



Remember to get the assigned article and complete the 10 questions prior to class. See attached instructions.

Evidence-Based Practice

November 17th, 2009

7:30 a.m. - 4:00 p.m.

Minneapolis VA Medical Center - Main Auditorium

Description/Purpose Statement

Ever wonder if wearing sterile gloves for that procedure really made any difference at all in infection rates? How often do questions like that pop up into your head over the course of your work day? What you need is evidence that what you are doing is making a positive difference. That's evidence-based practice!

The purpose of this class is to stimulate your questioning of current practice, look for answers to your questions, and judge the evidence you find. The last part of the day covers how to put that evidence to work in your clinical setting and how to get others to practice based on evidence. When you leave, you will have a blueprint to follow in investigating a practice issue of importance to you.

Before you come to class...

There is a pre-reading assignment for this class to find and review a specific journal article. The details for this assignment are attached.

Target audience:

The program is geared primarily for the clinician or manager who makes a difference in the type of care provided to patients. This would include: advance practice nurses, physicians, staff nurses (especially those on policy and practice committees), preceptors, pharmacists, educators, social workers, therapists, etc.

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| 7:30 - 7:45 a.m. | <i>Registration</i> | |
| 7:45 - 8:25 a.m. | Introduction to Evidence-Based Practice | Patricia Brugge-Wiger |
| 8:25 - 9:25 a.m. | Finding Evidence | Patricia Brugge-Wiger |
| 9:25 - 9:40 a.m. | <i>BREAK</i> | |
| 9:40 - 10:25 a.m. | Finding Evidence (cont.) | Patricia Brugge-Wiger |
| 10:25 - 11:15 a.m. | Clinical Project Examples | Kathy Knutson |
| 11:15 - 11:45 a.m. | Finding Evidence: Database Searching | Dorothy Sinha |
| 11:45 - 12:45 p.m. | <i>LUNCH</i> | |
| 12:45 - 2:00 p.m. | Appraising Evidence | Paula Chambers |
| 2:00 - 2:45 p.m. | Clinical Project Examples | Susan Pfister |
| 2:45 - 3:00 p.m. | <i>BREAK</i> | |
| 3:00 - 4:00 p.m. | Putting Evidence to Work/ Getting People to Participate in Evidence-Based Practice | Susan Pfister |

Continuing Education Credit

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| For attending this class, you are eligible to receive: | <p>8.1 contact hours (calculated using the Minnesota Board of Nursing 50 minute contact hour). Pro-rated contact hours are available when content is missed.</p> <p>-OR-</p> <p>6.75 contact hours (calculated using the WNA-CEAP 60 minute contact hour for certified nurses). Criteria for successful completion: You must attend the ENTIRE activity in order to achieve the objective and receive WNA-CEAP approved contact hours.</p> |
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The Twin Cities Health Professionals Education Consortium, St. Paul, MN, is an approved provider of continuing nursing education by the Wisconsin Nurses Association Continuing Education Approval Program Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Please Read!

- Check the attached map for directions to the class and assistance with parking.
- Certificates of attendance will be distributed at the end of the day.
- You should dress in layers to accommodate fluctuations in room temperature.
- Food, beverages, and parking costs are your responsibility.
- If you are unable to attend after registering, please notify the Education Department at your hospital or TCHP at (651) 254-0885.
- In the case of bad weather, call the TCHP office at 651-254-0885 and check the answering message to see if a class has been cancelled. If a class has been cancelled, the message will be posted by 5:30 a.m. on the day of the program.
- More complete class information is available on the TCHP website at www.tchpeducation.com.

Evidence Based Practice: Pre-class Assignment

Preparation for class. Please locate the article below, read it, and answer the 10 questions before coming to class.

This is a quick and first step method to look at literature. We will review this in class. You can locate this through your medical library by doing a search of author or journal, and then choose the article (the Medical Librarian can help you with this). Please contact Paula Chambers at 612-873-8712 if you can not access for some reason.

Tescher, Ann N. RN, PhD, CNS; Rindfleisch, Aaron B. PT, PhD; Youdas, James W. PT; Jacobson, Therese M. RN, CNS; Downer, Lisa L. RN, CNS; Miers, Anne G. RN, CNS; Basford, Jeffrey R. MD, PhD; Cullinane, Daniel C. MD; Stevens, Susanna R. MS; Pankratz, V Shane PhD; Decker, Paul A. MS (2007). Range-of-Motion Restriction and Craniofacial Tissue-Interface Pressure From Four Cervical Collars. In *Journal of Trauma Injury, Infection, and Critical Care*, Volume 63(5), November 2007, pp 1120-1126

TEN QUESTIONS TOOL *

1. **What question is this research study attempting to answer? May be more than one.**
2. **What is the basis for this question? –OR- Where did the question come from?**
3. **Why is it important to answer this question –AND- Why do you want to know the answer to this question?**
4. **What method was used to study the question?**
5. **Does the method used to study the question make sense? Why or why not?**
6. **Did the study select the right people for its subjects?**
7. **Did the study answer the question?**
8. **Did the answer to the question (the findings) make sense?**
9. **Can the findings be used? Are there limitations in applying the findings?**
10. **What is the next logical step to take based on the results of this study? Why is the next step important?**

*Adapted from: Beyea, S.C. & Nicoll, L.H. (1997). Ten questions that will get you through any research report. *AORN*, 73(3), 703-704)

Minneapolis VA Medical Center—Main Auditorium

Directions to the MVAMC

From the East (St. Paul): Take 35E south to West 7th/Highway 5 exit. Turn right at the top of the exit ramp. Continue on 5 to the Fort Snelling exit and stay to the right as you follow the exit around. You will “Y” into traffic coming from the Mendota bridge. Move to the right and exit on 55 west. As you exit on 55 west, it will “Y” almost immediately. Stay to the left and go straight through the stoplight. You will be on Minnehaha. Follow Minnehaha to the stoplight in front of the VA and turn left into the parking lot. If you miss the “Y” continue to the next stoplight (54th) and turn left. Go to stop sign (Minnehaha) and turn left again. Go to the stoplight in front of the VA and turn right into the parking lot.

From the Southeast: Take 35E to 110 west. Take the 55 west/Fort Snelling exit. Go to the far righthand lane as soon as you exit to continue on 55 west. Go over the Mendota Bridge, move to the right lane and exit to follow 55 west. As you exit on 55 west, it will “Y” almost immediately. Stay to the left and go straight through the stoplight. You will be on Minnehaha. Follow Minnehaha to the stoplight in front of the VA and turn left into the parking lot. If you miss the “Y” continue to the next stoplight (54th) and turn left. Go to stop sign (Minnehaha) and turn left again. Go to the stoplight in front of the VA and turn right into the parking lot.

From the North: Take 35W south to 62 east. *Follow directions below.

From the South: Take 35W north to 62 east. *Follow directions below.

From the West: Take 494 east to 35W north. Take 62 east. *Follow directions below.

***Directions, continued:** Get into the right lane on 62 and exit on 55 west. At the top of the exit ramp, turn left to continue on 55 west. Go to the stoplight (Minnehaha) and turn left. Follow Minnehaha to the stoplight in front of the VA and turn left into the lot.

For All: Park in the Visitor’s Parking Lot to the left (parking is free). Enter the VA from the Visitor’s Entrance (will be on the left as you face the building). The Main Auditorium will be on the right side of the main atrium, across from the information booth.

Light Rail Transit: The LRT line stops right in front of the VA Medical Center. Feel free to utilize the park and ride lots and take the LRT to the VA Medical Center. Go to the LRT website for information about where to park, fares, and how to ride:

<http://www.metrocouncil.org/transit/rail/index.htm>

