

Using Evidence to Improve Patient Outcomes

Evidence-Based Practice and Research Council



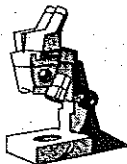
Objectives

1. Describe the need for using evidence in nursing practice.
2. State the EBP model used at FSHC including 5 steps in the EBP process
3. Identify resources for finding evidence at FSHC.

Why Evidence?



Which?



Myth or Science

Heparin flush for peripheral intravenous locks

- Saline equally as effective
- Saves dollars
- Decreases exposure to heparin



Goode, C.J., Tisher, M., Kukulski, B., Goss, D.S., Kukulski, C., Simons, S., et al. (1993). A meta-analysis of effects of heparin flush and saline flush quality and cost implications. *Nursing Research*, 41(6), 124-30.

Goode, C.J., Kukulski, C., Tisher, M., Simons, S., Kukulski, B., Steinhilber, V.M., et al. (1993). Improving practice through research: the case of heparin vs. saline for peripheral intermittent infusion devices. *Midwifery Nursing*, 11(2), 25-27.

How to Recognize a Myth

- Inability to address rationale for practice in clear concise manner
- "You wouldn't understand"
- "We've always done it that way"
- "Don't try to change it - impossible"

How do you know that these practices are the right practices?

This Is How Evidence-Based Practice

Definition

- Integration of best research evidence with clinical expertise and patient values

Sackett, D., Rosenberg, W., Haynes, R., Hays, R., Richardson, W.S., (1995). Evidence based medicine: what it is and what it isn't. *British Medical Journal*, 311(7023), 72-72.

Evidence-Based Practice

- EBP
 - Improves Quality
 - Improves Patient satisfaction
 - Improves Nurses Satisfaction
 - Decreases Costs
 - Decreases Length of Stay
 - And the Public Expects It

Did You Know???

It takes 17 years to get scientific findings into practice

The federal government and professional organizations are:

- Synthesizing research evidence for use
- Formulating and disseminating clinical guidelines based on evidence

Jadad, A.R. & Haynes, R.B. (1995). The Cochrane Collaboration—advances and challenges in improving evidence-based decision making. *Medical Decision Making*, 15(1), 2-9.

Sibbald, W.J. & Rossau, J.D. (1999). The Ontario Health Care Evaluation Network and the Critical Care Research Network as vehicles for research transfer. *Medical Decision Making*, 19(1), 5-14.

Evidence-Based Practice ≠ Research

Research is Just One of the Types of Evidence Used For Clinical Practice Decision-Making and Guideline Development

Research

The scientific method of problem solving, used to produce new knowledge or validate & refine current knowledge.

Nursing research uses the scientific method to answer patient care/systems questions that affect patient's health.



Sackett, D. (2001). Updating the Sackett model of research collaboration to facilitate evidence based practice. *Nursing Outlook*, 49(5), 232-9.

Why Aren't All Decisions Guided By Research

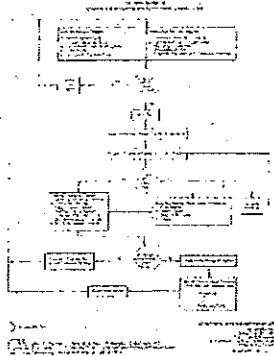
- Lack of evidence/research
 - If no research must apply clinical judgment
- Not all findings may be transferable to each individual/case/problem
- Make decisions using the best available evidence

The Iowa Model

Adopted For Use By FSHC

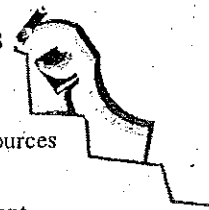
The Iowa Model is an Evidence-Based Practice Model

The Iowa Model will provide structure for EBP, just like algorithms provide guidance in a code.



Steps

1. Define a Problem
2. Select and Search Resources
3. Evaluate Information
4. Apply Findings to Patient
5. Evaluate Performance



Examples

For the adult ventilated intensive care unit patient what are the least restrictive restraining therapies (and alternatives) that may be used to optimize patient safety, comfort and dignity? (ICU)

For adult acute care medical surgical patients (greater than 18 years of age) receiving blood transfusions, what are the best monitoring practices to assess for the incidence of adverse transfusion reactions? (2CB)

Barriers

- Time
- Resources
- Knowledge of evidence-based practice
- Unwilling to change



Resources for Finding the Evidence at FSHC

FSHC Library –L ynne Peters, Librarian (ext. 7463)

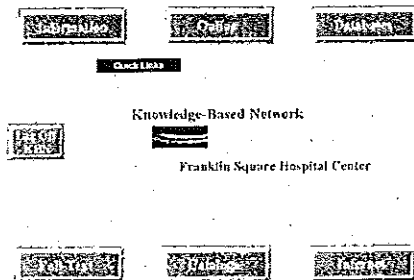
Medical Library On-Line

- Provides links to a vast collection of resources
- Accessed by all networked computers within the hospital
- "Just-in-time" information

Medical Library

- Full Text Resources
- Evidence-Based Nursing Practice-tutorial with links to search the evidence
- Databases – CINAHL, PubMed and Medline
- Journal Club

Medical Library Search Page



EBP and Research Council

Journal Clubs

- Used as a forum to appraise literature
- ### Nursing Grand Rounds

- Disseminate new knowledge

Internships

- Get nurses started in performing evidence-based practice projects and clinical research

Council Member Roles

- EBP Champions
 - Assist staff to see the value in using EBP and research in their clinical practice
 - Support education and projects related to EBP and research
 - Champions for unit outcomes improvement

What Is Your Role

- Ask questions????
- Life long learning – CE Direct
- Assist with an EBP or research project
- Serve as a change champion to support new practices
- Data collection

Practice and Evidence

- Practice and EBP go hand in hand.

