

Evidence Based Practice Scholar Programs

Implementing Change by Changing Nurses

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What is Evidence-Based Practice (EBP)

EBP is a problem solving approach to clinical decision-making within a health care organization. (Dearholt & Dang, 2012)

EBP integrates
best evidence
clinician's expertise
patient preferences and values
to implement the best interventions and practices

Does EBP Improve Patient Care?

- Takes about 17 years to put research findings into practice. (Balas & Boren, 2000)
- Patient outcomes are 28% better with EBP vs. tradition. (Heater et al., 1988)
- EBP care of pts. can reduce patient complications and decrease healthcare costs by as much as 30%. (Fletcher, 2016)
- Goal: 90% of healthcare decisions will be evidenced-based by 2020. (IOM Roundtable on EBP, 2003)
- 46% of nurses agreed that findings from research studies are routinely implemented to improve patient outcomes at their institution. (Melnyk, 2012)

Moving from "we have always done it that way" to a new paradigm

- Examining our traditions in practice, education, management, and policy
- Saying that EBP change is good and being willing to change
- Striving to base healthcare practices on the best evidence available
- Identifying clinical topics about which we need additional knowledge
- Acting "on the best available evidence" rather than wait for the "best possible evidence"
- Creating a culture of lifelong learning

Barriers to EBP

Nurses

- Tradition and ability/desire to change
- Lack of confidence in EBP skills
- Time
- Lack of support from others to use EBP
- Do not know how to interpret statistics
- Lack of incentives to use EBP
- Anti-research culture
- Hesitancy to challenge physician authority/opinion



Barriers to EBP

The Evidence

- Lack of relevant evidence
- Perceived relevance of research in all clinical settings
- Conflicting research findings
- Quality of the evidence
- Multiple grading and leveling systems to evaluate the evidence
- Time delay from research to implementation into practice



Barriers to EBP

Patients

- Non-adherence to recommended treatment
- Unwillingness to change from traditional/known methods of care



Phases of Evidence-Based Nursing Practice

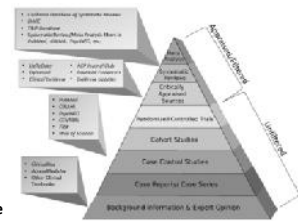
Ask the clinical question

Search for the evidence

Critically appraise the evidence

Apply the evidence to practice

Evaluate the effectiveness of the evidence



Ask the Clinical Question – PICO(T)

Pt/population - Who is your patient?

Intervention - What do you plan to do for the patient?

Comparison – What is the alternative to your plan?

Outcome – what outcomes do you seek?

Time- what is the time frame?



CHOC Children's Hospital

• Opened in 1964

• Orange County, California

• State-of-the-art 334 bed hospital

• Accolades

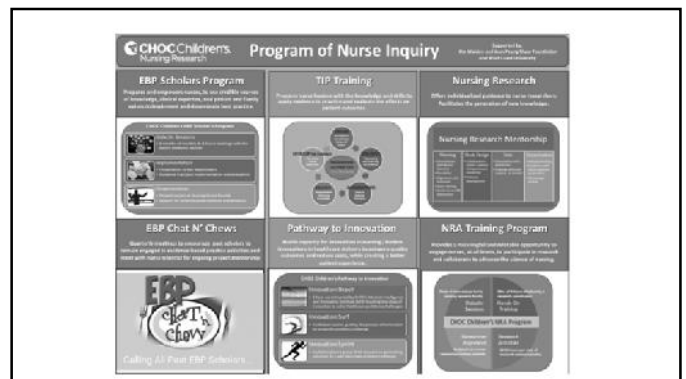
• U.S. News & World Report Best Children's Hospitals

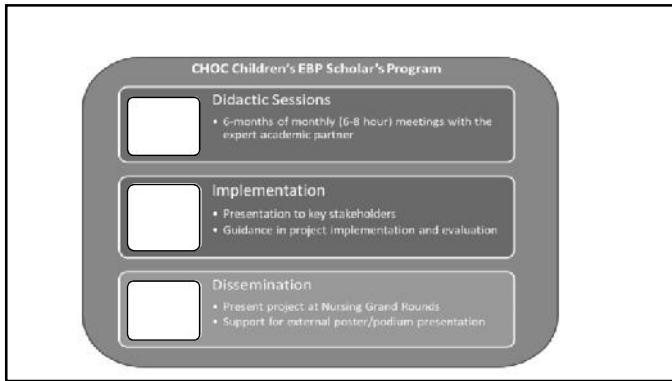
• Press Ganey Award Winner

• Two time ANCC Magnet Designated

• Gold Level CAPE (California Awards for Performance Excellence) Award

• Pediatric Beacon Award for Critical Care Excellence





Spreading the Word to Draw in the Crowd

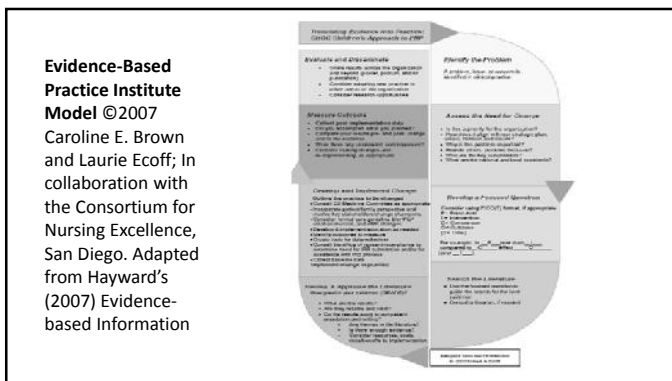
Hospital Intranet Messages/Postings

Unit/Department Postings

Word of Mouth

- ### Recruitment & Application Process
- Attend Exploratory EBP Scholars Seminar
 - Receive and email with a link to the online application
 - Submit application
 - Personal Information
 - Employment information
 - Educational background
 - Narrative
 - 3 potential PICO question
 - Letters of Support (Manager, CPC Chair, APN)
 - Applications reviewed by Nursing Research and Innovation Council
 - Notification

- ### The EBP Scholars Program
- Six Monthly Sessions with EBP Mentor/Consultant
 - Stakeholder Luncheon
 - Develop Best Evidence and Recommendations (BEaR) Statement
 - Develop abstract/poster
 - Graduation
 - Nursing Grand Rounds
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- ### What each EBP Scholar receives:
- 40 hours of EBP seminar led by EBP Mentor/Consultant
 - Ongoing supervision and mentoring by CHOC Nurse Scientist
 - Lunch provided at every meeting date
 - Course materials
 - Flash drive & shared drive
 - Support from Burlew Library librarians during literature search
 - Poster printed free of charge (\$200 value)
-

...and there is more....

- Membership in professional nursing organization for one year
- Work showcased during CHOC Research Week
- Continuing Education Units
- Grant monies awarded at completion of course
- Professional picture taken by CHOC
- Inclusion in EBP Scholars picture
- Opportunity to present at regional and national conferences



Responsibilities of the EBP Scholar

- Develop a PICO Question
- Prepare for each class session preparation
 - Read articles
 - Watching videos
 - Complete other assigned activities
- Attend all class sessions
 - Mandatory-no partial of full absences allowed
- Participate in class discussions
 - Based on the pre-class activities
 - Provide updates on individual project



Responsibilities of the EBP Scholar

- Find evidence to answer your PICO
 - Complete a literature search
- Organize evidence in a logical and systematic fashion
- Analyze evidence
- Develop data-based conclusions
- Stakeholders Luncheon
 - Share your findings
 - Receive feedback



Responsibilities of the EBP Scholar

- Create **Best Evidence and Recommendations (BEaR) statement**
- Attend the graduation event
- Present at Nursing Grand Rounds
- Work with CHOC Nurse Scientist to continue to implement
 - Practice change
 - New or revised policy
 - Practice guidelines
 - Develop collaboration with "Innovation Lab"
 - Educational materials
 - Poster or oral presentations
 - Publications

Outcomes

- 75 Scholars since 2007
- 14 Scholars recruited for the 2018 cohort
- > 40 poster presentations at national conferences
- > 20 presentations at national conferences
- All presented at Nursing Grand Rounds at CHOC Children's
- 2 Articles
- Policy Changes
- From EBP Scholar to Research Scholar
- SPN 2011 *Excellence in Clinical Scholarship* Award



CHOC Children's Best Evidence and Recommendations

www.choc.org

Best Evidence and Recommendation (BEaR) Statements from CHOC Children's EBP Scholars. Evidence-based practice (EBP) is a dynamic process of integrating research, credible sources of knowledge, clinical expertise, and patient & family preferences and values to achieve optimal patient outcomes, enhance practice, and manage health care costs.

Examples of PICO Questions

Wanda Rodriguez, RN, CPN (2008)

(Clinical Nurse, Med/Surg Unit)

"In pediatric patients are heparin flushes vs. saline flushes more effective for maintaining patency of peripheral intravenous locks?"



Marilyn Krell, RN, MSN, CRRN (2010)

(Trach Specialty Nurse, Nursing Admin)

"In Pediatric patients with tracheostomies, is the use of clean techniques as effective as sterile technique in preventing pulmonary infections?"

Examples of PICO Questions

Kara Bame, MSN, RN, CCRN & Ashley Duquesnel BSN, RN, CCRN (2015)

(Clinical Nurse, PICU)

"Among pediatric ICU patients, how does a sleep care initiative, compared to no sleep care initiative affect patient's sleep and patient/family satisfaction over a three-month period?"



Lauren Lichtenstein, BSN, RN, PHN, CPN (2015)

(Clinical Nurse, Medical Unit)

"For pediatric patients receiving subcutaneous immunoglobulin G, what are the best practices for administration?"



Examples of PICO Questions

Pernilla Fridolfsson, BSN, RNC-NIC, VA-BC (2016)

(PICC Nurse, Vascular Access Team)

"In neonatal and pediatric patients requiring a PICC line, does a catheter tip positioned in the distal superior vena cava cause less complication than other tip locations?"



Abby Kennedy, BSN, RN, CPN, PHN and Chloe Segismundo, BSN, RN, CPN (2017)

(Clinical Nurses, Neuroscience Unit)

"In school-age children with epilepsy, does early standardized education on anti-epileptic medication adherence promote better success in long-term seizure control?"



Examples of PICO Questions

Lauren Kanamori, MSN, CPNP (2017)

(Surgical Nurse Practitioner)

"In pediatric (m/s) patients, following chest tube removal, what is the impact of clinically indicated chest x-rays compared to routine chest-x-rays on clinical outcomes, cost of care, and patient exposure to radiation?"



BEaR statements available on choc.org:
<https://www.choc.org/careers/nursing-careers/best-evidence-and-recommendations/>

Poster Example

ARE ROUTINE CHEST X-RAYS NECESSARY AFTER CHEST TUBE REMOVAL IN PEDIATRIC PATIENTS?

Lauren M. Kanamori, MSN, CPNP, CHOC Children's Hospital, Orange, CA

<p>INTRODUCTION & OBJECTIVES</p> <ul style="list-style-type: none"> Check for CXR (document) in a pediatric patient after chest tube removal. Check for CXR (document) in a pediatric patient after chest tube removal. Check for CXR (document) in a pediatric patient after chest tube removal. 	<p>EVIDENCE OF THE EVIDENCE</p> <ul style="list-style-type: none"> Review of literature (PubMed, CINAHL, etc.) Review of literature (PubMed, CINAHL, etc.) Review of literature (PubMed, CINAHL, etc.) 	<p>PRACTICE RECOMMENDATIONS</p> <ul style="list-style-type: none"> Review of literature (PubMed, CINAHL, etc.) Review of literature (PubMed, CINAHL, etc.) Review of literature (PubMed, CINAHL, etc.) 	<p>NEXT STEPS</p> <ul style="list-style-type: none"> Review of literature (PubMed, CINAHL, etc.) Review of literature (PubMed, CINAHL, etc.) Review of literature (PubMed, CINAHL, etc.)
<p>PICO QUESTION</p> <p>In pediatric patients, following chest tube removal, what is the impact of clinically indicated chest x-rays compared to routine chest-x-rays on clinical outcomes, cost of care, and patient exposure to radiation?</p>			

Highlight and Celebrate

<p>Jennifer Cook, BSN, RN - Medical Unit Working with interdisciplinary staff to assist in the implementation of a new initiative to improve patient safety and quality of care.</p>	<p>Christina Hester, BSN, RN - PICU What are best practices for addressing caregiver strain among adult acute pediatric nurses to prevent burnout, reduce hours of work, and improve staff retention, increase employee satisfaction, and provide a high quality of care to patients?</p>	
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Walden and Jean Young Shaw Foundation



 Evidence-Based Scholars 2011 

 Dr. Jennifer L. Smith Pediatrics	 Dr. Jennifer L. Smith Pediatrics	 Dr. Jennifer L. Smith Pediatrics	 Dr. Jennifer L. Smith Pediatrics	 Dr. Jennifer L. Smith Pediatrics
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Our vision at CHOC Children's is to achieve national recognition as a premier children's hospital by providing services that offer the best possible outcomes for children and their families. The Walden and Jean Young Shaw Foundation awarded a grant to Nursing that assisted in the creation of a Nursing Research Fellowship program and an Evidence-Based Scholars (EBP) program. The EBP program enables nurses to develop competency in evidence-based practice processes as applied to nursing practice. These projects will, ultimately, directly impact patients and families and result in improved care.



Thank you