

Summer, 2006

Title: Research Roundtable Program: Reflective Exploration of Potential Evidence-Related Outcomes. (Spring 2005)



Background of Project: The Research Roundtable Program (RRP) at Hartford Hospital has represented a formal mechanism to enhance research utilization within the Hartford Hospital community from 1999-2004. During this period of time, twelve (12) roundtables have been conducted. These roundtables were hosted by a clinical team dedicated to defining a study topic, completing a comprehensive literature review and applying findings to practice and/or conduction an outcomes research study. The team committed to not only attending the formal monthly roundtable session which were open to anyone interested in evidence based practice outcome or process, but were also were committed to attend interim meetings to prepare for sessions and once the sessions were complete to follow through with implementation of the study.

Project: Early last spring 2005, Dr. Cheryl Stetler conducted a research project to evaluate the outcomes of these roundtables. The purpose of the project was to explore the types of outcomes reported and achieved over the life of the RRP and which could be optimized in the future. Through a reflective exploration, qualitative interview approach was used to understand if attendance in the roundtable program explicitly impacted nursing performance in daily practice. Staff who attended research roundtable



sessions were asked to voluntarily participate in interviews.

Method: Twelve reflective exploration interviews with Dr. Cheryl Stetler were conducted in which participants were asked to:

Reflect upon and provide examples of outcomes that were achieved (reported) and those that were not achieved following the roundtable.

Describe factors that facilitated or hindered the achievement of outcomes derived from the roundtable in daily clinical and operational practices.

Participants: Forty-one participants volunteered to participate in their respective roundtable discussion (average 3-4 per roundtable). Responses were evaluated using the Evaluation Model for EBP Projects: Progress Outcomes (copyrighted by C. Stetler). Study personnel including Dr. Stetler and Dr. Dorothy Fishman reviewed electronic voice file data.

Overall Impressions:

As a strategy to enhance evidence-based practice (EBP), the Research Roundtable appears to have:

A. Positively influenced the use of evidence by multiple individuals

B. Encountered limitations and challenges to the full achievement of project-related successes.

The experiences of the Roundtable teams and individual participants provided multiple insights and ideas regarding:

A. Modifiable barriers to goal achievement

B. Project Facilitators

C. Alternative strategies for the next iteration of this evidence-based practice initiative.
(Stetler, 4/4/05)

Personal Observation of C. Stetler: “The commitment and motivation of these individuals nurses to the improvement of care through

research was absolutely impressive. In every RRP, there were nurses who went above and beyond to try to better meet the needs of their patients”.



Recommendations for Future Evidence-based practice Initiatives based on Reflective Exploration.

The results of this project provided valuable information regarding the experiences of the roundtable teams and individual participants.

Strategies to consider for the next iteration of an EBP initiative included:

1. Strategic planning and then strategic management of the plan.
 - a. Consideration of alternative approaches
 - i. Individual strategies to fit local needs
 - ii. Multiple rather than single approach to achieve refined goals: centralized education for those who need it'; decentralized project development.
 - b. More explicit criteria-based decision making about the choice of project
 - i. Create short feasible action plans
 - ii. Provide more basic prep time and include APRN
2. Development of mentors
 - a. Pool or method to identify clinical experts
 - b. APN update on EBP as well as faculty
3. Consider staff fellowships; seek small funding for EBP support
 - a. Explore what others are doing to integrate EBP (rounding, etc.)

- b. Methods to address issues of time, coverage, location, etc.
4. Clearly define role of all levels of management to support of this endeavor
5. Clarify relationship of related projects to quality improvement, practice and research, etc.
6. Recognize the importance of a BSN pre-requisite research course prior to participating in the project or session as a lead.
7. “Interdisciplinary” involvement.
 - a. Nursing and other disciplines are important
 - b. Consider how to significantly involve other disciplines and how to make this happen.
8. Formal documentation and planning at the project level
 - a. Who reports what and when
 - b. What should implementation action plans look like
 - c. Feasible evaluation requirements for the team.

(Stetler, 2005)

Implementation of Recommendations

The recommendations suggested through the reflective exploration with participants of the Roundtables and review of current literature seeking best practices related to Research/EBP implementation generated the development of the “Evidence-based Practice RN Fellowship Program” (EBP-RN-FP).

The Evidence-based practice RN



Fellowship Program will be sponsored through the Evidence-based practice team” a subgroup of the Nursing As A Profession Committee. Details regarding the new program to follow.