Research “And” or “In” Clinical Practice: The Power of the Question

Lehigh Valley Health Network Nursing Research 2014

“Empowerment – The Journey from Paper to Practice”

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Greetings from Philadelphia
Objectives

- Explore impressions from clinical nurses of the impact clinical research has on the delivery of care
- Explore the Power of Nursing questions in Clinical Research
- Discuss nurses role as leader in the development and implementation of clinical research protocols
- Define the difference between research ‘and’ clinical practice versus research ‘in’ clinical practice
Nursing Practice

Components of the Role
Support for Nursing Practice

Research

Quality Improvement

Evidence-Based Practice

Nursing Practice

Generate New Knowledge!!!
Improve Clinical Care based on Data & Evidence
Clinical Research

- “IN” Clinical Practice
- “AND” Clinical Practice
Why Do Clinical Research?

If you want to change outcomes...ASK Questions!!!
Power of Clinical Research

✓ Generate New Knowledge
  • Generalizable / Broadly applicable
✓ Answer the primary question(s)
The Question:

✓ What impact does a research protocol have on the delivery of nursing care in pediatric patients in the intensive care unit?

How do I get to my question?

What did I need to do to answer the question?
The Study:

Pediatric Nurses Perceptions of the Impact of Clinical Research Protocols on the Deliver of Nursing Care in the Intensive Care Unit

- **Design:**
  - Qualitative, descriptive study

- **Method:**
  - In-person, semi-structured interviews
  - Pre-set interview script

- **Sample:**
  - 20 ICU nurse volunteers
Specific Aims:
- To describe the experience(s) of nurses caring for infants/children in the ICU who were enrolled in an active clinical research protocol
- To define perceptions of pediatric nurses regarding caring for critically ill patients in an ICU setting

Eligibility:
- RNs employed in the ICU setting for minimum of 1 year and have care for critically ill children who were simultaneously enrolled in a clinical research study
- Recruitment – flyers; a $5.00 gift card to hospital beverage cart was given to those who completed the study
Results

- Nursing Staff ($N=17$)
  - PICU / CICU
  - Average 5 years practice

- Themes
  - Time Constraints
  - Increase in number of ‘tasks’ to do for the study which takes away from patient care
  - Often involves increased amount of lab work
  - Nursing staff was not educated on the various protocols
  - Responsibility
Perceptions

• Physicians (PIs) felt it was the nurses ‘job’ to participate
• The protocols did not account for ‘nursing tasks’
• Nurses were not included in the design many expressed resentment
Fighting Nosocomial Infection One Stethoscope at a Time
Ashley Zanuck, RN, BSN

Question: Can we reduce the rate of nosocomial viral respiratory illness in the Pediatric Progressive Care Unit (PCU)?

Hypothesis: Providing PCU patients with high quality dedicated stethoscopes from admission to discharge, will reduce the nosocomial viral infection rate regardless of isolation status.
Nursing Research

Results:

PCU

- No change in nosocomial rate directly related to stethoscope use
- Identified need to improve staff education on cleaning practice(s) of bedside equipment
- Increase in screening of visitors
- Increased use of PPE and patient precautions identification
- Improved staff behaviors for hand hygiene, adherence to isolation precautions

Hospital Wide
Power of Clinical Research

- A process where all parties are stakeholders
- Collaboration is a must
  - Recognize and accept differences in disciplines and their interdependence
  - Knowledge and expertise
  - Establish a level of trust
- Own our practice
- Identify the common goal
CLINICAL RESEARCH

STATISTICS

Study Timetable

Study protocol??

Variables?

Lit search, chart review??

Say What?

IRB - UGH!!

What’s study design?

Is this REALLY going to make a difference?

Who will help?

Where to start?

What’s my question?

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ALL ROADS THAT LEAD TO SUCCESS HAVE TO PASS THROUGH HARD WORK BOULEVARD AT SOME POINT
You may have to drag me kicking and screaming.
350 Current Clinical Trials
Ready-Set-Go! A Clinical Practice Guideline that Promotes Safe Care of the Sedated Patient Before, During and After Transport
Kimberly A. Martin RN, CNRN
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Jennifer Houp RN, CNRN
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Lessons Learned in Caring for Patients Treated With Therapeutic Hypothermia
Catherine H. Swedberg RN
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Where to Start?

- Realize a clinical question
- It starts from something; often some process we do daily in patient care

Is the training provided in-house adequately preparing families for care at home with children who have a tracheostomy and require ventilator support?
• Team Members:
  • RN (PI)
  • APN
  • RRT
  • MD
Steps in Quantitative Research

1. Theoretical Framework
   - Hypothesis
   - Design Research Study
   - Select Measures of Variables

2. Collect & Process Data
   - Administer Instruments
   - Select Subjects
   - Select Research Sites

3. Analyze Data
   - Determine Findings/Conclusions
   - Dissemination of Findings

*Ladner, 2008
Steps in Quantitative Research

Clinical Research

- Start with your clinical question
  - Collaborate
  - Identify team members
- Literature Review
- Develop your hypothesis
Clinical Question

Caring for a child with a tracheostomy and mechanical respiratory support at home: Caregivers’ perception of preparedness

$N = 40$

Themes emerged:

- Nursing Care
- Equipment
- Emergency Situations
- Acute on Chronic Illness
- Personal / family Organization
- Family life
- Support (spouse/partner, social circles, medical, employer)
- Sleep
- Adjustment
Clinical Question

- Outcome:
  - Structured 10 – 12 week discharge system
  - Checklist for family, nursing, RRT, medicine, other specialty services
  - Contract between nursing and family
  - Return demonstrations
  - 24 hour observed stay with troubleshooting

The Power of the Question
Clinical Research

- Often lowest on the ‘list of priorities’ for nurses

“...Advancement of the substantive base of practice...”

Synder, 1995
What is the Importance?

The Future of Nursing
Leading Change, Advancing Health
Report Recommendations

- Nurses should be full partners, with physicians and other health care professionals, in redesigning health care in the United States.
- Effective workforce for planning and policy making require better data collection and an improved information infrastructure.


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Clinical Research

- “IN” Clinical Practice
- “AND” Clinical Practice

Harness new knowledge

Ensure the new knowledge reaches the real world - the intended population who will benefit
The Power of the Question
The Power of the Question

Realize your power in Clinical Practice
“AND”
the power of your question “IN”
Clinical Research
Thank You

- LVHN Research Days Planning Committee
- University of Pennsylvania, School of Nursing
- The Children’s Hospital of Philadelphia, Divisions of Critical Care Medicine / Nursing
- All of you

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