

Children’s Hospital and Health System Patient Care Policy and Procedure

This policy applies to the following entity(s):

Children’s Hospital and Health System

SUBJECT: Evidence-Based Practice (EBP)

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POLICY

DEFINITION

“Evidence-based practice is the integration of best research evidence with clinical expertise and patient values” (Institute of Medicine, 2001)

PICO (Patient Population/Problem/Pilot Area, Intervention, Comparison, Outcome): Tool that helps clearly articulate and narrow the scope of a proposed practice change and guides formation of a focused, clear purpose statement (Cullen, et al., 2018).

The Department of Nursing Research and Evidence-Based Practice (EBP), the Evidence-Based Practice Nursing Research Council, the Department of Advanced Practice Nursing, the Quality and Performance Improvement Department and the Patient Care Services division provide the organizational infrastructure to support evidence-based practice. This support includes education, consultation, presentation, evaluation and dissemination methods to sustain practice modifications, which involves, but is not limited to:

- Facilitating initiatives that advance evidence-based care and best practices

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Evidence Based Practice/Process Owner: Nurse Scientist

- Providing consultation and mentorship for the development of projects
- Assisting clinicians to disseminate evidence through various mechanisms (e.g. application to practice, publications, presentations)
- Assisting leadership and staff with the integration of evidence-based practice principles into daily work

Evidence-based practice projects to improve patient care and clinical outcomes will utilize the Iowa Model Revised: Evidence-Based Practice to Promote Excellence in Health Care (Addendum A) (Iowa Model Collaborative, 2017). This model provides a framework for the evidence-based practice process.

Process owners of clinical policies and procedures are strongly encouraged to provide current best evidence with documentation of references. This practice is imperative to improve patient outcomes and to provide quality healthcare that is safe and cost-effective.

PROCEDURE

EBP Process:

The purpose of the EBP Process is to standardize the procedure and support project leaders/teams with the development, planning and evaluation of an EBP project based on individual needs. Additionally, the Department of Research and Evidence-Based Practice will track EBP projects within CHHS and provide information for the Director of Nursing Systems and Magnet.

The EBP Process begins with clinical inquiry and the development of a PICO question. The EBP Specialist role within the Department of Nursing Research and EBP is a resource to the leader(s) and mentor of the project throughout the entire process.

The following table outlines the steps of the process, which are completed in the sequence depicted in the diagram from left to right.

Consultation with EBP Specialist

Identify PICO question
Identify team and mentor
Obtain clinical and operational approval and *support*
Identify resources
Set timeline
Identify concerns

Follow Iowa Model

Meet with EBP Specialist to share review of literature and direction of project
QI to implement interventions with strong evidence
Conduct research
Develop new PICO

Project Implementation

Determine outcome measures and evaluation
Plan dissemination
Write narrative summary
Develop abstract
Plan presentations and potential manuscript

EBP Projects:

1. The Iowa Model© is used as a framework for the planning and implementation of an evidence-based practice project.
2. If the evidence evaluated supports a change in practice, then a pilot of the practice change is recommended by the Iowa Model. An HRS Determination form will need to be completed and submitted to CW IRB to approve the project as being non-research. This form may be accessed on Children's Connect
3. Identification and evaluation of outcome measures are required for all projects. EBP Specialist and mentors can assist with identification of appropriate resources, e.g. Quantitative Health Sciences Department (QHS) and Quality and Performance Improvement Department.
4. If a research study is planned as a result of an EBP project, a submission to the MCW IRB must be made. The MCW is the IRB of record for Children's Wisconsin. Studies are entered in to MCW's IRB system, [eBridge \(https://ebridge.mcw.edu/\)](https://ebridge.mcw.edu/) .To obtain an account, self-register on the site. Training resources can be found here: <https://train.mcw.edu/>.
5. If a nursing research study is planned, the Nursing Research Review Process on the Nursing Research website explains the process to be followed.
6. At the completion of the project, a written outline (Addendum B) will be submitted to the EBP Specialist in the Department of Nursing Research and EBP to communicate

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submission of abstract(s), education and dissemination plan for proposed change, evaluation of change and plans to sustain modification in practice. The information from this outline provides data for our Magnet submission and may be used to write an abstract for a conference.

EBP in Policies and Procedures:

1. When writing or updating a policy/procedure, the process owner assembles relevant research and related literature by accessing resources on the CW Intranet and the MCW Libraries. Advanced Practice Nurses may also be utilized as clinical experts. Assistance with the literature review is available from the MCW librarian and the EBP Specialist.
2. A systematic process is used by the policy and procedure owner to assemble and critique literature identified as supporting evidence. If there is insufficient research, then case reports, expert opinion, scientific principles, theory and quality data are used to define/support the current practice.
 - a. Each piece of evidence is critiqued and summarized in the EBP Evidence Table (Addendum C).
 - b. Each piece of evidence is assigned a level using the AACN Evidence-Leveling System (Addendum D).
 - c. Evidence supporting the P&P is listed in the References. After each citation the level of evidence is noted in parentheses.

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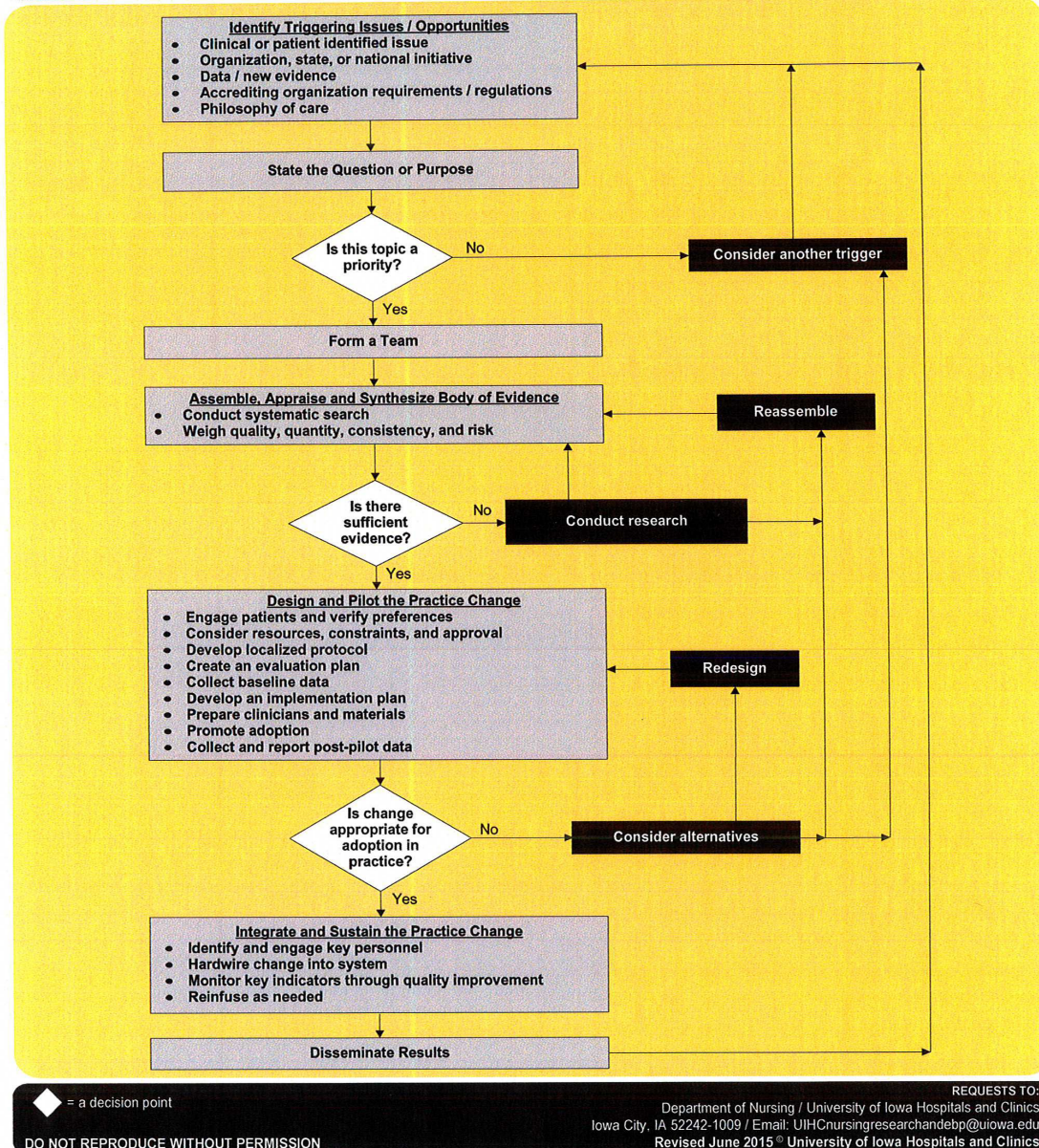
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Addendum A

The Iowa Model Revised: Evidence Based Practice to Promote Excellence in Health Care

The Iowa Model Revised: Evidence-Based Practice to Promote Excellence in Health Care



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Addendum B

Evidence-Based Practice Project Outline, Summary & Evaluation

Write a 500 word abstract of your project using the following headings:

Statement of Problem

PICO question

Search methods

Evidence yield

Critical Appraisal of evidence

Conclusions

Implications for clinical practice / research

Describe the education/dissemination plan for the proposed change:

Describe the evaluation method(s) and measurable outcomes:

Describe plans to sustain proposed change, e.g. P&P, documentation audits:

Addendum C

Evidence Table

Title/ Author(s)/ Citation	Objective/ Aim/ Research Question	Design/ Analysis	Sample Setting	Findings	Strengths weaknesses/ other	Level of evidence

Addendum D

AACN Evidence-Leveling System

Level A	Meta-analysis of multiple controlled studies or meta-synthesis of qualitative studies with results that consistently support a specific action, intervention or treatment.
Level B	Well-designed controlled studies, both randomized and non-randomized, with results that consistently support a specific action, intervention or treatment
Level C	Qualitative studies, descriptive, or correlational studies, integrative reviews, systematic reviews or randomized controlled trials with inconsistent results
Level D	Peer-reviewed professional organizational standards with clinical studies to support recommendations
Level E	Theory-based evidence from expert opinion or multiple case reports
Level M	Manufacturers' recommendations only

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