



Strategic Planning and Implementation of Evidence-Based Research: Collaboration with Academia and Rehabilitation Nursing



JEFFERSON COLLEGE
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Introduction

There are many times that nurses want to improve patient outcomes but have limited background in how to obtain that goal.

Career Advancement through Research and Evidence Based Practice (CARES) Fellowship was developed to encourage frontline nurses to investigate evidence based practice leading to improved quality patient care outcomes.

Methods

Front-line nurses were paired with a qualified nurse research mentor to form a team collaboration.

The purpose of our team collaboration was to provide training and assistance in all areas of research development through implementation and evaluation of the project.

- Initial training was in a classroom setting:
 - Overview of CARES Fellowship
 - Asking the clinical questions
 - Introduction to literature search
 - Difference between EPB/Research/QA-QI
 - Writing OSP/IRB applications
 - Identification of Rehabilitation specific project

Team Collaboration

The second phase of the training was to develop a research project specific for the Rehabilitation nursing unit.

- Weekly meetings were set with the team
- Communication daily via phone and email
- Specific assignments for literature searches
- Refinement to narrow focus in our topic

Our team discovered that there were no specific guidelines regarding bladder management for stroke patients nationally or locally for a Rehabilitation setting.

- Discussion of the literature findings with administration and unit physicians
- A bladder management pilot protocol to include an algorithm was developed that addressed:
 - timed voiding
 - catheterizations
 - bladder scanning
- Update to administration and unit physicians regarding pilot protocol and algorithm with approval to move forward with a QA-QI project
- The team met to complete the OSP and QA-QI IRB application
 - Many meetings were planned to complete the numerous revisions needed for final submission
 - Development of the education process needed to train staff in the pilot protocol was planned
 - After QA-QI IRB approval, education was completed by the front-line nursing team to all Rehabilitation staff

Quality Improvement Project

The goal of this QI was to improve the Functional Independence Measurements (FIM ®) Efficiency Score in bladder management in stroke patients after best practice education was provided to all staff.

Conclusion

A key to improving patient outcomes is taking the initial steps integrating Evidence Based Practice.

- Collaboration between front-line nurses and academia is vital
 - Front-line nurses had the knowledge for current practices and problems on their unit
 - Academia nurses had the knowledge for research development and integrating EBP in order to improve patient outcomes
 - Our team collaboration between front-line nurses and academia has served us well
 - Our team continues to collaborate
 - Dissemination of our evidence-based outcomes through several peer reviewed posters and podium presentations at both local and national conferences
 - Accepted publication of manuscript for our initial QI project
 - Further refinement of the initial protocol lead to applying and receiving funds for an internal research grant to expand the research to include other rehabilitation patients

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