# Article information:

Exploring the usability of the COM-B model and Theoretical Domains Framework (TDF) to define the helpers of and hindrances to evidence-based practice in midwifery | Implementation Science Communications | Full Text  
<https://implementationsciencecomms.biomedcentral.com/articles/10.1186/s43058-020-00100-x>

# Article summary:

1. Midwives face challenges in translating latest evidence into evidence-based practice (EBP) due to factors such as medical opposition, workplace culture, fear, and lack of knowledge and confidence.

2. Factors that help midwives in implementing EBP include stakeholder buy-in, strong midwifery leadership, clear instructions, and support from leaders.

3. The Capability, Opportunity, Motivation and Behaviour (COM-B) model and Theoretical Domains Framework (TDF) were found to be useful tools in understanding the helpers of and hindrances to evidence-based practice in midwifery contexts.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article "Exploring the usability of the COM-B model and Theoretical Domains Framework (TDF) to define the helpers of and hindrances to evidence-based practice in midwifery" provides valuable insights into the challenges faced by midwives in implementing evidence-based practice (EBP) and explores the usability of two theoretical frameworks, the COM-B model and TDF, in understanding these challenges. The study is based on qualitative data obtained from midwifery leaders in Western Australia, who shared their experiences with initiating EBP and identified factors that help or hinder practice change.

One potential bias in the article could be related to the selection of participants. The participants were purposefully selected for their extensive experience in midwifery leadership roles, which may have skewed the results towards a more positive view of EBP implementation. Including perspectives from midwives at different levels of experience could provide a more comprehensive understanding of the challenges faced by all practitioners.

The article does a good job of discussing the theoretical frameworks used (COM-B and TDF) and how they can be applied to understand barriers and facilitators to EBP implementation. However, it lacks a critical analysis of the limitations of these frameworks in capturing all aspects of complex healthcare environments. It would have been beneficial to discuss any gaps or shortcomings in these models when applied to real-world settings.

Additionally, while the article highlights hindrances and helpers to EBP implementation identified by midwifery leaders, it does not delve deeply into potential solutions or interventions that could address these challenges. Providing practical recommendations for overcoming barriers to EBP implementation would enhance the applicability of the study findings for healthcare practitioners.

The article also lacks discussion on potential risks associated with promoting EBP without considering contextual factors such as resource constraints, organizational culture, or patient preferences. It is important to acknowledge that implementing new practices based on evidence may not always lead to improved outcomes if not tailored to specific settings or populations.

Furthermore, there is limited exploration of counterarguments or conflicting perspectives on EBP implementation within midwifery practice. Including diverse viewpoints could enrich the discussion and provide a more balanced assessment of the topic.

Overall, while the article offers valuable insights into midwives' experiences with EBP implementation and introduces relevant theoretical frameworks for understanding these experiences, there are areas where further critical analysis and discussion could enhance its depth and applicability in real-world healthcare settings.

# Topics for further research:

* Challenges of evidence-based practice implementation in midwifery beyond leadership perspectives
* Limitations of the COM-B model in healthcare settings
* Critique of the Theoretical Domains Framework (TDF) in practice change
* Strategies for overcoming barriers to evidence-based practice in midwifery
* Considerations for implementing evidence-based practice in resource-constrained environments
* Diverse perspectives on evidence-based practice in midwifery practice

# Report location:

<https://www.fullpicture.app/item/0129ba2d8170b8f56ef2ecb698224641>