2008-2009 Evidence Based Practice Fellowship
Standardizing the Treatment of Adult Patients Admitted with Diabetic Ketoacidosis (DKA)

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Objectives

- *Learning Objective 1*: Identify strengths and challenges in developing an EBP fellowship with staff nurses.

- *Learning Objective 2*: Describe the administrative process for development of a program to enhance utilization of EBP by staff nurses.
EBP is defined as

“…a problem-solving approach to the delivery of care that integrates (a) the best evidence from well-designed studies, (b) a clinician’s expertise, and (c) patient preferences and values” (Melnyk & Fineout-Overholt, 2006, pg 123).
Importance of EBP in Healthcare

- Cost savings
- Improved quality
- Patient safety
- Implications for clinical and administrative decisions/practices
Evidence Based Practice Fellowship

- An Evidence-based fellowship was established to enhance the utilization and contributions of research and clinical expertise in the improvement of patient care, safety, and nurse/patient satisfaction.

- EBP has been documented to improve/enhance patient care through the use of research which provides validity to policies and procedures needed by staff nurses in their care of patients.
Evidence Based Practice Fellowship

☐ The proposed project directly benefits the unit where the selected fellow works and must be approved by the unit manager and unit council prior to submission.

☐ The successful candidate receives 4 hours per week off from their regularly scheduled clinical hours to work on their selected project. The fellowship hours will be determined by the fellow and the unit manager.
Evidence Based Practice Fellowship

- The fellow cannot be pulled back into staff for any reason beyond disaster status. Funds for this project will come from nursing administration and not from the unit budget.
- The project will be completed over one full year from May to May.
Evidence Based Practice Fellowship

- The previous fellow will then comprise the mentoring team for the new fellow along with the EBP Liaison, Research Council chairperson, the librarian, the APN group designee, and the unit green belt (Six Sigma).
Fellowship Criteria

- Registered professional nurse (RN) employed at OSF Saint Francis Medical Center for a minimum of 2 years on the same unit.
- The applicant must work at least 32 hours per pay period.
- All areas of patient care are included (inpatient and ambulatory services)
Fellowship Criteria

- RN must be in good unit standing in regards to annual mandatories and yearly evaluations.
- The RN may or may not be currently enrolled in formal education.
The RN will develop a one-page typed proposal related to their EBP project
- Selected topic for project and reason why selected (personal experience may be included)
- Proposed practice change
- Literature to substantiate need for practice change (three references required)
- Discussion of how unit staff will be involved in this project
- Potential outcomes or improvements to patient care from this practice change

The fellow must send in two references to the committee (see enclosed reference list)
- Manager
- Peer RN from current unit
Fellowship Committee

- Fellowship Committee will evaluate all applications and make their final decision based on the above criteria, usefulness, and credibility of the submitted EBP project.

- The Committee will be made up of the EBP Liaison, the Research Committee Chairperson, a staff RN, an APN, and a clinical educator (or designee as appointed by the EBP Liaison).
Alternate Fellow assigned

- A alternate fellow will be designated if the selected winner chooses not to proceed with their project.
- If the recipient of the fellowship is unable to complete the project, the fellow will recommend the alternate fellow or another nurse from their unit that is willing and able to complete the project.
- The designee must be approved by the unit manager, council and EBP Liaison.
Evidence Based Practice Project

- Identify potential topics
  - Adult Diabetic Ketoacidosis Pre-printed Admission orders
Evidence Based Practice Project

- Perform literature search
Evidence Based Practice Project

- Contact key stakeholders to elicit support and keep them informed
  - Physicians
  - Nursing Staff
  - Nursing Manager, Director, and CNO
Formulating a Team

- Identify and invite individuals to participate
- Set meeting times and location
- Decide on the focus and boundaries of the project
Find and Critique Evidence on the Topic

- Do an electronic search
- Retrieve articles and other written materials identified in the search
- Critique of EBP guidelines and systematic reviews
Find and Critique Evidence on the Topic

☐ Critique and synthesis of primary research articles

☐ Contact experts for information

☐ Write summary recommendations
Determining if There is Enough Evidence to Guide Practice

- Discuss strength of evidence
- Contact additional experts as necessary
- Use other sources of evidence as necessary
Determining if There is Enough Evidence to Guide Practice

- Decide if conduct of research is necessary and feasible
- If enough evidence to proceed, draft / revise policy, procedure, or standard using the information
Pilot the Change in Practice

☐ Select and collect outcome and process indicator data
41 PATIENTS ADMITTED TO OSF SFMC WITH DKA
10/1/07 - 6/12/08

<table>
<thead>
<tr>
<th>IMSU/ICU LOS (Hours)</th>
<th>Hospital LOS (Hours)</th>
<th>Anion Gap WNL (Hours)</th>
<th>C02 WNL (Hours)</th>
<th>Cost of Hospitalization</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average 42.5</td>
<td>Average 81.3</td>
<td>Average 8.3</td>
<td>Average 28.6</td>
<td>Average $24,230.24</td>
</tr>
<tr>
<td>Range 2 – 281</td>
<td>Range 16 - 480</td>
<td>Range 0 - 20</td>
<td>Range 0 - 92</td>
<td>Range $5,434.85 - $122,721.90</td>
</tr>
</tbody>
</table>

Patient Co Morbidities – Cardiac (5 patients), Renal (4 patients), Pulmonary (1 patient), Cancer (0 patients), Other (3 patients)
Pilot the Change in Practice

- Implement changes in one unit
- Collect and analyze outcome and process data
- Decide on continuing with project / adopt evidence-based practice
- Refine / revise policy, procedure, or standard
Institute EBP Changes in Practice Beyond Pilot

- Define appropriate patient populations and units to extend evidence-based practice
- Select opinion leaders, change champions, and core group members
- Decide on initial and ongoing education
- Plan for annual competency review
Institute EBP Changes in Practice Beyond Pilot

- Decide on written resources needed for implementation
- Plan for and make system changes as needed
- Plan baseline data collection
- Audit and feedback of data
Evaluate the Change in Practice

- Select process indicators
- Select outcome indicators
- Data entry
- Data analysis
- Data feedback
References

References (cont.)


- Schultz, A. RN, PhD. (personal communication)

References (cont.)