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### Evidence-Based Practices and Their Effect on Health Disparities

Health care is an ever-evolving world and the adoption of Evidence-Based Practice (EBP) stands as a signal for progress and innovation. EBP has not only become a gold standard for healthcare professionals but is also an essential tool for ensuring that the latest advancements in medical sciences are incorporated into daily practice. I believe that however, EBP undeniably plays a role in healthcare quality, it alone can not eradicate the deeply layered issues that cause health disparities. This paper explores the relationship between EBP and health disparities. It explores a more comprehensive approach, that explores the systemic challenges of health care challenges, such as inadequate access to education, and inadequate access to health care for low-income families.

#### WHAT IS EVIDENCE-BASED PRACTICE

Evidence-based practice (EBP) is modern health care that can not be understated. It plays a significant role in health care providers staying up to date and providing the most efficient care possible to patients. Evidence-based practice in nursing specifically looks at indicating a standard nursing care policy and reviewing the findings with your healthcare team before implementing it into your practice. EBP has been around for several years and has continued to be practiced among nurses. According to Nursingworld.org, “Its origins trace back to Florence Nightingale. This iconic founder of modern nursing gathered data and conclusions regarding the relationship between unsanitary conditions and failing health. Its application remains essential today.” EBP in healthcare promotes positive patient outcomes, prevents complications, and allows for new techniques as the healthcare world is ever-changing and expanding.

#### WHAT ARE HEALTH DISPARITIES

According to CDC.gov, “Health disparities are preventable differences in the burden of disease, injury, violence or opportunities to achieve optimal health that are experienced by socially disadvantaged populations.” Examples of health disparities can be difficulty getting care, lack of education, and inequality in health care due to race. Healthcare disparities have a multifaceted nature to them. Ranging from socioeconomic status, race and ethnicity, and geographic disparities. This can expand from a low-income population not having the necessary means in their communities to receive the same health care as people who live in larger, wealthier cities, to people who don’t have access to health care education leading to illnesses such as diabetes, and cardiovascular diseases.

### HEALTHCARE SYSTEMS CONTRIBUTION TO HEALTH DISPARITIES

One of the most prominent ways the healthcare system is leading to health disparities is through financial barriers. The high cost of health care services prevents low-income families from obtaining adequate health care. Unequal geographic distribution to healthcare facilities leads to many rural areas having a lack of access to healthcare. Health information disparities continue to rise even with increased access to the internet across the nation. Individuals with limited health literacy face challenges in understanding their conditions, and treatment options. Lack of general education also leads communities to not seek essential care. According to PubMed Central, “Language barrier, high levels of poverty, and lack of health insurance are all barriers that have been cited in previous research” in regard to health disparities among Latino communities.

### ADDRESSING THE SYSTEMIC HEALTHCARE ISSUES

I believe that comprehensive healthcare reform is essential within the United States. There needs to be investments in infrastructure in underserved areas, and workforce diversity to promote inclusion and break down the language barrier amongst non-English speaking communities and health care. I also think that health education needs to be more accessible to everyone to empower individuals to take control of their health.

### CONCLUSION

While evidence-based practices undeniably represent a vital component of healthcare, true progress to resolving health disparities requires a more comprehensive look into the healthcare system. It requires going beyond the individual healthcare providers' practices and looking into

systemic reforms. Addressing health disparities demands looking at it from several angles. Evidence-based care practices serve as valuable tools for reducing disparities within a clinical setting but in order to make a long-lasting impact we must also address the broader determinants of health within the healthcare system.

#### Works Cited

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