



Although mental health nurses have been showing promising evidence on interventions, research and teaching, there is a challenging gap in this field that is the existence of few studies on the translation of evidence-based practice into the scope of mental health care and psychiatric treatment <sup>(2)</sup>. This gap has been signaled with regard to family inclusion <sup>(3)</sup> and innovations in the care of children and adolescents with mental health problems <sup>(2)</sup>. Researchers in this field assert that this lack of disclosure hampers this field and makes it difficult for customers and their families to access evidence-based approaches.

Around the world, health systems deal with challenges to improve the quality of care, and seek to reduce the discrepancy between knowledge produced and practice, in addition to identifying facilitators in this process. The learning about how to apply evidence of what is already known, how to identify, prioritize and find relevant research to produce new knowledge is a challenge in many areas of nursing <sup>(4)</sup>.

Given the fact that nurses are the majority of the labor power of many health services, they can make an important contribution in this translational work and its disclosure <sup>(1,2)</sup>. Nurses have more contact with customers and their families than any other professional of the interdisciplinary team. This contact enables a single point of view on the perspective of those who need help before the dilemma they face <sup>(2)</sup>.

Accordingly, nurses are in an excellent position to take the lead in evidence-based practice because the tools to follow-up the translation are accessible to the nursing work, which is at the forefront of the care provided by the multidisciplinary team. Nurses can make a difference, not only in the direct patient care, but also in the development and implementation of policies. The influence of nurses on mental health is promising for the future of our nursing work in our global societies.

## References

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