



**You must print out your own course materials!** None will be available at the class. Click on the link below to access:

[www.tchpeducation.com/coursebooks/coursebooks\\_main.htm](http://www.tchpeducation.com/coursebooks/coursebooks_main.htm)

If the link does not work, copy and paste the link (web page address) into your internet browser. Available 1 week prior to class.



Remember to get the assigned article and complete the 10 questions prior to class. See attached instructions.

### **Description/Learning Outcomes**

Ever wonder if wearing sterile gloves for that procedure really made any difference at all in infection rates? How often do questions like that pop up into your head over the course of your work day? What you need is evidence that what you are doing is making a positive difference. That's evidence-based practice! Over the course of the day you will identify a practice issue of personal importance and develop a blueprint to follow to investigate that practice issue.

The learning outcome is to improve the learner's ability to develop practice questions using PICO format, to look for and judge the available evidence, and use strategies to put that evidence to work in the clinical setting.

### **Before you come to class...**

There is a pre-reading assignment for this class to find and review a specific journal article. The details for this assignment are attached.

### **Target audience:**

The program is geared primarily for the clinician or manager who makes a difference in the type of care provided to patients. This would include: advance practice nurses, physicians, staff nurses (especially those on policy and practice committees), preceptors, pharmacists, educators, social workers, therapists, etc.

7:30 - 7:45 a.m.	<i>Registration</i>	
7:45 - 8:25 a.m.	Introduction to Evidence-Based Practice	Berdette Reuer
8:25 - 9:25 a.m.	Finding Evidence	Berdette Reuer
9:25 - 9:40 a.m.	<i>BREAK</i>	
9:40 - 10:25 a.m.	Finding Evidence (cont.)	Berdette Reuer
10:25 - 11:25 a.m.	Clinical Project Examples	Ashley Samulenas
11:25 - 12:00 noon	Finding Evidence: Database Searching	Michele Mackey
12:00 - 1:00 p.m.	<i>LUNCH</i>	
1:00 - 2:15 p.m.	Appraising Evidence	Kim Wallick
2:15 - 2:45 p.m.	Clinical Project Examples	Debra Whitney
2:45 - 3:00 p.m.	<i>BREAK</i>	
3:00 - 4:00 p.m.	Putting Evidence to Work/ Getting People to Participate in Evidence-Based Practice	Debra Whitney

### **Continuing Education Credit**

<p>For attending this class, you are eligible to receive:</p>	<p><b>6.75 contact hours</b></p> <p><b>Criteria for successful completion:</b> All participants must attend the program and complete an online evaluation form to receive contact hours. Note that you must attend the ENTIRE activity to receive contact hours.</p> <p>The Twin Cities Health Professionals Education Consortium is an approved provider of continuing nursing education by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.</p>
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### **Please Read!**

- Check the attached map for directions to the class and assistance with parking.
- Certificates of attendance will be emailed to class participants once the online evaluation is completed.
- You should dress in layers to accommodate fluctuations in room temperature.
- Food, beverages, and parking costs are your responsibility.
- If you are unable to attend after registering, please notify the Education Department at your hospital or TCHP at 612-873-2225.
- In the case of bad weather, call the TCHP office at 612-873-2225 and check the answering message to see if a class has been cancelled. If a class has been cancelled, the message will be posted by 5:30 a.m. on the day of the program.
- More complete class information is available on the TCHP website at [www.tchpeducation.com](http://www.tchpeducation.com).

# Evidence Based Practice: Pre-class Assignment

**Preparation for class.** Please locate the article below, read it, and answer the 10 questions before coming to class.

This is a quick and first step method to look at literature. We will review this in class. You can locate this using the link below or through your medical library by doing a search of author or journal, and then choose the article (the Medical Librarian can help you with this).

[http://journals.lww.com/jncqjournal/Fulltext/2012/01000/Missed\\_Nursing\\_Care,\\_Staffing,\\_and\\_Patient\\_Falls.2.aspx](http://journals.lww.com/jncqjournal/Fulltext/2012/01000/Missed_Nursing_Care,_Staffing,_and_Patient_Falls.2.aspx)

**Article:** Kalisch, B., Tschannen, D.; and Lee, K. (Jan/March 2012). Missed Nursing Care, Staffing, and Patient Falls. Journal of Nursing Care Quality, volume 27-issue 1, p 6-12.

## TEN QUESTIONS TOOL \*

1. What question is this research study attempting to answer? May be more than one.
2. What is the basis for this question? –OR- Where did the question come from?
3. Why is it important to answer this question –AND- Why do you want to know the answer to this question?
4. What method was used to study the question?
5. Does the method used to study the question make sense? Why or why not?
6. Did the study select the right people for its subjects?
7. Did the study answer the question?
8. Did the answer to the question (the findings) make sense?
9. Can the findings be used? Are there limitations in applying the findings?
10. What is the next logical step to take based on the results of this study? Why is the next step important?

# Minneapolis VA Health Care System –4U-106

One Veterans Drive  
Minneapolis, MN 55417

## Directions to the MVAHCS

**From the East (St. Paul):** Take 35E south to West 7<sup>th</sup>/Highway 5 exit. Turn right at the top of the exit ramp. Continue on 5 to the Fort Snelling exit and stay to the right as you follow the exit around. You will “Y” into traffic coming from the Mendota bridge. Move to the right and exit on 55 west. As you exit on 55 west, it will “Y” almost immediately. Stay to the left and go straight through the stoplight. You will be on Minnehaha. Follow Minnehaha to the stoplight in front of the VA and turn left into the parking lot. If you miss the “Y” continue to the next stoplight (54<sup>th</sup>) and turn left. Go to stop sign (Minnehaha) and turn left again. Go to the stoplight in front of the VA and turn right into the parking lot.

**From the Southeast:** Take 35E to 110 west. Take the 55 west/Fort Snelling exit. Go to the far righthand lane as soon as you exit to continue on 55 west. Go over the Mendota Bridge, move to the right lane and exit to follow 55 west. As you exit on 55 west, it will “Y” almost immediately. Stay to the left and go straight through the stoplight. You will be on Minnehaha. Follow Minnehaha to the stoplight in front of the VA and turn left into the parking lot. If you miss the “Y” continue to the next stoplight (54<sup>th</sup>) and turn left. Go to stop sign (Minnehaha) and turn left again. Go to the stoplight in front of the VA and turn right into the parking lot.

**From the North:** Take 35W south to 62 east. \*Follow directions below.

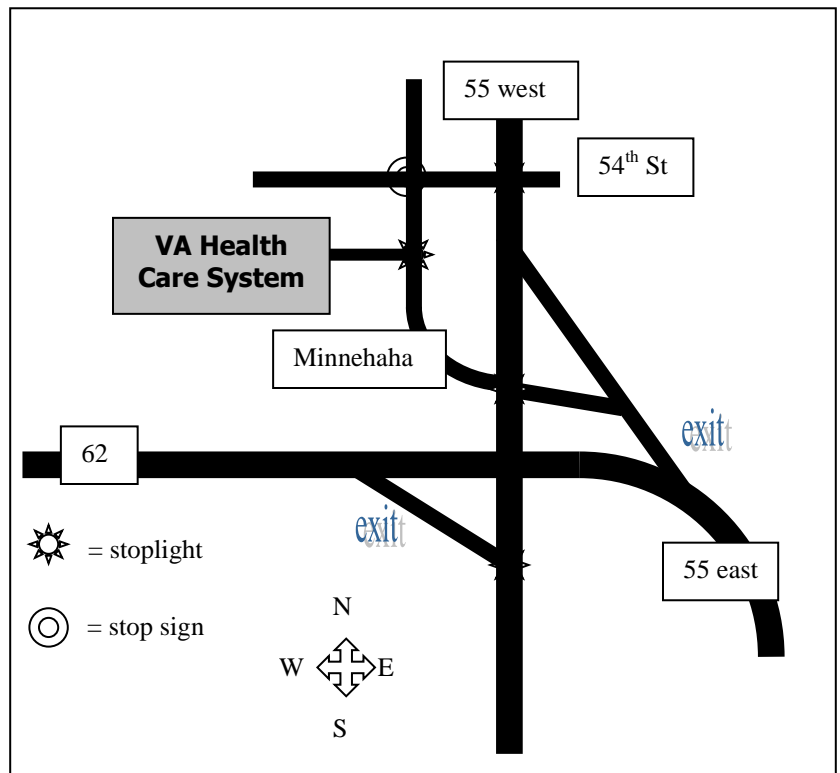
**From the South:** Take 35W north to 62 east. \*Follow directions below.

**From the West:** Take 494 east to 35W north. Take 62 east. \*Follow directions below.

**\*Directions, continued:** Get into the right lane on 62 and exit on 55 west. At the top of the exit ramp, turn left to continue on 55 west. Go to the stoplight (Minnehaha) and turn left. Follow Minnehaha to the stoplight in front of the VA and turn left into the lot.

**For All:** Park in the Visitor’s Parking Lot to the left (parking is free). Enter through the outpatient entrance and take the elevator to the 4<sup>th</sup> floor. Enter the Medical Library that is next to the bank of elevators. 4U-106 is located at the back of the library.

**Light Rail Transit:** The LRT line stops right in front of the VA. Feel free to utilize the park and ride lots and take the LRT to the VA. Go to the LRT website for information about where to park, fares, and how to ride:



<http://www.metrocouncil.org/transit/rail/index.htm>