


## Creating an Academic Practice Partnership for Evidence Based Practice



**PinnacleHealth System**      **Messiah College**

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## In the beginning. . . . .



- Recently merged organization
- Pursuit of Magnet designation
- No formal research department
- Need to develop research and EBP skills in nurses

**PinnacleHealth System  
Harrisburg Campus**

## Waves of discontent. . . .



- Students failed to appreciate the relevance of research to practice
- Research content was "dry" and uninteresting
- Low student course ratings
- New Dean emphasizing undergraduate research
- Rising tide for change


**Jordan Science Center  
Messiah College**

## Shared Vision

- **Practicing Nurses**  
Increase knowledge of research process and apply research to actual clinical problems in their practice
- **Nursing Students**  
Demystify the research process and apply research to actual clinical problems to their future practice

## Initial Program

- Purpose was to learn about the research process by working on a clinical issue
- Incorporated a research experience in a one-semester 3-credit nursing course
- Group activity involving practicing nurses, advance practice nurses, faculty and senior nursing students




## Implementation and Evolution

- First two years developed three nursing research proposals
  - Medication calculation
  - Hand hygiene adherence
  - Lived experience of new graduates
- Group work was development of various components of proposals



## Challenges

- Complexity of process
- Different groups did not see whole process
- Not a linear process!!

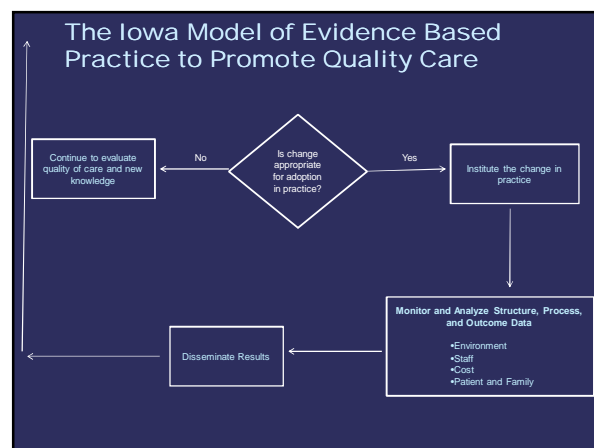
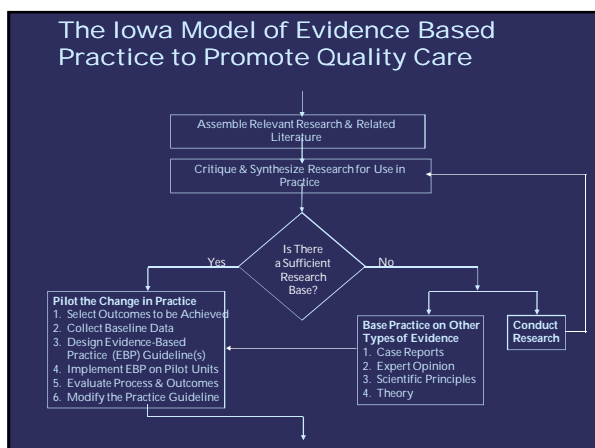
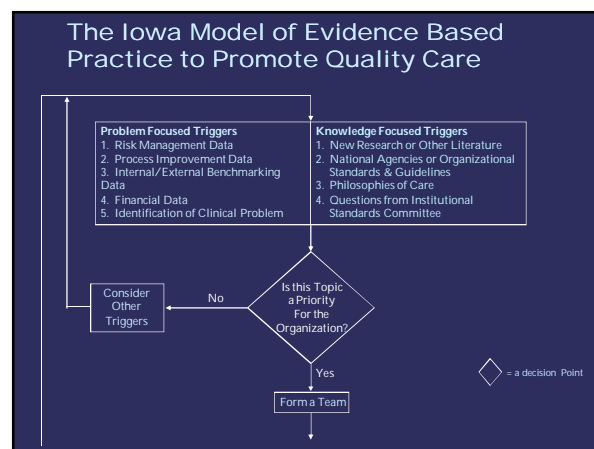


## Evolution to EBP

- PinnacleHealth and Messiah College co-hosted an Evidence-Based Practice Workshop in 2004
  - Presenters: Bernadette M. Melnyk, PhD, RN, CPNP/PMHNP, FNAP, FAAN and Ellen Fineout-Overholt PhD, RN, FNAP, FAAN
- Decision to focus on evidence-based practice projects for year three

## Key Elements

- Continued to devote class time to Research Roundtable projects
- Seven (7) two hour in-class meetings
- Group composition
  - Practicing nurses (4)
  - APRN Facilitators (2)
  - Students (4)
- Faculty facilitator for every 3 groups



## Project Expectations

- Summary of Findings
- Literature Matrix
- Reference List
- PowerPoint Presentation
- Poster Presentation



## Preparation of Clinical Nurses

- Orientation to Research Roundtable
- Review research process & EBP
- Review IOWA Model
- Library orientation & search strategies
- Critique quantitative and qualitative studies
- One 8-hour day

## Preparation of Students

- Orient them to Research Roundtable
- Differentiate between research and EBP
- Review outcome expectations
- Opportunity to select clinical group of interest

## Facilitator Preparation & Support

- Meeting and orientation
- Review expectations
- Debriefing sessions after each RRT
- Pair newer facilitators with experienced facilitators

## Faculty Presentations for CEUs

- Preparing for EBP Projects
- Asking Compelling Questions
- Finding Relevant Evidence
- Critically Appraising Evidence
- Levels and Grading of Evidence
- Evidence Based Nursing and Research Informed Practice
- Presenting the Findings

## Program Evaluation

- Formative evaluation—student classroom question/issue time
- CEU evaluation for educational sessions
- Facilitator debriefing time
- Program evaluation
- Facilitator evaluation
- Course and faculty evaluation

## Practice Impact

- Shift in culture—EBP is an **expectation** rather than exception
- Enhanced annual nursing research conference
- Developed nursing research fellowship program
- Added nursing research consultant role
- Provided opportunities for professional development

## Practice Changes

- Development of herbal supplement documentation screens
- Development of oral care guidelines
- Implementation of medication schedule card
- Revised advance directive form to include option for deactivation of ICDs

## Practice Changes

- EBP Fact Sheets developed:
  - NICU lighting
  - Body position and gavage feeding in neonates
  - Lidocaine administration for peripheral IV insertion



## Three Research Studies

- Thermoregulation: The Effect of Servo-Control vs. Air-Control on Weight Gain of Premature Infants in incubators
- Comparison of External BP Measurements in the Upper Arm and Ankle in Adult Patients Undergoing Cardiac Catheterization
- Prospective Observational Cohort Pilot Study on the Risk Factors Associated with Upper Extremity Deep Vein Thrombosis in Patients with Peripherally Inserted Central Catheters (PICC)

## Academic Impact

- Interactive teaching strategy—linked to relevance in clinical practice
- Students feel like equal partners in the process—empowering
- Provided rationale for curricular change

## Academic Impact

- Opportunity for students to continue interest in projects beyond the semester commitment (e.g. presentations, poster displays, volunteering as graduates for RRT, continuing to infuse EBP as graduates)
- Experience presenting at professional conference and showcase at the College at scholarship day
- Mentoring facilitators expanded faculty scholarship—presentations, publications, etc.

## Improved Student Attitude

- What did you like best about the course?
  - “The opportunity to work with actual nurses and to research actual topics of interest to us and our patients.”
  - “I loved being able to actually work through a question with practicing nurses and finalize a presentation.”
  - “Actually being involved in a research group was pretty cool.”

## Partnership Outcomes



- Individual and joint presentations
- Publications
- Grant money for projects
- Curricular change – junior and senior level research course
- Research consultant position
- Nurse research fellowship
- Collaboration with regional institutions

## South Central PA EBP Consortium Purposes

- Facilitate collaboration between practice and academia
- Promote a culture of EBP regionally
- Improve patient outcomes
- Provide mentoring opportunities
- Facilitate multi-site EBP and research collaboration
- Provide an incubator to promote EBP throughout the region

## South Central PA EBP Consortium

- Established bylaws and committees
- Quarterly meetings: March, June, September, December
- Developing EBP Toolkit, Speakers Bureau, Web Page
- Traveling Presentations: “EBP 101”

## Contact Information

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## Summary & Questions?

