

An Evidence Based Practice Journey

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Background:

The Lebanon VAMC in Lebanon PA serves Veterans within south central and central PA. The mission of the Lebanon VAMC has been expanding and offering extensive services to our Veterans. Whenever there is growth, there are also growing pains. The VHA Office of Nursing Services has been focusing on establishing an EBP presence throughout all VA campuses so that new programs are based on the best available evidence and staff understand the reasoning behind adding services. Eight staff were chosen to attend the Fuld Institutes Immersion workshop in February 2022 to learn The Seven Step Process for EBP. Upon the return of these eight staff members, work began immediately to create an EBP committee to disseminate EBP knowledge to all nursing staff at Lebanon VAMC to engage staff in being critical of their units to investigate if care delivery can be made better, more efficient, and more satisfying to the population we serve.

Clinical Question:

Will educating a small group of nurses in EBP processes lead to an increase in EBP projects being started at the Lebanon VAMC?

Evidence:

The Evidence-Based Practice Step by Step article series produced by Bernadette Melnyk and Ellen Fineout-Overholt in The American Journal of Nursing totaling twelve articles published from November 2009, 109(11) through September 2011, 111(9). The Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing and Healthcare (Fuld) immersion virtual workshop held **February 7 – 11, 2022**.

Intervention Implementation:

Eight staff attended the Fuld Institute Immersion class in February 2022. The same eight staff who attended the Fuld Institute immersion workshop plus Lebanon VA's librarian, an executive nurse, and a QI staff member began to meet as a group to discuss how to educate nurses across campus on how to get started with EBP on their units. A charter for this group was designed and aligned under the Nurse manager's counsel. Members went to various units to talk to staff about projects started on campus and how help is available to start projects for care improvement. In an effort to support staff nurses' interests in starting projects and researching evidence, a nursing journal club was established.

Evaluation:

EBP was a mystery at Lebanon VAMC prior to the establishment of an EBP charter. Unit managers are inviting EBP members to their units to educate their staff, staff are participating in a journal club, and there are six active projects underway for improvement to Veteran care delivery.

Results:

EBP has been learned and disseminated across the Lebanon VAMC.

Significance/Conclusion:

By educating eight staff members in the process of EBP, Lebanon VAMC will see an increase in EBP projects to improve Veteran care delivery.