



Evidence Based Policy Development

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Goals of Presentation

- ❖ Review categories of evidence for practice
- ❖ Discuss their possible relationship to policy development
- ❖ Identify resources for the NPC when developing nursing policies
- ❖ Provide individual resources for continuing guidance

Charge of the NPC

The Oregon State Board of Nursing's strategic plan (2008-2014) objectives for Policy, Education and Practice include:

Objective: Standards of licensure are evidence-based, current, relevant and responsive to changes in the healthcare environment

Measures: (2) Evidence used to generate policymaking is clearly referenced and ranked by quality/strength of recommendation

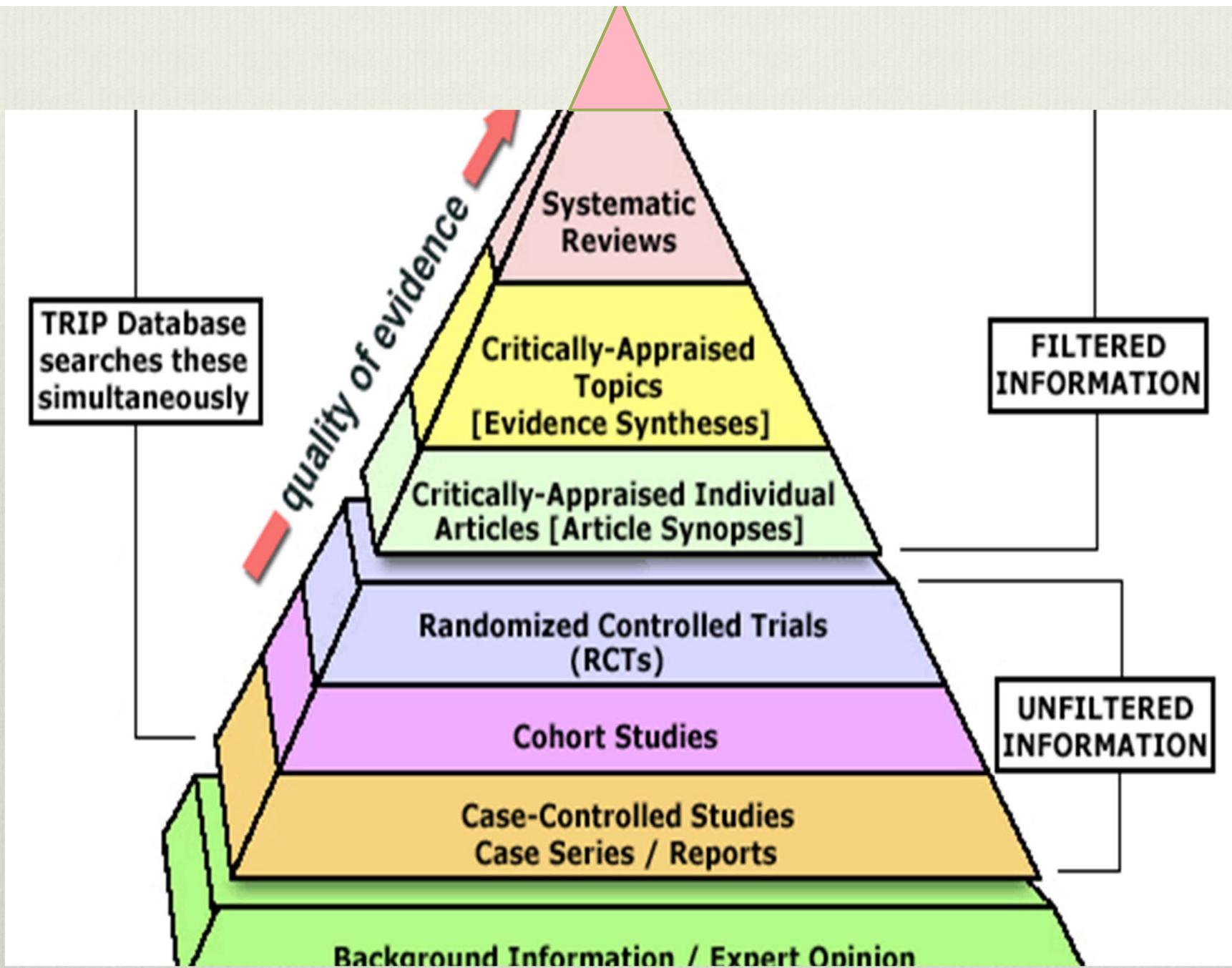
Strategies: (5) Establish a Board practice committee

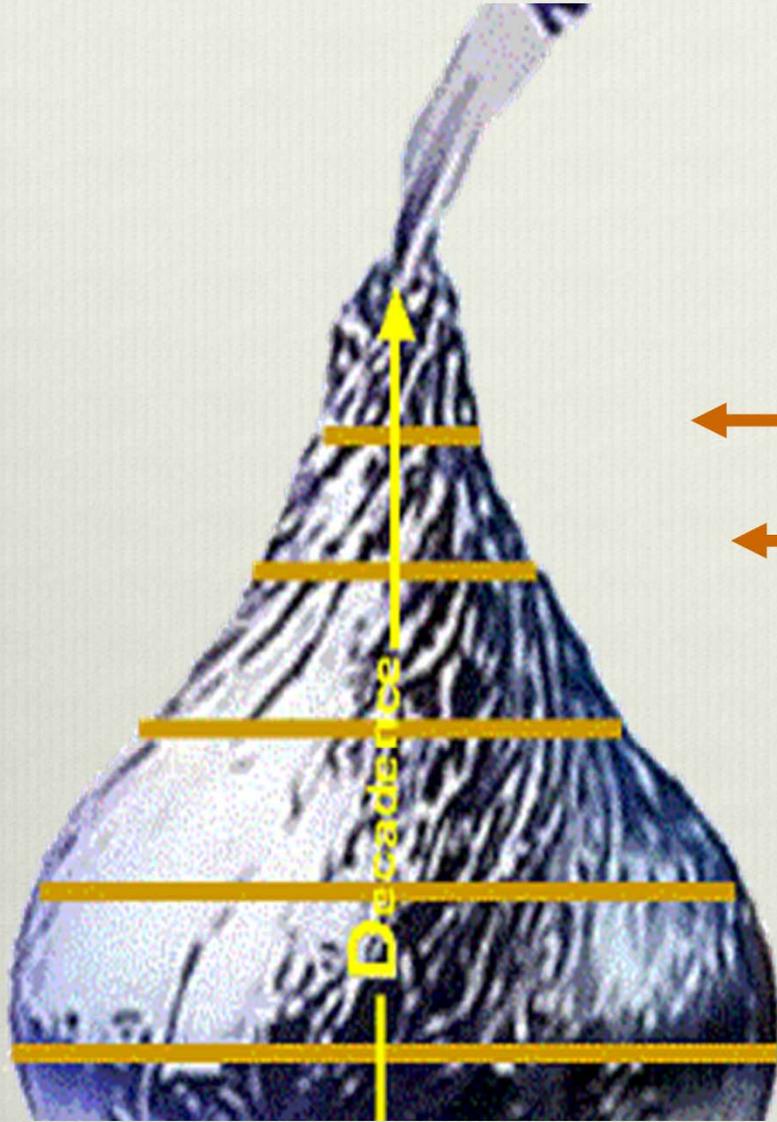
(6) Use evidence-based processes/resources when developing, modifying and revising Board rules and policies.

Evidence based Regulation

Ridenour (2009)

- ❖ Good policy involves information gained from multiple sources, including expert knowledge, existing and new research, secondary sources, and stakeholder input.
- ❖ The highest standard is methodologically appropriate high quality research. This may be supplemented in context with additional information.
- ❖ Evidence-based regulation consists of findings from research and other knowledge that may serve as a useful basis for decision-making in public health and health care. (World Health Organization Regional Office for Europe, 2004).





Godiva Truffles

Steve's Chocolates
(Park Ave., Rochester)

Ghirardelli Chocolate Bars

Hershey Kisses

**Fannie Farmer
Sampler**

**Nestlé's
Quik**

Background sources of information

Clinical Summaries, Textbooks

The best place for clinicians to get up to speed on unfamiliar topics and filling holes in their knowledge base. Several of these resources are (or act as) clinical textbooks with either brief or detailed entries on conditions and interventions.

Primary Literature

In the health field this is usually journal articles outlining methodology, data, results, and conclusions.

These sources contain the original data and analysis from research studies. **No outside evaluation or interpretation is provided.** An example of a primary literature source is a peer-reviewed research article. Other primary sources include preprints, dissertations, technical reports and conference proceedings.

Secondary Literature

Meta-analyses, Systematic Reviews, Evidence-based Guidelines

These sources summarize the medical literature by finding (via explicit, thorough literature search) and appraising relevant individual studies to answer a particular clinical question.

These sources provide analysis, synthesis, interpretation and evaluation of primary works. A narrative review article is an example of a secondary source.

Filtered resources: Select evidence based synthesis to answer clinical questions.

Examples of Filtered Resources for Clinical Guidelines

- ❖ Cochrane Library
www.thecochranelibrary.com (free)
- ❖ TRIP
www.tripdatabase.com (free, requires registration)
- ❖ National Guideline Clearinghouse (NGC)
<http://www.guideline.gov> (free)
- ❖ Up to Date (subscription) www.uptodate.com

Steps in Evidence Based Practice

- ❖ Step 1: Formulating a well-built question
- ❖ Step 2: Identifying articles and other evidence-based resources that answer the question
- ❖ Step 3: Critically appraising the evidence to assess its validity
- ❖ Step 4: Applying the evidence
- ❖ Step 5: Re-evaluating the application of evidence and areas for improvement

Question: Do midwives use vacuum extractors in their practice?

<http://www.ncbi.nlm.nih.gov/pubmed/16260366>

J Midwifery Womens Health. 2005 Nov-Dec;50(6):517-24.

Clark PA.

Source

Department of Global Outreach, American College of Nurse-Midwives, USA. aclark@acnm.org

Abstract This article provides an update on use of vacuum extraction by certified nurse-midwives (CNMs) and certified midwives (CMs). Research findings from the last decade relevant to the training and use of vacuum extractors are reviewed along with professional guidelines and legal implications. PMID: 16260366 [PubMed - indexed for MEDLINE]

Likely Level II-I or Level II-II evidence combined with Level III

What if there is no “evidence”?

- ❖ If **clinical** standards and guidelines are not available or in conflict with each other:
 - ❖ **Note that there is a lack of evidence**
 - ❖ Identify **community** standard: local norms bounding acceptable conduct (examples local practice survey, facility policies, state or community based professional associations)
 - ❖ Identify **national standards**: national guidelines and recommendations regarding conduct or competency (examples ANA Code of Ethics, NONPF national competencies for Nurse Practitioners, ACNM Core Competencies)
 - ❖ Validate the above with individuals affiliated as **experts/stakeholders** in the field

http://www.ebbp.org/course_outlines /searching_for_evidence/

Type of information needed:	Sample question:	Selected EBBP resources:
General summary or overview of a condition	Where can I find a quick review of the etiology, symptoms and recommended treatment strategies for major depressive disorder?	E-textbooks, such as ACP Pier, Clinical Evidence , MD Consult , DynaMed
Synthesis of evidence on population-based intervention programs	What programs have been proven effective to increase the level of physical activity in teenagers?	The Community Guide (CDC)
Current guidelines outlining state-of-the-art treatment	What is the recommended treatment protocol for insomnia?	National Guideline Clearinghouse
Empirically-supported treatments on psychological disorders	What evidence is available to support the use of DBT for treating Borderline Personality Disorder?	APA list of ESTs Cochrane Library Health Technology Assessment
Randomized controlled trials for a "PICO" therapy question	Is treatment of ADHD with stimulants alone as effective as combined medication and psychosocial intervention?	PubMed
Primary research articles on the use of alternative modalities	What is the role of clinical hypnosis in the treatment of eating disorders?	PsycInfo

Sigma Theta Tau Members

- ❖ Members have access to the Virginia Henderson International Nursing Library
- ❖ <http://www.nursinglibrary.org/vhl/pages/helpfulguides.html>

Local Resources

- ❖ Non-OHSU licensed Oregon health care professionals:
<http://www.ohsu.edu/xd/education/library/orhp.cfm>
- ❖ Washington licensed nurses and health care professionals: <http://heal-wa.org/>
- ❖ Multnomah county residents with library access:
<https://multcolib.org/research-tools>

Policy Format

- ❖ Use APA 6 for citations of evidence/references
 - ❖ Purdue website for shortcuts and tips:
<http://owl.english.purdue.edu/owl/resource/560/01/>
 - ❖ Microsoft Word
 - ❖ “References” tab
 - ❖ Can insert references in APA 6 style (select “style”)
 - ❖ Can also “insert table of authorities” for statutory citations