

# Promoting Evidence Based Practice

## **The Peel Health Experience – Collaboration, Cooperation and Challenge**

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# Practice Standards

## College of Nurses of Ontario Professional Standard: Knowledge Application

*Each nurse continually improves the application of professional knowledge.*

A nurse demonstrates the standard by: ensuring practice is based in theory and evidence and meets all relevant standards/guidelines;

## Canadian Community Health Nursing Standards of Practice

**Multiple Ways of Knowing p.5**

## Core Competencies for Public Health in Canada

**Competency #2** describes the core competencies needed to collect, assess, analyze and apply information.

# What it means to inform your practice using evidence

- Finding all the information you can, to make good decisions about how to practice.
- Making decisions based on more than empirical evidence alone.
- Other factors to consider:
  - Client / Community needs & wants
  - Resources & Budget
  - Desired Outcome



# Finding the Evidence

- It is a circular journey

Maureen Dobbins, RN, PhD Nov. 2007



# Finding the Evidence

- It takes teamwork to get you there

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# Finding the Evidence

- You need to build trusting relationships to get you to the end

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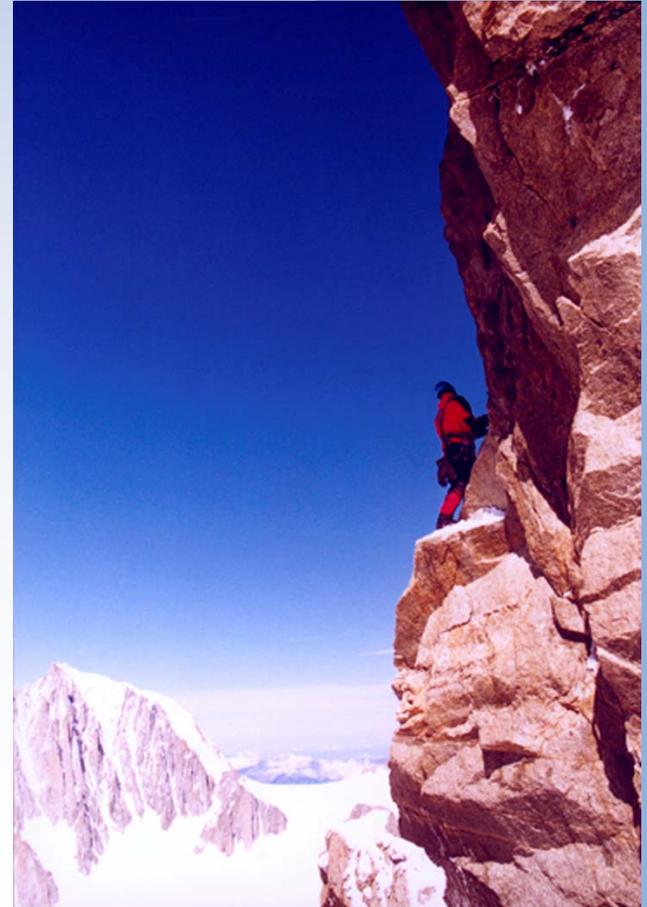
# Tools to Help You

- Canadian Best Practices Portal for Health Promotion and Chronic Disease Prevention
  - [www.cbpp-pcpe.phac-aspc.gc.ca](http://www.cbpp-pcpe.phac-aspc.gc.ca)
- National Guidelines Clearinghouse
  - [www.guideline.gov](http://www.guideline.gov)
- RNAO Best Practice Guidelines
  - [www.rnao.org/bestpractices/index.asp](http://www.rnao.org/bestpractices/index.asp)
- Evidence-Based Nursing
  - [www.ebn.bmj.com](http://www.ebn.bmj.com)
- Health Evidence.ca
  - [www.health-evidence.ca](http://www.health-evidence.ca)



# Our Challenge

- Best way to deliver education to parents about disciplining their children
- Or more specifically – the delivery of parenting education by public health nurses in the community during one time encounters with clients.



# Our Challenge

- We had difficulty defining the intervention and outcome.
- Lacked resources of our own - knowledge, skill, time.
- No best practice guideline to provide direction.



# Overcoming the Challenge

- Connected with Maureen Dobbins, RN, PhD to help us - Collaboration
- Defined our question using PICO



# Overcoming the Challenge

- Invited Jacquie Muresan, RN to do a presentation to staff - Collaboration
- Encouraged staff to think in new ways - Cooperation
- Provided support to move forward with new ideas – Cooperation
- Provided with support to attend RNAO Best Practice Implementation Training in Miami



# The PICO Question

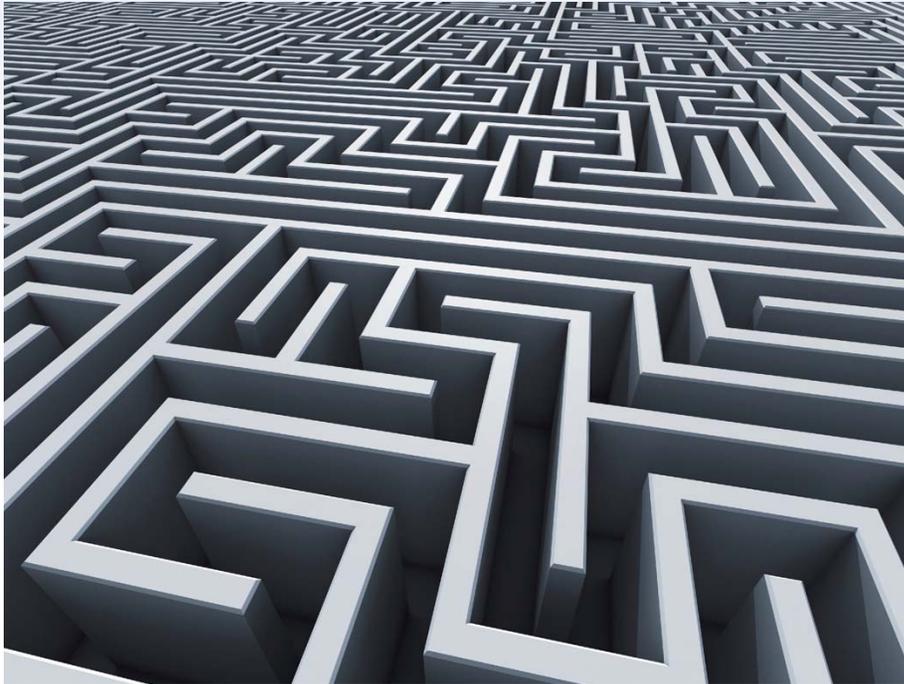
- Population (or patient)
- Intervention
- Comparison
- Outcome

**Once we learned about PICO, it was easier to define our search.**



# Using The Findings – Informing Our Practice

- Decisions we've made, using the evidence



# Spreading The Word

- How staff at Peel Health will learn more
- Ideas for others
  - RNAO Best Practice Guidelines
  - Training in use of Evidence and Best Practice Guidelines
  - Collaborate with Nurse Researchers and University Graduate Students
  - Encouragement + support = Cooperation

# Implications for Public Health Nursing Practice

- Opportunities for collaboration with others
- Opportunities to do nursing research
- Renewed passion in the work
- Credibility for our practice when outcomes are improved
- Better outcomes for clients & communities

# Implications for Researchers

- Spend time developing a trusting, collaborative relationship with health care decision makers
- Learn from health care decision makers
- Be a good listener in terms of really hearing what is needed and wanted
- Be a true partner - everyone's input is equally important
- Provide possible solutions, from which decision makers choose what is best for them in their context

Embrace it or get left  
behind...



# Questions

