

# August 7, 2020 Magnet® Minute #7



## Evidence-Based Practice (EBP)/Research

**What is evidence-based practice? EBP is “a problem-solving approach to clinical decision making within a health-care organization that integrates the best available scientific evidence with the best available experiential (patient + practitioner) evidence”.** We use a 3-pronged approach to decision-making regarding patient care: We ask: 1) what is the right thing to do based upon research evidence? 2) Based on my expertise? 3) Based on patient’s preferences? Do you see how science and ethics form the basis for clinical decision-making? In other words, EBP is a method used for clinical decision-making.

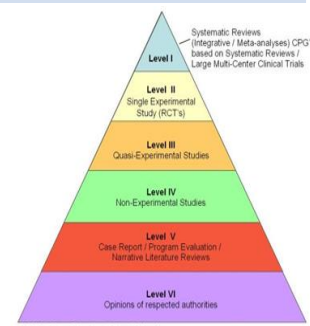
### Evidence-based Practice (EBP) vs. Research vs. Process Improvement (PI):

#### Key differences and examples

	Process Improvement (PI)	Evidence-Based Practice (EBP)	Research
<b>Definition/ Purpose</b>	Improve work flow processes, productivity, systems, & quality control costs.	Answer clinical questions to improve patient care: using the best available evidence, clinician’s expertise and patient preferences and values	Generate new knowledge through scientific discovery
<b>Goal</b>	Achieve greater quality and efficiency	Achieve best clinical outcomes for patients	Develop new Knowledge that is generalizable to other patients and settings
<b>Example of Processes</b>	Six Sigma, <u>P</u> lan- <u>D</u> o- <u>S</u> tudy- <u>A</u> ct (PDSA)	Evidence-Based Practice (EBP) Model	Appraise the literature: Examples include: Randomized control trials (RCTs), descriptive studies, surveys
<b>Examples from Phelps</b>	Improvement of HCAHPS scores for “staff describe medication side effects” with new medication education process on 3North (SE7EO)	Systematic review of the literature→ implementation of: *Edinburgh Postnatal Depression Scale (EPDS) (NK3) * Non-invasiveTranscutaneous Bilirubin (TcB) meter (NK3) *Confusion Assessment Method (CAM) to assess delirium (NK4)	“The Effect of an Educational Intervention on Perioperative RN Knowledge, Attitudes & Behaviors toward Pressure Injury Prevention in Surgical Patients” – multi-site study (NK1) “The Effect of Mandala Coloring on Psychiatric Inpatient’s Anxiety” (NK2) was disseminated at Phelps, Northwell, APNA conf.
<b>Generalizability</b>	Unit-Specific	Patient Specific	Population Specific

#### I often hear the phrase, “highest level of the highest quality of evidence”. What does that mean?

Rarely do we change practice based upon the findings of **one** research article. Instead, we systematically search the research databases to find evidence, consult the librarian (Janice Lester), read and critically appraise the articles to make decisions. If there is enough evidence to translate into a new or changed practice, we initiate an EBP PROJECT. If there is no evidence or if the available evidence is of insufficient quality, then we may need to do a RESEARCH STUDY (to generate the evidence we need to improve practice). The evidence pyramid shows that the strongest evidence is at the top—systematic reviews. “Best evidence,” means using the strongest body of evidence that exists on a particular topic, whether it is randomized controlled trials, expert opinion, or systematic reviews.





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What are the resources available to promote EBP, Research and Ethical Decision Making?


### Evidence-Based Practice and Research

#### Internal Phelps resources

New Knowledge and Innovation Shared Governance Council, chaired by Judy Kennedy, BSN, RNC-MNN

- Meets the Third Wednesday of every month 9am-11am
- Reviews all EBP projects and Research studies by clinical nurses (nurse residents, career ladder).
- Reviews Research protocols for clinical and scientific merit before submitting to the Northwell System Nursing Scientific Review Committee and then for IRB-approval prior to the initiation of any research study.
- All researchers must complete Collaborative Institutional Training Initiative (CITI) training and a Conflict of Interest (COI) form in order to be a Principal investigator (PI) of any IRB-approved research.
- Janice Lester, Librarian, support nurses by responding to email requests (by clinical nurses) for literature searches, if they have developed a PICO(T) question . PICO(T) stands for Problem/Patient, Intervention, Comparison, Outcome, (Time frame)
- Books, journal, computer access for electronic data-bases are available through the Phelps and Northwell Internets.
- Ideas for EBP and future research are generated by review of the literature, best practices from professional organizations, sharing of knowledge at Northwell and national conferences, the Virtual Journal Club, which is located on the Nursing website.
- Mentors/facilitators at Phelps: Judy Dillworth, PhD, RN, NEA-BC, CCRN, FCCM, Peggy Tallier, MPA, EdD, RN , Cherry Lyn Fuentes, MS, RN-BC,NPD-BC, Alicia Mulvena, MA, RN, NPD-BC and Clinical Nurse Scholars of this council
- Northwell Support: Lily Thomas, PhD, RN, FAAN, Vice President, System Nursing Research and Myrta Rabinowitz, Ph.D, RN-BC, NC-BC, Manager, System Clinical Transformation Institute for Nursing - Office of Chief Nurse Executive

Research Studies (0010)

		Phelps Hospital Northwell Health						NOTE: Must have a minimum of 2 completed and 1 ongoing study											
		IRB Review Type	Date Approved by IRB (mm/dd/yy)	Study Status	Date Study Completed (mm/yy)	Name(s) of Organization's Nurse PI, Co-PI, &/or Site PI for each study (must be employed by the organization)	Role(s) of organization's Nurse(s)	Credentials	Study Scope Check only one			Study Types Check all that apply							
Internal to a Single Organization	Multiple Organizations within a System								Independent Organizations Collaboratively	Replication	Qualitative	Quantitative							
Nursing Research Study Title (do not include EBP or Performance Improvement)																			
1	"The effect of an educational intervention on perioperative registered nurses knowledge, attitudes, behaviors and barriers toward pressure injury prevention in surgical patients"	Exempt	IRB# 18-0240 06/08/18	Complete	12/13/2019	Catherine McCarthy, Lorrie Presby	Site PI	BSN, RN RN	X								x		
2	"Coloring Mandalas to Reduce Anxiety in Adult Psychiatric Unit"	Expedited	IRB# 18-0547 07/26/18	Complete	9/19/2019	Doreen Wall Maura Maier	PI	MS, RN-BC MSEd, RN-BC	X								x		
3	"Evaluating the efficacy of a mindfulness-based mobile application on stress reduction amongst nurses"	Expedited	IRB# 19-0676 11/01/19	Ongoing		Candace Huggins	Site PI	MSN, RN, NE-BC, CEN	X								x		
4	"Impact of Educational Program on 'Expressions of Humanism' on Caring Behaviors, Patient Experience and Quality Outcomes"	Exempt	IRB# 19-0208 04/03/19	Complete	3/26/2020	Elizabeth Wiley	Site PI	AAS, RN	X								x		
5	" Northwell-Phelps Immersion in Clinical Empathy & Reflection- Pilot (NICER-P)"	Expedited	IRB# 19-0787 10/17/19	Ongoing		Candace Johnson	Co-PI	BSN, RN-BC	X						X		x		

### Evidence Based Practice Algorithm

Authored by the Northwell Health EBP Task Force

