Nurses on the Move

Project 2: Strategies to empower Evidence-Based Practice

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Background

When people age they have a high risk of functional decline. It is therefore important for nurses to encourage nursing home (NH) residents to perform (instrumental) activities of daily living. By working in an evidence-based manner, nurses can influence the functional status of residents. However, this is not always the case yet.

In order to empower nurses to work evidence-based in regarding stimulating the functional status and reducing disability, it is important to explore the barriers and facilitators they perceive. Once these barriers and facilitators are known, we can develop and test strategies aimed to facilitate evidence-based nursing practice.

Phase 1

Aim

To explore and identify typical barriers and facilitators of the use of evidence-based care related to functional status and disability in NH residents in The Netherlands.

Methods

We developed a questionnaire to explore and identify barriers and facilitators towards evidence-based practice (EBP) and to obtained insight into the current use of EBP related to the functional status of NH residents. The following steps were used:

- Literature study
- Focus group interviews (N=3) with NH staff
- Literature study
- interviews (N=14) with residents and NH staff
- Expert consultations (N=12)
- National sample (N=448)
- Final questionnaire
- Pilot test (N=37)
- Final questionnaire
- In-depth interview with expert nurse

Preliminary results

- A questionnaire was developed that explores barriers and facilitators and provides insight in the current use of EBP related to functional status in nursing homes.
- The data collection has been completed.
- Response rate: 72%.
- Data is ready to be analyzed.
- Results are expected by the end of 2014.

Deliverables

Each phase results in several scientific articles. Additional deliverables are a checklist with barriers and facilitators towards EBP related to stimulating the functional status of NH residents and a manual with strategies to empower nurses to work in an evidence-based manner. This checklist and manual can be used by NH staff.

Phase 2

Aim

To develop strategies for the improvement of use of evidence-based care related to functional status and disability in nursing homes.

Methods

In phase 2 we develop strategies to empower nurses to provide evidence-based care related to the functional status of NH residents.

Our first step is to obtain insight into existing strategies. To do this, we are currently performing a systematic review of the literature on studies that test strategies to empower nurses to stimulate the functional status of NH residents.

We searched in the databases PubMed, Cinahl, Eric, Embase, Central and PsychInfo. Search terms were related to:

a) the place of residence (e.g. nursing home)
b) strategies used
c) functional status (e.g. ADL, IADL, mobility)
d) healthcare staff (e.g. nurses, nurses aides)

Preliminary results

The search strategy resulted in 3143 articles. These are currently screened for inclusion in the review. Results of the review are expected by the end of 2014.

Phase 3

Aim

To test the efficacy of the strategies following phase 2 on professional and resident level.

Methods

We will conduct a quasi-experiment in a NH organization. Results are expected in 2016.

Overall objective

The main objective of project 2 is to improve nurses’ use of evidence-based knowledge to enhance resident outcomes in a NH population. This project focuses on strategies to empower nurses to apply strategies, i.e. interventions and approaches, which maintain or improve functional status and reduce disability in somatic and psychogeriatric NH residents.