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Citation

Butler, Eve; Ojeda, Maria; and Prentiss, Andrea, "Improving Outcomes Through Performance Improvement, Evidence-Based Practice, or Research: Choosing the Right Road" (2016). *All Publications*. 1945.
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Improving Outcomes Through Performance Improvement, Evidence-Based Practice, or Research: Choosing the Right Road

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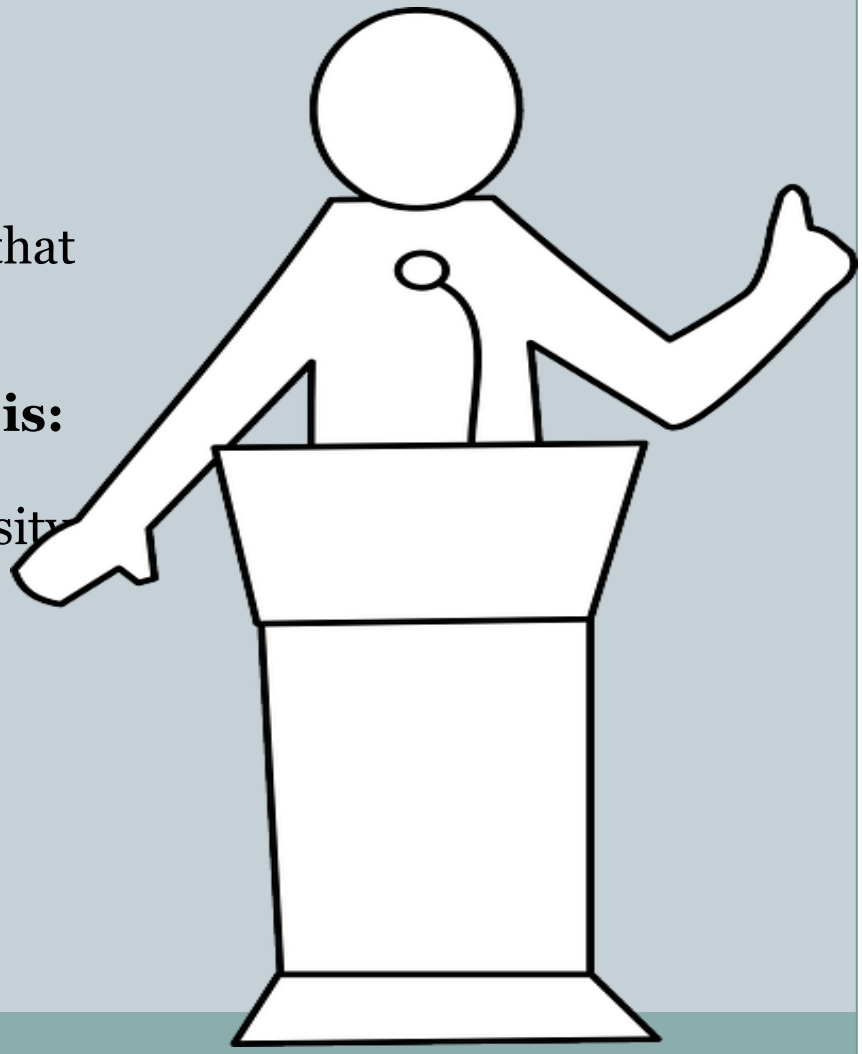
Attend the entire event.

Submit an evaluation form.

Achieve 80% on post-test.

Return demonstration



Objectives

At the end of this presentation, the participant should be able to:

- Describe methods that nurses can implement to influence patient outcomes
- Describe the purpose, structure and function of the Project Think Tank for Innovation in Nursing Research (PTT-INR)
- Define methods for communicating performance improvement, evidence based practice, and research findings

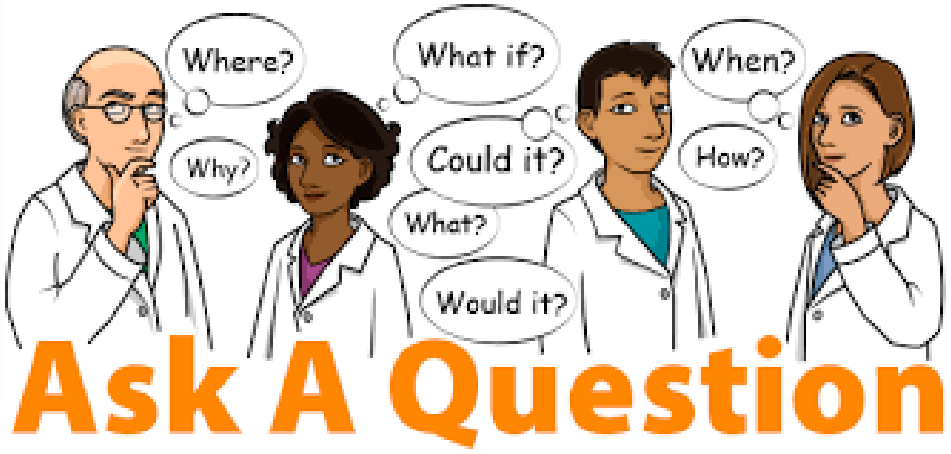
Situation at Hand

- Care that is important is often not delivered. Care that is delivered is often not important. (IOM, 2009)
- Medical errors are now the 3rd leading cause of death in the US.
- Loss of reimbursement for hospital acquired conditions.

Nurse's Role

- The underpinning for improving outcomes is based on your knowledge of PI, EBP, and Research.

Getting Started



Destination Improved Outcomes

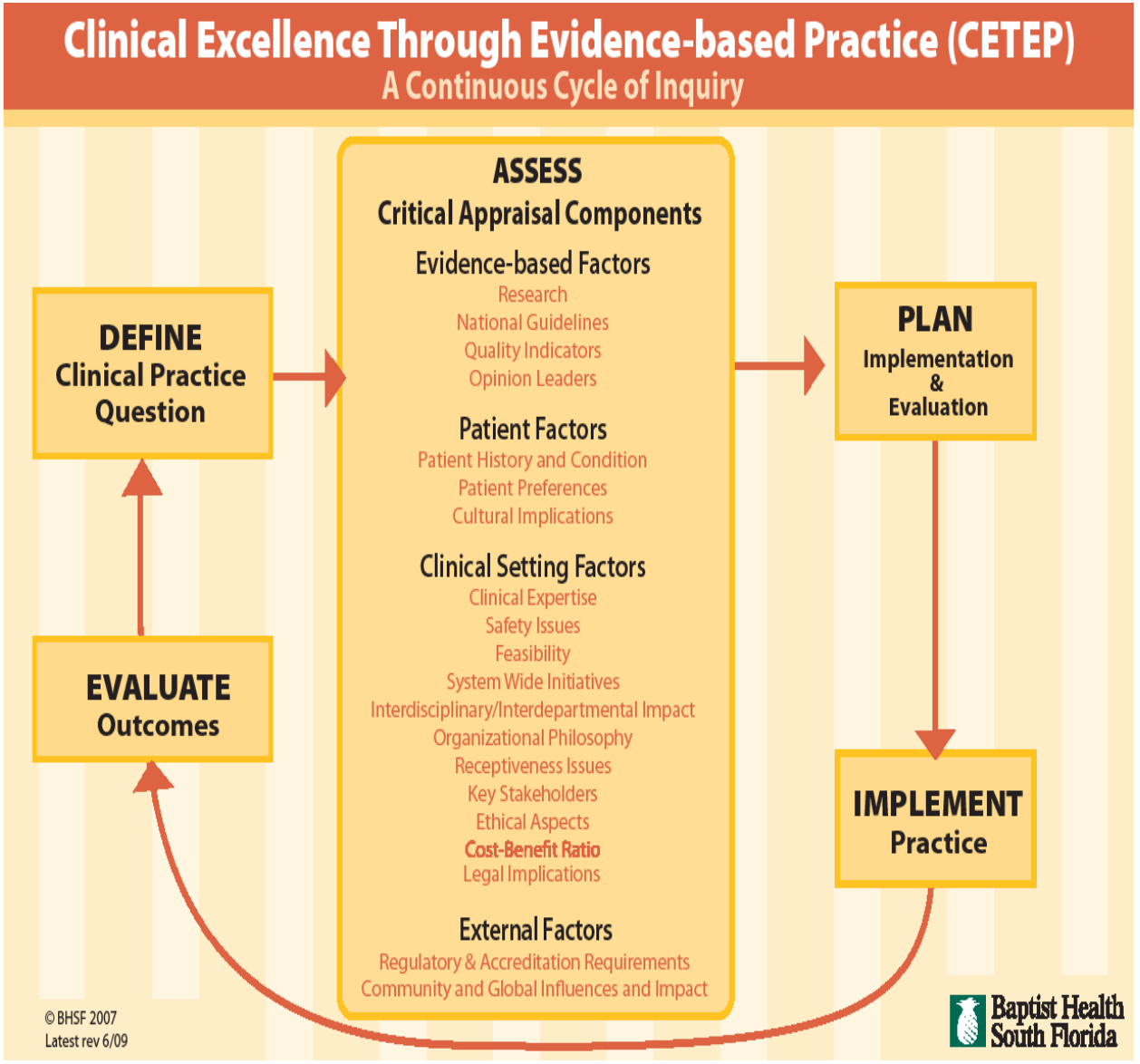
The goal of evidence-based practice, quality improvement and research?

To provide care to patients that is based on scientific evidence and meets the patient's needs…

To improve clinical outcomes.

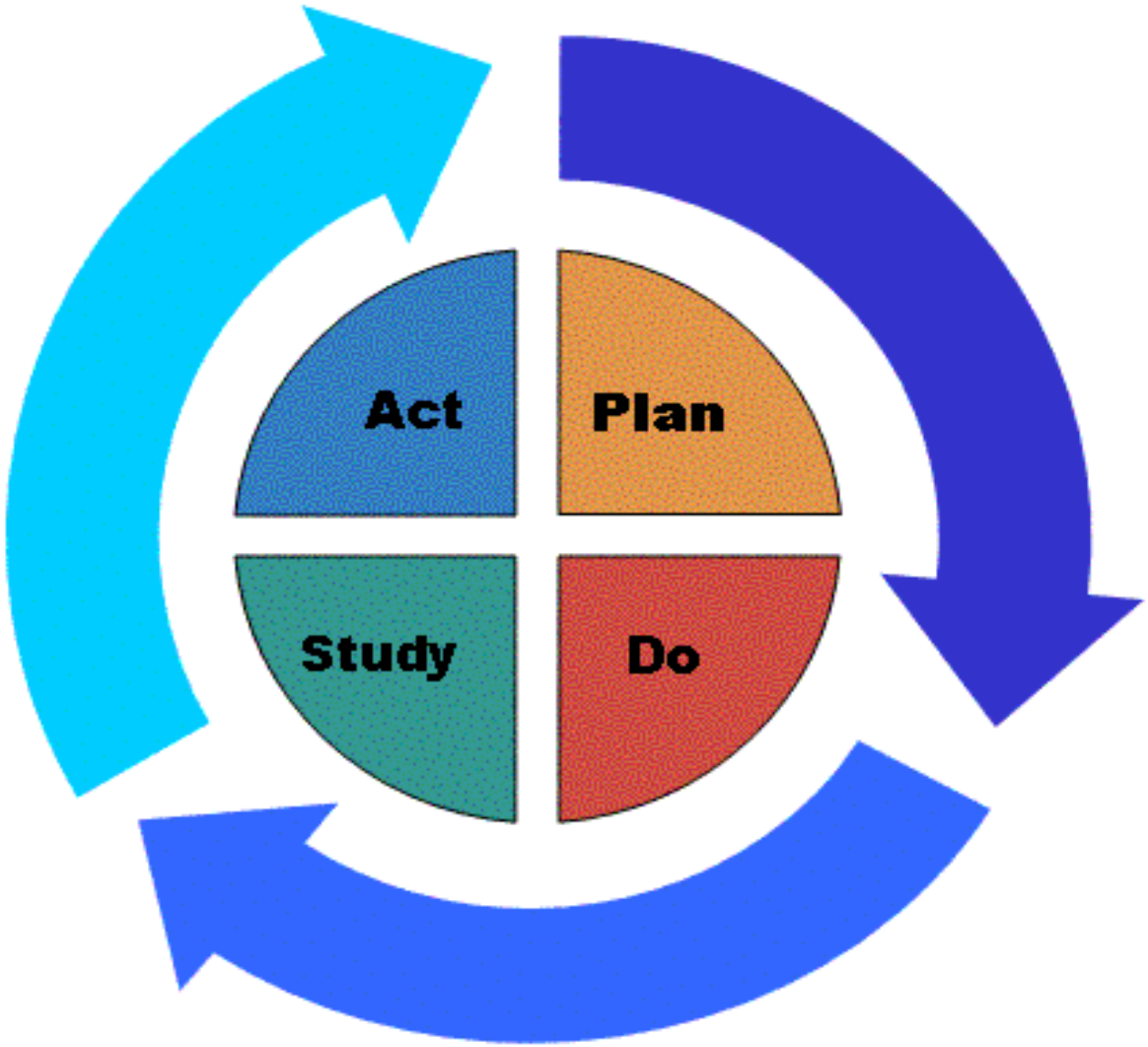
Evidence-based Practice

"a science-to-service model of engagement of critical thinking to apply research-based evidence (scientific knowledge) and practice–based evidence (art of nursing) within the context of patient values to deliver quality, cost-sensitive care" *(American Nurses Credentialing Center, 2008)*



Performance Improvement

a systematic process for measuring and accessing the effects of change, feeding the information back into the clinical setting to make adjustments until successful results are obtained.



Research

a systematic, disciplined methodology quantitative or qualitative in nature to develop, uncover, create, find, add new nursing knowledge requiring IRB approval

(Houser & Bokovoy, 2006)

Review

	QI	EBP	Research
Purpose	Improve patient care practices	Change practice	Generate new knowledge
Method	PDCA Short Simplistic	Articles: Qual and Quant Expert opinion Guidelines Lengthy	Qualitative, Quantitative, Long, Complex
Sample	Unit or organization	Related to identified population	Related to purpose & research question Representative
Data collection	Short term Action plan & evaluation	Critical appraisal of articles Searching for best evidence	Ensure external and internal validity, trustworthiness Long term

Review

	QI	EBP	Research
Human subjects	No IRB unless sharing information externally	Assess IRB process described in article	IRB
Results	Seeks to improve processes in unit and organization	Seeks to impact practice	Seeks to add new knowledge
Implications	Change processes Decrease cost Increase efficiency Increase patient and staff safety Improve satisfaction	Use of research to impact process	Comprehensive understanding of issues in a phenomenon

Innovative Methods for Generating Ideas

Project Think Tank

Dissemination

Communicating Your Findings

- Choose the right audience
  - PI, EBP, or Research
- Poster presentations
- Podium presentations
- Publication

Go Off-Roading

- Hands-on technical assistance
- Replication guides
- Targeted training workshops with hands on experience

Starts with an Abstract

- Snap shot of your work
- Follow guidelines
  - Title
  - Background and significance
  - Study aims (purpose)
  - Methods
  - Results
  - Discussion and implication
- Have another set of eyes review

(Lang, 2010)

Common Mistakes

- Doesn't clearly link to the theme
- Grammatical and spelling errors
- Generic, not tailored to the audience
- Submission guidelines not followed
- Too long
- Aims, objectives and content are not clear
- Does not provide new information
- Fails to convey implications for the profession
- PROOFREAD, PROO FREAD, PROOFR EAD or it will be wrong with YUOR NAME (Lang, 2010)

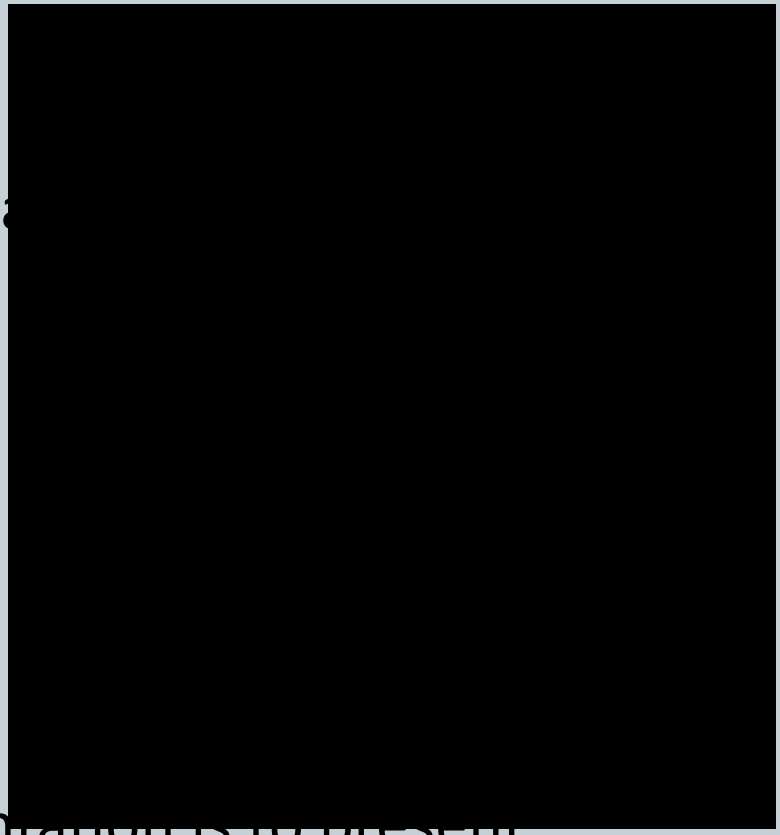
Poster Presentation: *The Visual*

- VIEWED – not read
- Viewers decide in 3 seconds
- Emphasize main points
- Use one style, one LARGE font
- Avoid too much animation, no large blocks of text
- Use pictures - don't let them use you
- Avoid loud, garish colors
- Use dark text/light background or light text/dark background
- Avoid Color blind combinations
  - Red-green
  - Blue-yellow

(Lang, 2010)

Podium Presentation: *The Delivery*

- Know your audience
- Practice, practice, practice
- Have someone review your presenta
- Arrive early
- Maintain eye contact
- Watch what you say
- Be aware of body language
- Provide handouts
- Finish early
- Remember, the purpose of a presentation is to present information — not overwhelm the audience



(Lang, 2010)

Publications: *The Word*

- Know your audience
- Review journal guidelines
- Hot topics
- Query letter
- References

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The *American Journal of Critical Care*, a bimonthly peer-reviewed journal, is the premier source for evidence-based critical care practice. The journal's mission is to provide its readers with clinically relevant content in every issue and to serve as a vehicle for the American Association of Critical-Care Nurses to achieve its mission of improving the care of critically ill patients and their families. Authors are invited to submit original manuscripts describing investigations, advances, or observations from all specialties related to the care of critically ill patients. The *American Journal of Critical Care* publishes clinical studies, basic research studies, preliminary/short communications, case reports, reports on new apparatuses and techniques, clinical/basic science reviews, guest editorials, and letters to the editors. Papers promoting collaborative practice and research are encouraged.

AJCC

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Each author should complete an "Authorship, Financial Disclosure, Copyright Transfer, and Acknowledgment Form" and submit the completed form by fax or e-mail as a PDF attachment (no marked documents, please).

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Title Page: This is page 1, should occupy only 1 page, and should contain the following:
- **Title** (should be concise yet informative)
- **Running title** (usually 2 to 5 words)
- **The authors' full names in preferred publishing order, with degrees, credentials, ranks, and affiliations**

Rules of the Road

- Follow Standards for Quality Improvement Reporting Excellence (SQUIRE) guidelines for PI/QI
- Consolidated Standards of Reporting Trials (CONSORT) for research
- Uniform Requirements for Manuscripts Submitted to Biomedical Journals
- Verify submission has not been submitted elsewhere
- Abstract (e.g. poster or podium) does not preclude publication of full manuscript on same content
- One journal at a time until decision is made

Nursing and Health Sciences Research Journal

Nursing & Health Sciences Research Journal is a peer-reviewed, open access online journal, publishing evidence-based projects, original research relating to patient care/outcomes, performance improvement, quality and safety, cost effectiveness, improved work environments, and professional development in clinical settings.

START YOUR ENGINES

Which road will you take?

The Pediatric Intensive Care Unit CNS is questioning what factors are associated with the development of occipital pressure ulcers (OPUs) in young children who had been admitted to the unit.

A lit review was conducted – found minimal published studies relating to risk factors

A retrospective chart review was conducted of all cases for the previous 4 years to identify factors commonly associated with the development of OPUs in this population.

Medical records were reviewed and data was abstracted.

Data included demographics, lab and test results, assessment data, and bed surfaces.

Data was entered into a statistical program, and analyzed using logistic regression.

Answer

Which road will you take?

Critical care nurses reviewed national and current best standards and guidelines for prevention of alarm fatigue and found a wide variation in their practices. This prompted them to ask the following question:

Would implementation of an alarm bundle decrease alarm fatigue among critical care nurses?

Lit review was conducted. Similar organizations were contacted to inquire about their standards for preventing alarm fatigue.

Based on their findings they made recommendations for the implementation of a bundle to prevent alarm fatigue.

Answer

EVIDENCE-BASED PRACTICE

Which ROAD?

- Hospital implemented CAUTI prevention measures (bundle)~ 5 years ago
- Measured and reported quarterly per unit
- Rates increasing last two quarters
- Leadership asked to provide additional education relating to bundles and documentation
- Individualize monitoring and accountability
- Rates improved slowly over next year

Answer

PERFORMANCE IMPROVEMENT

Thoughts or Questions

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