

Evidence Bytes

Bringing Knowledge and Evidence News to Nurses' Work

February/March issue



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Evidence News

Nurses' Use of Evidence Journal Article

Squires, J., Estabrooks, C., Gustavsson, P. & Wallin, L. (2011) Individual determinants of research utilization by nurses: A systemic review update. *Implementation Science*, 6:1.

<http://www.implementationscience.com/content/6/1/1>

Health-evidence.ca

What is Health-evidence.ca? Health-evidence.ca, a McMaster University based group, reviews and categorizes research to facilitate effective policies, programs, interventions in health care across Canada.

Health-evidence.ca created an online registry so practitioners and decision-makers can access the latest evidence-informed approaches quickly and easily. With approximately 5000 registered users, Health-evidence.ca is becoming one of the "go-to" sites for well researched public health information, including research on chronic disease management, prevention and health promotion.

NurseONE Portal

NurseONE is a national, bilingual web-based health information service designed for the Canadian nursing community. The goal of NurseONE is to provide quick access to credible, up-to-date health care information to support nurses in Canada in delivering effective, evidence-based care, and to help them manage their careers and connect to colleagues, regardless of where or when they work.

NurseONE serves as a gateway to resources and information for health care professionals in all domains of practice – direct care, education, administration, research, and policy – to support and enhance their clinical and professional expertise.

<http://www.nurseone.ca/>

WELCOME

Welcome to the first issue of Evidence Bytes, our Fraser Health Knowledge Exchange Newsletter for Nursing and our Health Professional partners. This bi-monthly newsletter is intended to bring news, events, research and researchers to nurses and others throughout Fraser Health.

This newsletter is made possible by a Michael Smith Foundation grant for the Nursing Research Facilitator (NRF) and the Fraser Health Nursing Knowledge Transfer and Exchange (KTE) planning committee. Our aim is to improve the ways that nurses can find, evaluate and use evidence in their practice.

If you have an event, knowledge or research news to share, please contact the Nursing Research Facilitator at Professional Practice and Integration 604-953-5112.

Evidence News – continued

DERS Research Rx

The Department of Evaluation and Research Services (DERS) publishes a monthly “Research Rx” article that highlights the impact of research conducted here in Fraser Health. Two of the most recent “Research Rx” articles have featured research teams led by nurses:

Valerie MacDonald, RN, CNS Surgery & Orthopaedics

Valerie’s team conducted some preliminary research that showed that no pre-op screening tools existed for patients about to undergo joint replacement surgery. They created a prototype (the Arthroplasty Optimization Risk Screening Tool), an audit tool, in order to assess significant risk factors for those that stayed in the hospital for a prolonged period.

This study showed that age, living alone, co-morbid conditions, and being a non-English speaker could compromise patient recovery, and artificially inflate the Length of Stay indicator. As a result of this study, ‘At risk’ factors have been included in preoperative screening tools and a Case Manager may be assigned to follow at risk patients. The Ministry of Health System Planning Division now classifies data on age and co-morbidities based on findings from this study. This research was presented at the Canadian Orthopaedic Nurses conference (Kelowna, 2009) and in the International Journal of Orthopaedic and Trauma Nursing (Fall 2010).

Mary Ives, RN, BSN, MHS, CCFE, Chilliwack Health Unit

The purpose of Mary’s study was to explore nurses’ experiences of immunizing children who are frightened of needles, and to consider approaches that are helpful in decreasing nurse stress.

This study showed that nurses’ experience stress immunizing children and resources to help them cope are inconsistent. Child resistance and adult behavior can make immunizing difficult, unsafe, and ethically challenging.

Mary Ives’ research has been translated into a parent information brochure (available at: <http://immunizingchildren.wordpress.com>) and findings have been added to the BCCDC immunization manual. This research has also been published in 2 nursing journals (Model empathy and respect when immunizing children who fear needles – The Canadian Nurse, 2007; Immunizing Children Who Fear and Resist Needles: Is it a Problem for Nurses? - Nursing Forum, 2010) and she has presented at 3 conferences: (The 8th Canadian Immunization conference 2008, Toronto; The Community Health Nursing Association of Canada Conference June 2009, Calgary; and a BCCDC Forum on Immunization in Schools, 2008, Vancouver BC).

Go to www.research.fraserhealth.ca and check out Research Rx to see what your colleagues have achieved!

Food for thought: NPO at Midnight for All...Best Practice or a Bad Habit?

All research starts with a question. Have you ever wondered why patients are frequently told not to eat or drink after midnight, regardless of surgery time, type of surgery, or patient’s health history? This deeply rooted directive is upheld even though evidence shows prolonged fasting and thirsting to be detrimental to surgical patient outcomes. Furthermore, there are distinct advantages to being nutritionally prepared and hydrated before surgery.

Currently, two surgical programs (RCH cardiac surgery and RCH/ERH general surgery) have implemented Rapid Surgical Recovery (RSR) programs. One of the multimodal strategies in the RSR approach is to align the NPO practices with the 2006 Canadian Anesthesiologists’ Society (CAS) Guidelines and work to curtail the negative impact of protracted fasting and thirsting.

Professional Practice Gap

The CAS Guidelines (2006) stipulate that before elective procedures, for patients with normal digestion who are not at

high risk for aspiration (e.g., gastric pathology, obesity, pregnancy and recent narcotic use), the minimum duration of fasting/thirsting should be:

- 8h after a meal that includes meat, fried or fatty foods
- 6h after a light meal (such as toast and a clear fluid), or after ingestion of infant formula or nonhuman milk
- 4h after ingestion of breast milk
- 2h after clear fluids

For more information on RSR visit <http://fhpulse/SearchCenter/Pages/Results.aspx?k=rapid%20surgical%20recovery&s=Intranet%20All%20Sites>

or email:

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Did You Know?

1. Standardized Policies and Procedures: The FH Clinical Policy Office (CPO) is the place to find your evidence-informed tools.

The regionalization, standardization and implementation of evidence-informed practice documents in Fraser Health is well underway. Accessing available CDSTs also just got a lot easier with a revamping of the Clinical Policy Office (CPO) intranet site (fhpulse/clinical_resources/clinical_policy_office/Pages/Default.aspx).

We will also begin looking at measuring the success of implementation of the tools and the outcomes of each tool's use. If you are thinking of forming a Shared Work Team to develop a CDST, please contact the Clinical Policy Office (clinicalpolicyoffice@fraserhealth.ca) – we're here to help.

Attention nurses, CNEs and CNSs: Mosby's is now widely available.

The CPO is also supporting the regional implementation of Mosby's Nursing Skills, an online manual of 1100 nursing procedures. A regional group of CNEs and CNSs (with input from several program specialty teams) is involved in the ongoing process of reviewing all the procedures to ensure that they reflect current FH nursing practices. Mosby's is available by following the "I Need To... Find Mosby's Nursing Skills" link found on all CPO intranet pages

Greg Rowell
Leader, Clinical Policy Office

2. Library Services will search for your journal articles for you!

Fraser Health Library Services offer a wide range of services, including expert literature searching done by our librarians. If you have a research topic in mind, but are unsure of where to start, we are more than willing to assist you in this process.

Simply call or email any of the full-time Fraser Health librarians: (contact details available under the "Research and Library" section on FHPulse) and include the following details in your literature search request:

- Urgency (i.e. how soon do you need a list of search results?)
- The topic of your search (try to express the topic as a question, including key issues such as disease state, intervention, patient population)
- Additional relevant keywords
- Any restrictions for the search (i.e. review articles only, current citations (last 5 years) only, age group)

Other services include full text article retrieval, and a wide range of workshops (see upcoming events), which are also available for individuals or groups at Fraser Health by request. Contact us anytime with questions or requests!

Brooke Ballantyne Scott
Librarian, Royal Columbian Hospital

3. INSPIRENet is growing! Membership is free!

INSPIRENet is a network of researchers, practitioners, policy-makers, educators and students working together to improve nursing health services. Join InspireNet to keep up to date on fresh web content and to join the discussion and Action Teams. INSPIRENet currently has over 600 members, and hosts 5 Action teams. www.inspirenet.ca

Researcher in the Spotlight

Carolyn Tayler, FH Director of End of Life Care Awarded Investigative Team Grant, Michael Smith Foundation for Health Research

Carolyn Tayler is a co-lead on a BC Nursing Research Initiative Investigative Teams Program grant funded by the Michael Smith Foundation for Health Research, a provincial health research funder. She and her co-lead, Dr. Kelli Stajduhar, PhD, from the University of Victoria, received \$800,000 for the project entitled "Impacts of a Palliative Approach for Nursing".

A palliative approach takes the principles of palliative care and applies them to the care of any sick person regardless of their illness using such principles as:

- (1) quality of life, including good symptom control;
- (2) holistic approaches to care, including advanced care planning;
- (3) care which encompasses both the person with the life-threatening disease and the individuals who matter to them;
- (4) respect for patient autonomy; and
- (5) emphasis on open and sensitive communication.

While End of Life Care is a well established program and provides for those who are in the last six months of their life, patients who do not have a clear prognosis or who have a life-threatening illness would benefit from a palliative approach. According to Tayler, "This program of research takes an explicit focus on those we know who are actively dying and support the use of a palliative approach much earlier in the disease process."

The research team, which includes practicing nurses, policy-makers and academic researchers, will also provide some insights in how to make sure that research is embedded in practice. Tayler credits her team of Clinical Nurse Specialists and Interdisciplinary team members who have kept research close to their practice with being able to attract the academic partners to make this program of research possible.

Upcoming Events

The Improving Health with Evidence: Point of Care Research Challenge teams are now established. The following teams will be attending workshops on how to prepare a research proposal in order to apply for 3 grants of \$5000 at the end of April, 2011. The areas of research interest are:

- Hospital Acquired Pneumonia and Oral Care (RCH)
- Pre-Emptive Approach for Pain and Loss of ROM Associated with Altered Tone in Neurology Patients (RCH)
- Health Literacy and the Older Adult (ARH)
- Perinatal Post Cesarean Section Wellness Model (RCH, SMH, CRH)
- Living Well: Perspectives of Street Involved Chilliwack residents (Chilliwack Public Health)
- Factors Associated with Residential Care Entry (TriCities Home Health)
- Effect of a Nursing Education Campaign on Provision of Enteral Feeding in ICU (BH)
- Team Nursing in Emergency Departments (RCH, SMH)
- Team Nursing: An Alternative Patient Care Delivery Model (Surgical Day Care, RCH)
- Perinatal Perineal Trauma and Tannins (Black Tea) (ARH)
- Neuropathic Pain in Hemodialysis Patients (SMH)
- Validation of RN CAPE Tool for Older Adult (Older Adult Program)
- Tool for Mineral Metabolism in Peritoneal Dialysis Patients (RCH)
- Comparison of Cervical Ripening Methods in Perinatal Care (BH)
- Post Operative Orthopedic Pain (RCH)

The workshop series on "How to Write a Research Proposal" will take place February 24 and March 22, 2011. Applications for the grants will be due April 29, 2011. Congratulations to participants in our first stage of the Point of Care Research Challenge!

Nursing Research Café

0900-1100 March 10, 2011 Sherbrooke Lounge, Royal Columbian Hospital

The Nursing Research Café is an opportunity to hear about nursing research going on within Fraser Health. Contact Karen.mahoney@fraserhealth.ca or Camille.viray@fraserhealth.ca for more details.

Fraser Health Research Week June 13-17, 2011.

This is promising to be the best ever FH Research Week with a Nursing Research Theme day on June 16.

Contact Camille.viray@fraserhealth.ca for more details, or stay tuned for the program coming in February.

The Department of Evaluation and Research Services Workshops for February and March

Accessing Health Data February 17, 2011 | 09:00-12:00

COURSE CODE: DERS-021711

LOCATION: RCH, IM Sherbrooke Conference Room 2

INSTRUCTOR: TBD

March 14, 2011 Qualitative Research Methods: Part One

ARHCC, Fraser 1 Conf Rm 3A 9:00-12:00 DERS-031411 Michael Wasdell

March 15, 2011 Qualitative Research Methods: Part Two

ARHCC, Fraser 1 Conf Rm 3A 9:00-12:00 DERS-031511 Gerry Kasten

Register online: <https://fha.primesignal.com/>

Questions? Contact camille.viray@fraserhealth.ca

Upcoming Events – continued

NURSING EDUCATION AND RESEARCH ROUNDS (NEARR) Presents:

Nursing Informatics: Supporting Nurse Decision-making

Leanne Currie, RN, PhD, Associate Professor, UBC School of Nursing

Dr. Currie conducts research in the field of nursing and biomedical informatics with a focus on clinical decision support, patient safety, and evidence-based practice/knowledge translation.

Date: February 24, 2011, Time: 2:00 – 3:00 pm
Venue: New Lecture Theatre, St Paul's Hospital and via webinar - see below
(There is no charge to participate in NEARR events)

To attend via webinar:

NEARR presentations are provided through sponsorship by InspireNet: Innovative Nursing Services & Practice Informed by Research & Evaluation Network (the Nursing Research website). To view the presentation online you must join InspireNet and the NEARR Action Team (free to join).

Related journal article: Clinical Cognition and Biomedical Informatics: Issues of Patient Safety

To join InspireNet, visit: www.inspirenet.ca and click the Join InspireNet link.

To join the NEARR Action Team, send an email to: patherton@inspirenet.ca.

Once you've joined InspireNet and the NEARR Action Team, visit the following link during the lecture:
<https://inspirenet.webex.com/inspirenet/j.php?ED=143941892&UID=490583637&PW=NOWYyNzdkNWE0&RT=NCM0>

NEARR webinar events will be recorded and available at this site after the event:

<http://www.inspirenet.ca/wiki/archive-nearrsessions>

Library Services Database Search Skills Workshop dates for February- March

Introduction to Database Searching

February 24th, 1:30pm-3:30pm
MMH Computer Training Lab, near Admin
Course code for online registration: LIB-022411

Google Tips & Tricks

February 24th, 9:00am-10:00am
RCH IM Training Room, Sherbrooke Centre
Course code for online registration: LIB-022411b

Google Tips & Tricks

March 1st, 2:00pm-4:00pm
SMH Annex Computer Training Lab
Course code for online registration: LIB-030111

PubMed Tips & Tricks

March 8th, 1:00pm-2:00pm
RCH IM Training Room, Sherbrooke Centre
Course code for online registration: LIB-030811

Introduction to Database Searching

March 16th, 9:00am-11:00am
ARH Fraser 1 Computer Training Room
Course code for online registration: LIB-031611

Introduction to Database Searching

March 23rd, 9:00am-11:00am
PAH medConnect Training Room
Course code for online registration: LIB-032311

REGISTRATION INFORMATION:

Go to the On-Line Course Registration System at: <https://fha.primesignal.com/>

Once you are registered, please select "Courses"
Type in course code LIB-***** and simply register
You will be sent automatically a confirmation of registration.
Please ensure that your email address is accurate in the online registration system

For further inquiries, contact brooke.scott@fraserhealth or 604-520-4755

Evidence-Informed Practice Series

DERS has commissioned the development of an Evidence-Informed Decision Making (EIDM) workshop series to help teach FH employees the steps involved in finding, using and adapting medical and health-based evidence into practice and policy.

Workshops will be offered starting September 2011. Visit research.fraserhealth.ca after April 1 to check out all of the new EIDM information!

Next Issue: April/May. Please contact the Nursing Research Facilitator to contribute to future issues of Evidence Bytes: 604-953-5112