Geri LoBiondo-Wood Judith Haber Marita G. Titler

EVIDENCE-BASED PRACTICE

for NURSING and

HEALTHCARE
QUALITY
IMPROVEMENT

Evidence-based practice WY100.7 L796E 2019



B0018017 bib:13399115442

CONTENTS

PART I Introduction

1 Overview of Evidence-Based Practice, 1

Marita Titler, Geri LoBiondo-Wood, Judith Haber

Historical Overview, 2

Definition of Terms, 3

The National Agenda for Evidence-Based Practice, 7

Steps of Evidence-Based Practice, 11

The Evidence-Based Practice Team, 11

Engaging Consumers in Evidence-Based

Practice, 11

Call to Action, 11

Synthesis, 16

2 Models and Evidence, 20

Geri LoBiondo-Wood, Marita Titler, Judith Haber

Comparing Research, Evidence-Based Practice, and Ouality Improvement, 20

The Iowa Model of Evidence-Based Practice, 21 Synthesis, 29

PART II Processes of Developing EBP and Questions in Various Clinical Settings

3 Developing Compelling Clinical Questions, 31

Judith Haber

Introduction, 31

What Is a Clinical Question?, 32

Why Are Clinical Questions Important?, 34

Sources of Clinical Questions, 34

Types of Clinical/PICO Questions, 35

Clinical Ouestions Differ From Research

Questions and Hypotheses, 38

Synthesis, 39

4 Search and Critical Appraisal of the

Literature, 40

Susan Jacobs, Barbara Krainovich-Miller

Evidence Is Hierarchical, 41

Metaliteracy, 41

Where to Start, 41

Beyond the Published Evidence, 44

Ask a "PICO" Question, 49

Assess/Appraise/Synthesize, 53

Synthesis, 56

5 Principles of Assessing Research Quality, 59

Geri LoBiondo-Wood

Issues Relating to Maximizing Applicability of

Findings to Practice, 59

An Objectively Conceptualized Research

Question, 60

Homogenous Sample, 61

Data Collection Constancy, 61

Intervention Fidelity, 61

Internal Validity, 63

External Validity, 63

Synthesis, 66

6 Intervention Studies, 68

Susan Sullivan-Bolyai, Carol Boya

Introduction, 68

Purpose of Intervention Studies, 69

Types of Intervention Studies, 70

Types of Data in Intervention Studies, 76

Critically Appraising Intervention

Research, 77

Synthesis, 81

7 Observational Studies, 83

Geri LoBiondo-Wood

Introduction, 83

Observational Studies, 83

Purpose of Observational Studies, 84

Types of Observational Studies, 85

Types of Data and Data Analyses in

Observational Studies, 89

Critically Appraising Observational

Studies, 90

Synthesis, 92

8 Systematic Reviews and Clinical Practice Guidelines, 94

Judith Haber, Barbara Krainovich-Miller

Types of Reviews, 97

Clinical Practice Guidelines, 107

Implementing Clinical Practice Guidelines in

Clinical Practice, 110

Critical Appraisal of Clinical Practice Guidelines, 112 Synthesis, 114

9 Qualitative Studies, 117

Dona M. Rinaldi

Introduction, 117

Qualitative Methodologies and

Worldview, 118

Phenomenology, 120

Grounded Theory, 121

Ethnography, 121

Case Study, 122

Metasynthesis, 122

Key Differences in Qualitative

Methodologies, 123

Data Analysis, 123

Scientific Rigor in Qualitative

Research, 123

Synthesis, 126

10 Understanding Statistics for Evidence-Based Practice, 130

Carl Kirton, Leah Shever

Introduction, 130

Basic Concepts Applied to an Evidence-Based

Project: Data, 131

Descriptive and Inferential Concepts

Applied to Evidence-Based

Projects, 132

Central Limit Theorem in Practice, 134

Inferential Statistics, 136

Read, Interpret, and Understand

Evidence-Based Literature Statistics, 139

Observational Studies, 146

Meta-Analysis, 153

Synthesis-Statistical Analyses, 154

PART III Implementation

11 Evidence-Based Approaches for Improving Healthcare Quality, 156

Maja Djukic, Mattia J. Gilmartin

The Clinical Leader's Role in Health Care

Quality Improvement, 157

National Goals and Strategies for Health Care

Quality Improvement, 158

Quality Strategy Levers, 158

Common Quality Improvement Perspectives and Models, 164

Quality Improvement Steps and Tools, 164

Taking on the Quality Improvement

Challenge and Leading the Way, 180

Synthesis, 180

12 Planning for Success, 183

Marita Titler

Introduction, 183

Overview of an Implementation Model, 184

The Evidence-Based Practice Topic, 184

Quality Improvement as a Foundation for Implementation, 186

Principles of Implementation, 186

Action Plans, 191

Ethical Considerations for Evidence-Based

Practice, 191

Synthesis, 196

13 Launching Implementation, 197

Christine Anderson, Marita Titler

Introduction, 197

Implementation Strategies That Address

Characteristics of the Clinical Topic, 198

Implementation Strategies That Address Communication, 200

Sustainability, 203

Synthesis, 203

14 Implementation Strategies for Stakeholders, 206

Marita Titler, Christine Anderson

Users of Evidence-Based Practice, 206

Social System (Context), 209

Synthesis, 216

15 Patient-Centered Evidence-Based Practices, 219

Amy L. Msowoya, Sheila M. Gephart

Introduction, 219

Clinical Scenario, 220

Patient Empowerment Through Shared

Decision Making, 220

Evidence to Support Shared Decision

Making, 221

Shared Decision-Making Aids, 221

Evidence-Based Methods to Develop Patient

Engagement Tools, 222

Patient Activation, 223

Health Literacy and Numeracy, 224

xviii

Strategies to Improve Health Literacy and Numeracy, 225 Patient Engagement Strategies for Clinical Practice, 227 Individual Barriers Against Patient Engagement, 227 Contextual Barriers Against Patient Engagement, 229 Synthesis, 229

PART IV Evaluation and Dissemination

16 Evaluation of Evidence-Based Practice, 231

Marita G. Titler, Barbara R. Medvec

Introduction, 231 Methods for Evaluation, 232 What to Measure, 232 Fiscal Outcomes, 233

Data Sources, 235

Analysis and Display of Data, 236 Evaluation Summary for Key Stakeholders, 236

Synthesis, 240

17 Dissemination, 242

Carl Kirton

Introduction, 242
Principles of Dissemination, 243
Intended Audience, 243
Primary Objective(s) of Dissemination, 243
Types of Dissemination, 243
Dissemination Venues, 244
Traditional Methods, 244

Social Media, 245 Essential Elements in Dissemination of Evidence-Based Practice Projects, 246 Synthesis, 249

Appendices

Appendix A – Interventions to Improve Adherence to Lipid-Lowering Medication, 251

Appendix B – Impact of Erythropoiesis-Stimulating Agents on Behavioral Measures in Children Born Preterm, 354

Appendix C – The Effect of a Translating Research into Practice Intervention to Promote use of Evidence-Based Fall Prevention Interventions in Hospitalized Adults: A Prospective Pre-Post Implementation Study in the U.S., 361

Appendix D — Improving Exercise Prescribing in a Rural New England Free Clinic, 369

Appendix E – Application of the EBP Process: Maximizing Lactation Support with Minimal Education, 374

Appendix F – Normothermia for NeuroProtection: It's Hot to be Cool, 378

Appendix G — Core Competencies for Interprofessional Collaborative Practice: 2016 Update, 393

Appendix H – WHO Framework for Action on Interprofessional Education & Collaborative Practice, 415

Glossary, 477 Index, 483