Evidence-Based Approach

by Sophia Tutorial

☰ WHAT'S COVERED

This lesson will recognize the evidence-based approach. Specifically, it will cover:

1. Evidence-Based Practices
2. Agency for Healthcare Research and Quality (AHRQ)
3. The Joint Commission (TJC)
4. Reflect

1. Evidence-Based Practices

Using reliable and valid data and interventions supported by evidence contribute to the success of a change initiative. Stevens (2013) provides a framework for obtaining the data and applying the evidence to practice. The data collection and intervention process involves:

Step	Name	Available Resources
1	Discovery	Bibliographic Databases such as CINAHL- provide single research reports, in most cases, multiple reports.
2	Evidence summary	Cochrane Collaboration Database of Systematic Reviews: Provides reports of rigorous systematic reviews on clinical topics. See www.cochrane.org/
3	Translation into guidelines	National Guidelines Clearinghouse: Sponsored by AHRQ, provides online access to evidence-based clinical practice guidelines. See www.guideline.gov
4	Integration into practice	AHRQ Healthcare Innovations Exchange: Sponsored by AHRQ, provides profiles of innovations and tools for improving care processes, including adoption guidelines and information to contact the innovator. See http://innovations.ahrq.gov/
5	Evaluation of process and outcome	National Quality Measures Clearinghouse: Sponsored by AHRQ, provides detailed information on quality measures and measure sets. See http://qualitymeasures.ahrq.gov/

2. Agency for Healthcare Research and Quality (AHRQ)

An example of the Agency for Healthcare Research and Quality (AHRQ) guidelines is those related to fall prevention. In this program, the AHRQ provides a comprehensive, ready-to-use training program about fall prevention in hospitals and a toolkit designed to support the necessary organizational changes to prevent falls. The program components are:

- An Implementation Guide
- Curriculum content
  - Understanding Why Change is Needed
  - How to Manage Change
  - Best Practices in Fall Prevention
  - How to Implement the Fall Prevention Program in Your Organization
  - How to Measure Fall Rates and Fall Prevention Practices
- Webinar Content

3. The Joint Commission (TJC)

The Joint Commission (TJC), like the Leapfrog Group, and AHRQ is committed to improving the quality and safety of healthcare. It is "an independent, not-for-profit organization that accredits and certifies over 22,000 healthcare organizations and programs in the United States. Joint Commission accreditation and certification is recognized nationwide as a symbol of quality that reflects an organization's commitment to meeting certain performance standards" (TJC, 2019). TJC not only sets yearly patient safety goals but also provides guidance about how to meet those goals.

⤳ EXAMPLE Identifying patients correctly is a 2020 National Patient Safety Goal (NPSG). TJC specifies that at least two patient identifiers (such as name and date of birth) be used to correctly identify a patient before a procedure, medication administration, etc. Hospitals monitor and track compliance with this NPSG. If the goal of 100% is not met, this triggers a need for a process change.

☆ BIG IDEA

Using models of change supported by data to trigger action, monitor progress, and evaluate success can be utilized by nurses to lead in a changing healthcare environment. Change management, however, is only one of the competencies nurses need to demonstrate to successfully lead in a complex industry.

4. Reflect

You are a member of a team chartered to implement a hospital-wide fall prevention program.

? REFLECT

Using the information found at **AHRQ**, describe your plan for how to develop and implement this program.

Authored by Anne E. Lara, Ed. D., MS, RN, CPHQ, CPHRM

Support

If you are struggling with a concept or terminology in the course, you may contact **NurseLeaderSupport@capella.edu** for assistance.

If you are having technical issues, please contact **learningcoach@sophia.org**.