

The background features a stylized autumn scene. On the left, a red brick barn with a yellow bell icon on its roof sits on a green hill. A yellow school bus is driving on a winding road that curves across the landscape. The foreground is filled with various autumn trees in shades of orange, yellow, and brown. In the bottom right corner, there are several large, detailed pumpkins. Scattered throughout the scene are several orange and yellow leaves, some appearing to be falling from the sky. The overall color palette is warm and seasonal, dominated by oranges, yellows, and greens against a light blue sky.





SCAPAN Fall Conference

Nursing Research: Differences between Opioid Naïve and Tolerant

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Objectives

- Describe the different steps of research/EBP.
 - Review a retrospective chart review study on patients who are opioid naïve and tolerant.
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Differentiating Quality/Process Improvement, Evidence-based Practice, & Research

Quality/Process Improvement

Data-driven systematic approach to analyze performance and work to **improve** specific internal systems, processes and outcomes to enhance quality, safety, and/or efficiency in a clinical setting.

Models used include:

- **Plan-Do-Study-Act (PDSA)**
- Lean Six Sigma
- IMPROVE

Evidence-based Practice

Systematic search & appraisal of evidence, including clinician expertise and patient preferences, **utilized** to answer clinical, education, or administrative question and guide decision making.

Models used include:

- **Iowa Model of EBP**
- ARCC model
- ACE Star model
- John Hopkins Hospital Nursing EBP model

Research

Systematic process to validate/refine existing knowledge and **generate** new knowledge that directly or indirectly influences nursing practice or health systems.

Scientific method is systematic and methodical; research designs include:





- Qualitative
- Quantitative
- Mixed methods

References:

- RSF System Research Council. (2014). *Differences between Nursing Research, Quality/Performance improvement, and Evidence Based Practice*.
- Shirey, M., et al. (2011). Showcasing differences between quality improvement, evidence-based practice, and research. *Journal of Continuing Education in Nursing*, 42(2), p. 57-68.





Basic Steps in Nursing Research

- Formulate a question
 - Review the literature
 - Develop a proposal/protocol
 - Collect the Data
 - Analyze and interpret the Data
 - Write-up the results
 - Disseminate the findings
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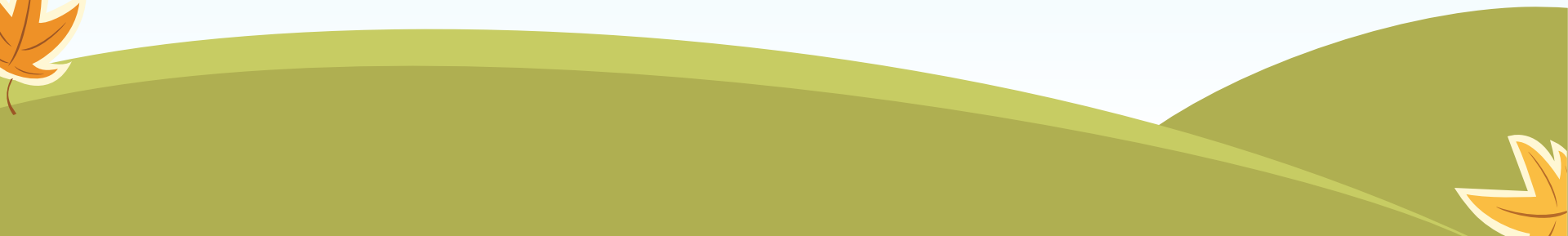
Asking the Question



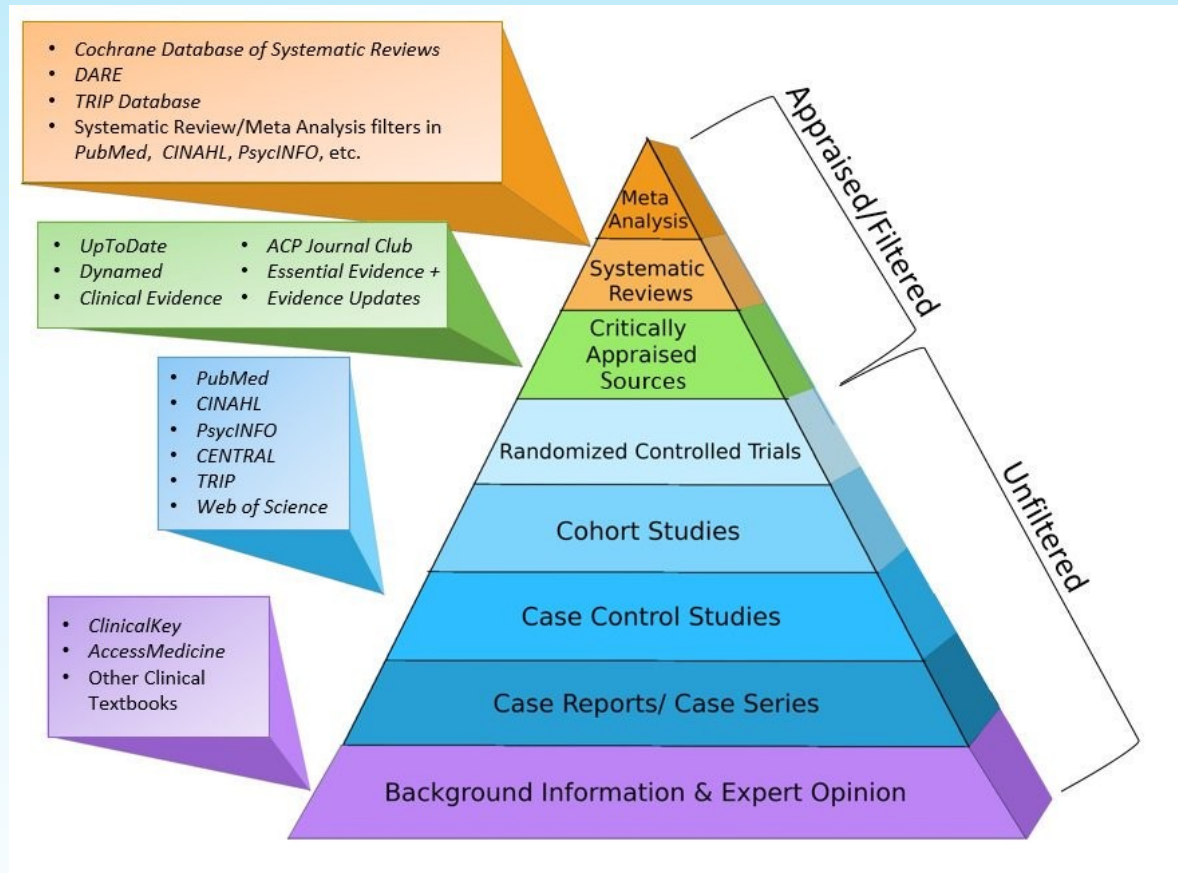
- The first step in research or evidence-based practice is defining a problem and asking a question .
 - A commonly used format for creating a clinical question is known as PICO which refers to:
 - **P** Patient population of interest
 - **I** Intervention/issue of interest
 - **C** Comparison of interest
 - **O** Outcome of interest
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Literature search

- <http://www.nursingworld.org/MainMenuCategories/ThePracticeofProfessionalNursing/Improving-Your-Practice/Research-Toolkit/Acquiring-Information/Databases-and-Resources.html>
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Hierarchy of knowledge



Level of Evidence Grid




Print the TEMPLATE in landscape format to use for your collection of evidence. Add your evidence collected from last week (if any), and continue until sufficient collection is made. It is intended to be a working tool to assist you with organization of evidence. You will upload your Grid by 11:59p.m. on Thursday of Week 3. There should be at least four (4) articles listed when you upload.

Citation (APA)	Purpose	Sample	Design	Measurement	Results/Conclusions	Ranking
Hempel, S., Newberry, S., Wang, Z., Booth, M., Shanman, R., Johnsen, B., ... Ganz, D. A. (2013). Hospital fall prevention: A systematic review of implementation, components, adherence, and effectiveness. <i>Journal of the American Geriatrics Society</i> , 61(4), 483-494. doi:10.1111/jgs.12169	<i>“Systematically document the implementation, comparators, adherence, and effectiveness of published fall intervention approaches in US acute care hospitals”</i>	<i>N=59 Acute Care Hospitals</i>	<i>Systematic Review</i>	<i>Incidence rate ratios Ratio of fall rates post intervention group vs fall rate of pre intervention group(control) Ratings of study details</i>	<i>Although the medical field is making headway into preventing falls, we need better documentation of implementation of interventions to establish evidence to support how we prevent falls.</i>	<i>1</i>
Graham, B. C. (2012). Examining evidence-based interventions to prevent inpatient falls. <i>MedSurg Nursing</i> , 21(5), 267-270.	<i>Review of evidence to support several strategies to prevent falls in hospitalized patients</i>	<i>Qualitative study based on fall prevention strategies</i>	<i>Qualitative Systematic Review</i>	<i>Efficacy of various fall interventions in acute care hospitals</i>	<i>Although there have been multiple fall-prevention devices patented since 1907 and considerable efforts have been made to intervene and prevent falls, nurses need to document results and efficacy of fall</i>	<i>6</i>










Develop a Protocol

- Title page
 - Introduction/ Background
 - Purpose/Objectives/Hypothesis or Research Question
 - Measures/Methods
 - Data collection/Procedures
 - Data Analysis
 - Risk/Benefit
 - References
 - Appendices
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Develop a Protocol

- Introduction/ Background/Purpose
 - Includes a synthesis of the literature that you reviewed.
 - Understanding and putting together, not just a summary.
 - Leads into the purpose.
 - Describes and leads up to the gap. “because there is little or no evidence ofin the literature, the purpose of this study is to.....”
 - Research Question/Hypothesis
 - PICO
 - Hypothesis if there is evidence to suggest a direction.
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Develop a Protocol

- Methods
 - Design: Quantitative, Qualitative, Mixed
 - Prospective, Retrospective, pre/post, comparative
 - Sample: Population which sample is derived from.
 - Inclusion/Exclusion Criteria
 - Measures and/or Instruments used:
 - Reliable /Valid
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Develop a Protocol

- Data collection/Procedures
 - Institutional Review Board: Exempt, Expedited, Full Board
 - Consenting (if required)
 - Vulnerable populations
 - Describe step by step the plan
 - Data Handling and Confidentiality
 - Confidentiality of this data will be ensured as follows...
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Develop a Protocol

- Data Analysis
 - Describe the plan and statistical measures that are going to be used.
 - Plan for maintaining anonymity and securing the data.
 - Typically includes a demographics table of the sample and if quantitative the t-test, chi square or other analysis that is going to be used.
 - Qualitative would describe the plan for analyzing themes and concepts.
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Develop a Protocol

- Risk/Benefit
 - PUBLICATION POLICY: Example
 - All information resulting from this study is the Proprietary Information of Roper St. Francis. Roper Saint Francis shall have final and sole control over the content of any publication.
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Develop a Protocol

- References
- Appendices





Collect the Data



- Follow the steps described in your protocol.





Analyze and interpret the Data



- Organize the data
 - Coordinate with statistician
 - Make sure you aren't interpreting something that isn't really there.
 - Peer Review can assist in this.
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Write-up the results



- Summarize and organize the results
- Determine significance
- Impact on nursing
- Future implications
- Share results internally





Disseminate the findings



- Local Conferences
 - Abstract submissions
 - Poster Presentations
 - National conferences
 - Publication
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Other Resources

- <http://us.cochrane.org/understanding-evidence-based-healthcare-foundation-action>
 - FREE course on research/EBP





References

- Nancy Butters Pain Management Class PowerPoint.
 - Meisenberg, B., Ness, J., Rao, S., & Rhule, J. (2017). Implementation of solutions to reduce opioid-induced oversedation and respiratory depression. *American Journal Of Health-System Pharmacy*, 74(3), 162-169. doi:10.2146/ajhp160208
 - Jarzyna D, Jungquist C, Polomano R, et al. (2011). American Society for Pain Management Nursing guidelines on monitoring for opioid-induced sedation and respiratory depression. *Pain Management Nursing: Official Journal Of The American Society Of Pain Management Nurses* [serial online]. September 2011;12(3):118-145.e10. Available from: MEDLINE with Full Text, Ipswich, MA. Accessed October 22, 2014.
 - Pasero, C. & McCaffery, M. (2011). Pain Assessment and pharmacologic management. St. Louis, Mosby Elsevier.
 - The Joint Commission (2012). Safe Use of opioids in hospitals. The Joint Commission Sentinel Event Alert. 49, 1-5.
 - RSFH Research Council templates
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