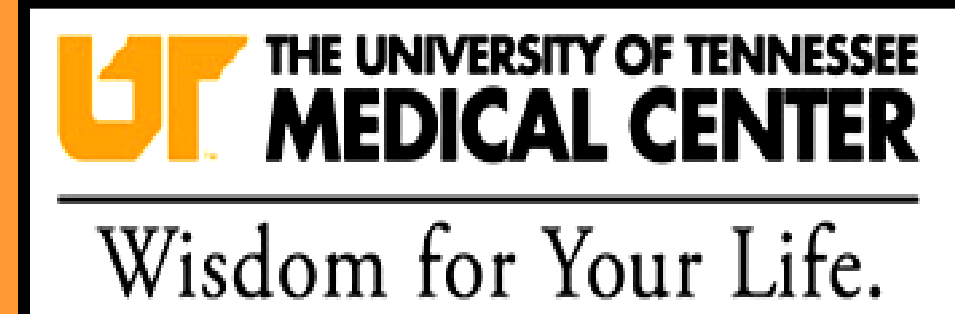# Research and Evidence Based Practice: What's the Best Fit for Our Organization?

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Background

- Healthcare literature is published at a rate that makes it impossible for nurses to keep current (Alper et al, 2004)
- Practitioners have too much literature, poor or under-developed skills in accessing and evaluating the literature, and lack of time to find the answers they need
- It takes an average of 17 years to fully integrate research findings into everyday practice (Bales, 2001)

Problem Identification

- Lack of education and information for nursing regarding research and evidence based practice
- Lack of time for the nurses to be involved in research and evidence based practice

Goals / Objectives

The purpose of our quality improvement project was to develop a process that would allow for the best use of limited resources to improve our nursing research and use of evidence based practice
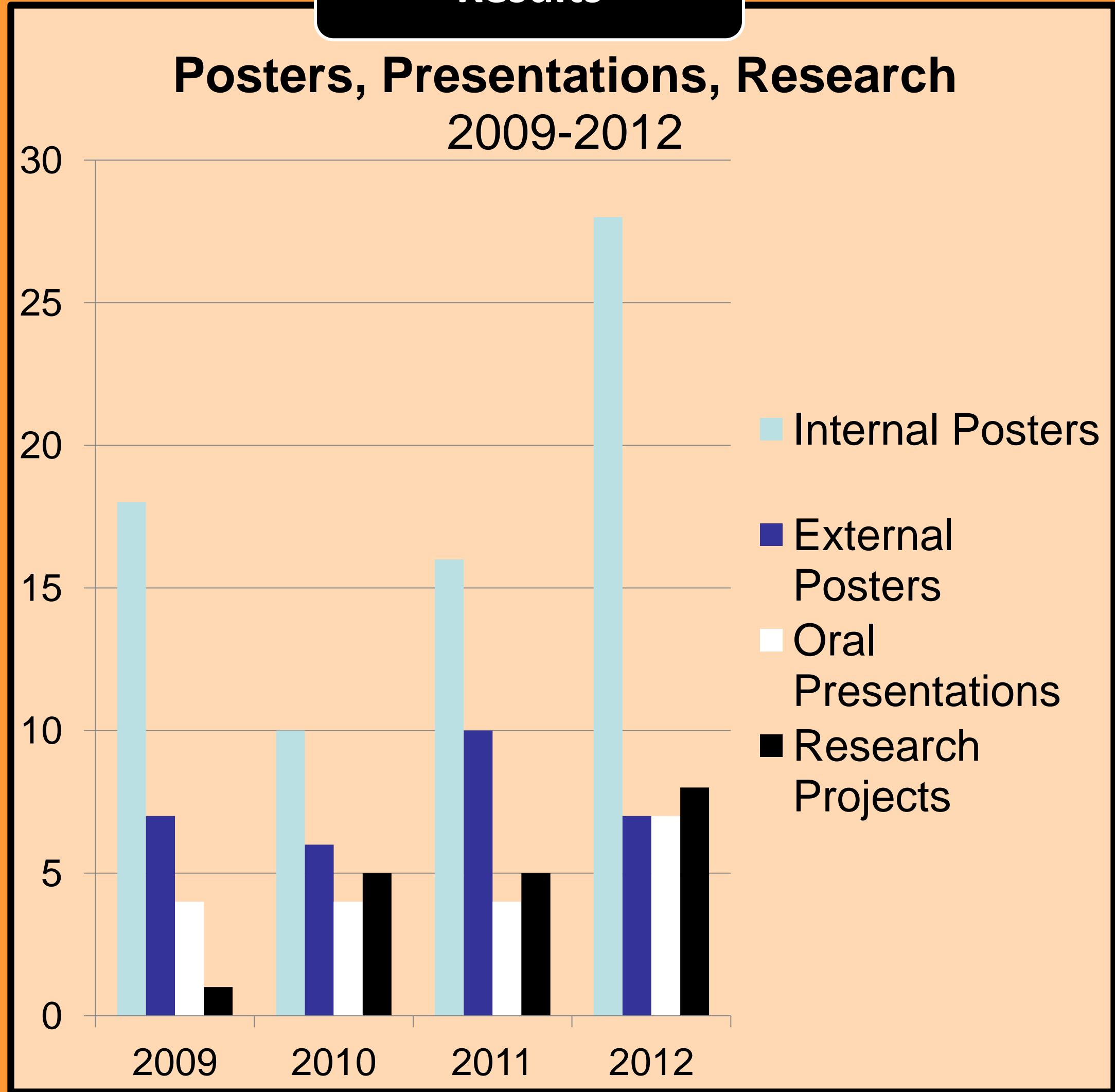
Methods

- Roving rounds on nursing units by our medical librarians and Professional Development Council members to educate staff on the use of evidence based literature and how to access
- All research done by nursing is presented and approved by the Nursing Research Council before submission to the Institutional Review Board
- Support for units or groups that have an interest in developing a journal club
- Changed the Research Council to a representative model with one representative from each unit. This provides for better flow of information in both directions.

Outcomes / Conclusions

- Policy changes based on results from several of our studies
  - Standardization of obtaining temperatures on our Healthy Mother / Baby unit
  - Use of alcohol impregnated cap on end of all central lines to help prevent CLABSI
  - Acceptance of new fall risk assessment for OB patients who have had an epidural
- 1524 nurses educated on evidence based practice and use of CINHAL to search for literature
- 10 journal clubs in our organization
- Addition of Nursing Research Coordinator

Results

Posters, Presentations, Research 2009-2012

References
Alper, B.S., Hand, J.A., Elliott, S.G., Kinkade, S., Hauan, M.J., Onion, D.J., & Sklar, B.M. (2004). How much effort is needed to keep up with the literature relevant for primary care? Journal of the Medical Library Association, 92(4), 429 – 437.

Bales, E. (2001). Information systems can prevent errors and improve quality. Journal of American Medical Informatics Association, 8(4), 398 – 399.