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
Lehigh Valley Health Network, Allentown, Pennsylvania

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 breastfeeding 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

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 infant and post-dialysis 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

Outcomes

• 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.

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