



Sacred Cow contest coming soon!

# THE TLC

*Evidence Based Practice Edition*

Penrose-St. Francis Health Services



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**Literature Reviews.** All of us have questions about our nursing practice. We may wonder if there is a better way or if we are doing something that makes a difference. We may have read an article and wonder if there is more support or comparative data to consider before we try something new. The Nursing EBP/Research Council will help. Email or call us with your questions and we will help you search for relevant literature!

**The Nursing EBP/Research Council** promotes nursing research and use of evidence based practice to guide our nursing practices and improve outcomes within PSFHS. The council supports the dissemination of new knowledge through regional and national poster and podium presentations. Check the upcoming Nursing Annual Report for a list of presentations and nursing research.

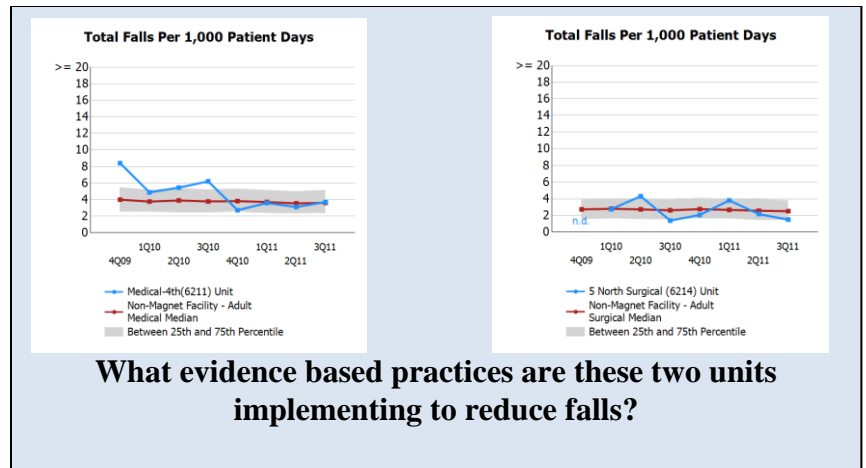
**Regularly read your professional nursing journal, free and online.** Sign in MVW, References, Library, Webb Library. Questions or need some help? Call or email a council member and we will help!

**Members:** Rochelle Salmore RN, Elly Peters RN, Lynne Wahl RN, Deb Nussdorfer RN, Audrey Simpson RN, Deb Kinney RN, Candace Garko RN, Helen Graham RN, Ann Shepard RN, Kelli Saucerman RN, Olinda Spitzer RN, Velda Baker RN, Daniele Lakin RN.

**Please join us on the fourth Tuesday at 9am. Call any member for location!**



EBP is the integration of clinical expertise, patient values, and the best research evidence into the decision making process for patient care. Clinical expertise refers to the clinician's cumulated experience, education and clinical skills. The patient brings to the encounter his or her own personal and unique concerns, expectations, and values. The best evidence is usually found in clinically relevant research that has been conducted using sound methodology. (Sackett D, 2002)



### How do I know the evidence is “good”?

Here are some things to look for as you read an article.

1. Author credentials. Is the author a PhD, nurse, from a strong university?
2. Sample size – few or thousands?
3. Is there discussion of past literature and research?
4. Is there a clear research question? Does the author identify gaps in literature?
5. What statistics are used?
6. How clear are the conclusions and results?
7. Are the limitations identified?
8. Are the results linked to clinical implications?
9. What practices would you consider changing based on this article?

### Dissemination and Implementation of EBP to Measure and Improve Pain Outcomes.

PSFHS nursing participated in this national research study. Eleven nurses completed required training and then interviewed patients according to study protocol regarding pain. Interviews occurred in April and Nov 2011. We contributed to the development of a national nurse sensitive indicator on pain management! And we learned some things about ourselves! While the sample sizes were small, the results provide data for review by participating units Unit Practice Councils. Here are some examples.

- Inpt Rehab: RN’s discussed medication side effects and actively involved patients in decisions about pain mgt.
- PH 11 Oncology: Improved from April to May with providing pain meds when needed.
- PH 7 Ortho: Pain meds worked well to control pain.
- SFMC Mom Baby: RN’s believed patients pain and suggested approaches to manage pain.
- PH 4 Medical: Patient involved in decisions about pain mgt.
- PH 9 Surgical: Meds worked well and were available when needed.