Learning Evidence-Based Practice and Quality Improvement:
Following a Team of Child Life Specialists in their Journey to Create a More Comfortable Injection Experience

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Learning Objectives

• Learn evidence-based practice (EBP) and quality improvement (QI) techniques which can be implemented by child life specialists.

• Leaners will recognize how recommendations, when implemented systematically, can change hospital practice.

• Learners will feel empowered to begin EBP by developing a clinical question and search terms.

• Learners will develop an enhanced understanding on best practices surrounding injections by following a child life EBP project.
What is Evidence-Based Practice (EBP)?

• Also known as: Evidence-Based Decision Making and Evidence-Based Medicine
• Evaluates and considers gathered empirical evidence
• Incorporates family and patient preferences as well as professional expertise
• Guides clinical decision making and treatment planning
• Interdisciplinary
• Unites the child life profession as a whole
• Provides high quality care
• Validates: Why we do. What we do.
## Differences

<table>
<thead>
<tr>
<th></th>
<th>Goal</th>
<th>Purpose</th>
<th>Process</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Research</strong></td>
<td>Generate new knowledge</td>
<td>Create new knowledge</td>
<td>Generalizable or transferable</td>
</tr>
<tr>
<td><strong>Evidence-Based Practice</strong></td>
<td>Access and use new knowledge</td>
<td>Application of new knowledge</td>
<td>Problem solving approach involving clinicians and families</td>
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<tr>
<td><strong>Quality Improvement</strong></td>
<td>Improve processes within a clinical system</td>
<td>Test an existing process</td>
<td>Rapid cycle Plan, Do, Study, Act</td>
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Assess Practice Need

• Identify need for change or clarification of best clinical practice
• Consider the priority level of addressing this need
Develop a Clinical Question

• **Population of interest**
• **Intervention or issue of interest**
• **Comparison intervention or issue of interest**
• **Outcome of interest**
• **Time involved to demonstrate outcome**
Questions in Practice
What clinical questions are you wondering about?

• What is a problem that you consistently encounter?
• What is an area of interest?
• A clinical problem that you encounter in your practice could be related to patients, therapeutic approaches or interventions, personnel, collaboration, technology, physical materials, etc.?
Define a Clinical Question

• What clinical issues are you passionate about?
• What questions do you have?
Search for Evidence

- Use PICO question to determine search criteria or search terms
- Include all appropriate databases
  - Cochrane Database of Systematic Reviews, CINAHL, MEDLINE, PsychINFO, National Guideline Clearinghouse, Children’s Hospital Association
- Eliminate articles that do not address the clinical question

Search Terms:

Resource: Cochrane Handbook
Child Life Council
Critically Appraise the Evidence

• Determine whether each study is valid and reliable
• Use the LEGEND (Let Evidence Guide Every New Decision) system to evaluate the quality level for each article

Child Life Council
Level of Evidence
Incorporate Clinical Expertise and Experience

• Use clinical expertise to make recommendations when evidence is inconclusive

• An interdisciplinary group of experts may be formed to help evaluate and make recommendations

Resource: Child Life Council
Incorporate Patient and Family Values and Preferences

• Are my patient’s and family’s values and preferences satisfied by the treatment and its consequences?
• Is the treatment feasible in my care setting?
• Do the patient outcomes apply to my population or question of interest?
• Are the likely benefits worth the potential harm and costs?
• Were the patients in this study similar to my population of interest?
Develop an EBP Statement

• Summarize the evidence incorporating clinical expertise and patient/family values and preferences
• Include possible implications for practice and future research needs
Implementing EBP into Practice

• When there is little evidence
  • Research project

• Where there is evidence to make a practice change
  • Quality Improvement project
  • Education plan

Resource: Child Life Council
What is Quality Improvement (QI)?

• After sharing the information QI is a way to measure/show that people are using the information and completing interventions
• Improve what we are already doing by altering how we do it
• Producing measurable outcomes
• Creating positive differences by changing outcomes
• That has a lasting impact

• Why do QI or make changes?
  • To improve the patient experience.
Develop SMART Aim

• An Aim statement describes what a team’s focus is for their improvement work
• It indicates their goal as well as the baseline to clearly define what the team is trying to achieve
• Lastly, it gives a time frame for the work
  • S – Specific
  • M – Measurable
  • A – Actionable
  • R – Relevant
  • T – Time bound
Key Driver Diagram

• Connects the aim/outcomes, key drivers, and interventions
• Provides a roadmap for project
• Helps to focus the interventions accurately, aligning the interventions to address root causes and failures → ultimately helping you to achieve your SMART aim
Evaluate EBP

• Obtain outcome measures and concurrent feedback on implementation of EBP
• Continually re-evaluate

Resource: Child Life Council
Plan for Sustainability and Spread

• Sustain - Make improvements “stick”
• Spread - Improvements from one practice team or site are adopted by another team
• Both endeavors require change processes but strategies are fundamentally different from QI rapid change process

Objective:
• To successfully spread the improvement beyond the original target patient population or department if appropriate.
What Can You Do to Help?

- Follow the BESt guidelines when helping patients receive injections
- Encourage/ refer others to the guidelines and information too
- Pass out educational brochures to families and role model appropriate interventions
- Promote the use of non-pharmacological interventions proven through research
- Help us with creating standard order sets
- Can we show our educational slides in your area?
- Be a part of an EBP project!
EBP Modules:

- [http://childlife.org/Resource%20Library/EBPModules.cfm](http://childlife.org/Resource%20Library/EBPModules.cfm)
References


- Cincinnati Children’s Hospital Medical Center (2014). BESl Template. http://centerlink.cchmc.org/content2/67597/

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References


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Questions?