

Integrating Evidence for Excellence in the Care of Women and Newborns - The Evidence-Based FellowS² Program (Poster)

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Integrating Evidence for Excellence in the Care of Women and Newborns – The Evidence-Based FellowS² Program

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Problem Statement

Although the importance of evidence-based practice (EBP) is readily acknowledged and purportedly ascribed to, recent studies show only a small percentage of health care providers are incorporating research findings into practice.

Solution

A pragmatic model -- the Evidence-Based Practice (EBP) FellowS² (S² = Sharing Science) program – to facilitate the integration of evidence into practice

Application in the Woman & Children Health Setting

Based on evidence that non-separation leads to improved attachment between mother and baby, emotional stability, protection against infection, and increased breast feeding rates, a team of nurses sought to promote mother/baby attachment by allowing mothers and babies to remain together for 24 hours per day.

EBP FellowS² Program

Methods

Study Design

- 12 week offering of didactic and project development
- Additional 8 - 12 week mentored process to project completion
- Participants selected based on proposed question with potential to improve patient care through translation of evidence into practice.

Setting

- Program implemented in a 988 bed, academic, community Magnet™ hospital

Participants

- FellowS² are dyads of a masters prepared unit educator and direct care nurse
- Facilitated by doctorally prepared nurse who coaches the project teams.

Interventions

- Didactic offerings, workshops and coaching sessions
- Question formulation through evidence review
- Individual project development, implementation, evaluation, and dissemination

Outcomes

- Inaugural EBP FellowS² program - Six (6) individual dyad teams → 6 EBP projects
 - 1 Nurse knowledge and awareness of venous thromboembolism prophylaxis
 - 2 Narrowing of Lasix timing and implementation of standard toileting schedule
 - 3 Staff Driven Mobility protocol to minimize functional decline in elderly adults
 - 4 Non-separation of mother and neonate → (see 3rd column)
 - 5 Crit line technology to minimize intra- and post-dialytic symptoms
 - 6 Medication administration interruptions

Non-separation of Mother and Neonate

Methods

Study Design

- Evidence-based quality improvement pilot project

Setting

- 27 bed mother-baby post-partum unit
- 4,000 deliveries/year

Participants

- Prima-gravida mothers who had vaginal deliveries

Interventions

- Babies remained at mother's bedside from 11 PM -7AM, without being cared for in the nursery (renamed newborn observation area)
- RN staff surveyed regarding work load expectation with babies in patient rooms



Implications

- Transformational nurse leaders must design and implement practical strategies to translate evidence into practice. EBP FellowS² program is a model that can be replicated in a wide variety of healthcare settings.

- The EBP study to promote mother/baby attachment by allowing mothers and babies to remain together 24 hours per day serves as an example of how to use evidence to positively impact practice in the mother-baby setting.

Outcomes