on recognized nursing issues, give priority to looking for authoritative nursing databases and evidence-based resource platforms, and acquire the most recent and dependable scientific research proof and clinical directives. After retrieval, we must carefully assess the obtained evidence-based resources and select those that match clinical practice and have strong scientific validity and practicality. Evaluation process should be about whether the evidence is true, effective, relevant, get rid of bad information that does not fit real life medical situations, also think about how easy it is for people who work with surgery to use this kind of evidence when they do their job, so that we can pick good information that helps doctors take care of sick people better.

3.3 Nursing measures evidence integration

Nursing measures' evidence integration is the key part of evidence-based nursing, it needs nurses to integrate the best scientific research evidence they choose, their own clinical experience and patients' personal needs organically to form scientific and practical postoperative nursing plans. During the integration phase, nursing personnel must not rigidly apply evidence, but rather adaptively modify the evidence based on the patient's condition, physical state, psychological requirements, and the hospital's nursing circumstances so as to guarantee the relevance and practicability of nursing actions. Attention should also be given to the systematicness and uniformity of nursing measures at the same time; the execution procedures, preventive measures, and times for different nursing measures need to be made clear, forming a complete nursing plan that provides clear direction for clinical nursing practice and guarantees that all nursing measures can be carried out in an organized and efficient manner.

4. Evidence-based nursing application for common postoperative problems

4.1 Evidence-Based Strategies for Pain Management

Pain is one of the most frequent symptoms among postoperative surgical patients, and evidence-based nursing offers

scientific strategies and methods for managing postoperative pain. Pain management should be based on the evidence-based concept, which means that we need to have a complete and accurate understanding of the patient's pain and create individualized pain relief plans according to the latest evidence about pain management. Nursing staff should give up the unreasonable practice in traditional pain management, choose appropriate analgesic method and analgesic medicine according to the result of pain assessment, and establish a multi-modal analgesia system together with non-drug analgesic measures. During the process of analgesia, it is necessary to constantly observe the patient's pain condition, make timely adjustments to the analgesic plan to achieve good pain relief effects, and also consider the adverse reactions of analgesic drugs, balancing between analgesic effect and patient safety, thus improving the patient's comfort.

4.2 Evidence-based methods for incision care

Incision care is one of the important parts of postoperative surgical nursing work, it can affect the recovery of patients' incisions and rehabilitation. Evidence-based nursing offers standardized ways to take care of incisions. According to the idea of evidence-based, we should avoid incision infection and promote its healing, and then make some standards about how to care for the incision based on what has been researched scientifically and what doctors say about taking care of incisions. Nurses have to follow the rule of no bacteria operation strictly, they need to standardize their operations during cleaning, disinfecting, dressing changes, etc., also observe the incision closely to find out if there are any unusual situations with the incision. Combining evidence-based evidence, choose appropriate incision care materials reasonably, improve nursing operation procedures, decrease incision irritation, create good circumstances for incision recovery, and lessen the chance of negative incidents such as incision infection and separation.

4.3 Evidence-based practice for complication prevention

Postoperative surgical complications are important factors that affect patients' recovery, and evidence-based nursing has great advantages in preventing postoperative complications. Evidence-based concept: Complication prevention is based on risk assessment; identify high-risk factors for complications by combining evidence to prevent all types of complications, and develop targeted preventive measures accordingly. Nursing staff have to forecast potential complications all together with the kind of surgery and the patient's particular circumstances, and make customized prevention programs depending on the features of distinct complications. Standardizing the execution of preventive actions, improving clinical surveillance, promptly identifying and addressing the initial indications of complications, can reduce the occurrence of various postoperative complications, lessen the effects of complications on patients' recovery, and ensure the safety of patients' nursing care.

5. Guarantee mechanism for the implementation of evidence-based nursing

5.1 Training of Nurses' Evidence-Based Competence

The nurse's evidence based competence is the basis of implementing evidence based nursing, so it is necessary to set up a good training system for the nurse's evidence based competence. Hospitals and departments should develop systematic training programs according to the features of surgical nursing, and regularly arrange nursing personnel to conduct training on evidence-based nursing-related knowledge, and promote the concept of evidence-based nursing, evidence retrieval and evaluation methods. Meanwhile, one must also pay attention to the improvement of practical abilities. Nursing staff can be encouraged by means of case discussions, clinical teaching, etc., to apply the evidence-based knowledge they have learned to clinical practice, thus enhancing their ability to use evidence and make nursing decisions. Promote the nursing staff to actively study the latest scientific research results, take part in the research about evidence-based nursing, constantly improve their own professional quality and evidence-based competence, so as to provide human resources guarantee for the standardized implementation of evidence-based nursing.

5.2 Evidence-based nursing process standardization

Standardizing evidence-based nursing procedures is important to guaranteeing the quality of evidence-based nursing and achieving standardized application. Hospitals and surgical departments should develop standardized evidence-based nursing execution procedures according to evidence-based proof combined with the features of postoperative nursing, and make clear the operation criteria and demands at every stage such as recognition of nursing issues, evidence seeking and appraising, making up nursing plans, carrying out measures and assessing effects. Standardize the implementation steps of evidence-based nursing, unify the standards of nursing records, so that all nursing operations have rules to follow and evidence to depend on, reducing the arbitrariness and arbitrariness of nursing behavior. And also, we have to change and improve the nursing process right away because of changes in how doctors do things and what scientists find out. This way, the process stays current and scientific, helping make sure that evidence-based nursing becomes more regular and usual.

5.3 Evaluation and Feedback on Nursing Quality

To establish a good nursing quality assessment and feedback system is one of the guarantees that promotes the continuous development of evidence-based nursing and improves the quality of nursing. Combining the features of implementing evidence-based nursing, a scientific nursing quality evaluation index system should be created, which includes the scientific nature of nursing plans, the execution of nursing actions, and the outcomes of patients' recovery and satisfaction. Inspect and assess the quality of evidence-based nursing regularly, promptly identify issues and shortcomings during the implementation process. Create an efficient feedback system, give immediate feedback on the evaluation results to nursing personnel and departments, create rectification plans for current issues, monitor the implementation of these plans, and create a closed-loop management system of "evaluation-feedback-correction-improvement" to improve the quality of evidence-based nursing continuously.

6. Effect and Prospect of Evidence-based Nursing Practice

6.1 Evaluation of the Practical Effect of Evidence-Based Nursing

Evidence-based nursing application in postoperative nursing care for surgery can obtain considerable practical outcomes, mainly displayed in three ways. Firstly, it greatly improves the post-surgery nursing procedures in surgeries, standardizing nursing actions, lowering the chances of nursing mistakes and negative occurrences, enhancing the quality and safety of nursing. Secondly, it has correctly resolved all kinds of nursing issues that happen during patients' recovery after operations, it has successfully controlled post-operation pain, helped wounds heal faster, decreased the chance of having problems, made patients recover sooner, and raised how well they could get better and enjoy their life. Lastly, it has enhanced patients' satisfaction with nursing services and their medical experiences, as well as improved the professional skills of nursing staff, promoting the standardization and scientificity of surgical nursing discipline.

6.2 Practice Problems and Solutions

Currently, there are still some issues in the practice of evidence-based nursing in postoperative nursing care in surgery, which affect the promotion and application effect. Some nurses have weak evidence-based ideas and lack the ability to find, judge and use evidence properly; some evidence-based evidence does not match the actual situation of clinical work well, and needs to be made more feasible; also, the resources needed to implement evidence-based nursing are not fully available, limiting its standardization. Based on these issues, we need to enhance the evidence-based training for nursing personnel so as to boost their evidence-based abilities; make more connections between science research and clinical practice, so that the evidence-based evidence can be transformed into local context better; improve the resource support system, invest more money in evidence-based nursing, offer guarantees for the smooth operation of evidence-based nursing, and help it continue to improve.

6.3 Future Development of Evidence-Based Nursing in Surgery

With the ongoing improvement of the nursing discipline and scientific research technology, the evidence-based nursing in surgery will develop towards standardization, refinement and intelligence. In the future we should do more studies on evidence based nursing, pay attention to the main and difficult issues of postoperative nursing care in surgery, do good quality clinical research, add more evidence-based evidence resources, and make the evidence more relevant and feasible. At the same time, closely integrate information technology into evidence-based nursing, improve the process of evidence retrieval, evaluation, and application with the aid of intelligent tools, and enhance the execution efficiency of evidence-based nursing. Strengthen the cooperation among different fields, encourage the coordinated growth of evidence-based nursing together with surgical medicine, rehabilitation medicine, etc., constantly improve the evidence-based nursing practice mode, and offer better, faster, and more individualized nursing services to postoperative surgical patients.

7. Conclusion

As a scientific and advanced nursing idea, applying evidence-based nursing in postoperative nursing care in surgery could improve nursing procedures, enhance nursing quality, help patients recover quickly, and change surgical nursing from experience-based to scientific. This article explains the importance and application way of evidence-based nursing in postoperative nursing care of surgery by talking about the theory background, practice framework, particular application, assurance system and result expectation of evidence-based nursing. In the future clinical practice, we should constantly reinforce the concept of evidence-based medicine, enhance the guarantee system, resolve all sorts of issues that arise during practice, advance the standardization and normalization of evidence-based nursing, continually improve the level of

postoperative nursing services in surgery, and give stronger support to patients' recovery.

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