



**Saint John's  
Health Center**

*Sister of Charity of Leavenworth  
Health System*



## **5<sup>th</sup> Evidence-Based Health Care International Conference**

### **Developing and Implementing a Staff Nurse Evidence-Based Practice Fellowship Program**

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# Saint John's Health Center



- 250-bed Catholic hospital founded in 1942
- Sisters of Charity of Leavenworth
- Community hospital serving Westside of Los Angeles
- International reputation for compassionate care

# UniHealth Foundation

- Independent private health care foundation
- Established 1998
- Support activities aimed at improving health & well being
- Los Angeles County
- Two-year grant
- Goal: To create and support a culture of inquiry for nursing
- Fellowship program will effect a cultural shift from “we’ve always done it this way” to asking “what is the evidence?”



# Staff Nurse EBP Fellowship Program

**Purpose: Educate and mentor direct care staff nurses in implementing EBP**

- Application process
- 300 RNs completed 6-hour class
- Program evaluation scores >90% satisfaction rate overall.
- 10 RNs attended EBP conferences at UCLA and ASU
- 13 RN Fellows

# Staff Nurse Fellow EBP Projects

## ■ Projects

- Impact of Smoking Cessation Program on Surgical Complications (ASU)
- Effectiveness of Nursing Education on the Care of Biochemotherapy Patients (Oncology)
- Angiocath Sheath Removal and Early Ambulation (ICU)
- Impact of Shorter Pre-Op NPO Status on Rate of Aspiration/Regurgitation (ASU)
- Impact of Spirituality on Coping with Cancer (Oncology)
- EBP Related to Peer Review Evaluations (ASU)
- Impact of Staffing and Workload on Staff Satisfaction in the Emergency Department (ED)

# Key Aspects of EBP Curriculum

- Define research conduct, research utilization and EBP
- Describe barriers/facilitators to conducting EBP
- Present 5 steps of EBP
- Identify key models of EBP
- Identify key points in conducting a literature review
- Identify levels of evidence
- Identify searchable databases
- Discuss strategies to promote EBP in nursing practice
- 'Hands On' access to searchable database
- Fellow presentations



# Surveys and Preliminary Data

- Pre and post test to assess knowledge
  - Increase in knowledge by 97%

## Sample questions:

- Research has shown EBP results in what percentage of better patient outcomes?
- Which step is most frequently omitted in the EBP process?
- Which source can nurses consult for published systematic reviews of EBP?

- Survey designed to gather information on opinions and beliefs about EBP

### 1. Organizational Readiness for System-Wide Integration.

Mean score 2 “A Little” indicates sense that SJHC not fully ready to embark on EBP

(1=None at All 2=A Little 3=Somewhat 4=Moderately 5=Very Much)

### 2. EBP Beliefs Scale.

Mean score 3 “Neither Agree or Disagree” indicates uncertainty as to knowledge of EBP. Skepticism that EBP leads to better health outcomes.

(1=Strongly Disagree 2=Disagree 3=Neither Agree nor Disagree 4=Agree 5=Strongly Agree)

### 3. EBP Implementation Scale.

Mean score 1 “0 Times” indicates that RNs have not implemented EBP in their practice within the past 8 weeks. Result ties into the fact that their knowledge level of EBP is lacking. (1=0 Times 2=1-3 Times 3=4-5 Times 4=6-7 Times 5=≥8 Times)

# EBP Council

**Purpose:** To enhance education and support for professional nurse leaders with knowledge and resources that facilitate participation in EBP

- Forum for Fellows to discuss projects
- Journal Club designed to learn how to read research articles
- Shared Governance: Staff Nurse Chair

## Unit-Based Journal Clubs

Emergency Department, Intensive Care Unit,  
Oncology



# Implications for Future

- Annual EBP Conference
- Incorporate a research arm
- Dissemination of EBP projects via local, national, international conferences and publication
- Advance Practice Nurse Mentors
- Continued educational updates

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