Disclosures

The presenters have no real or perceived conflicts of interest that relate to this presentation.

Evidenced Based Practice, Quality Improvement, and Research

This module focuses on quality care. The use of standardized measures and evidence based practice and guidelines are standards for palliative APRN practice. Research incorporates professional practice standards. Ethical principles provide the evidence for quality practice. The process of quality improvement focuses on assessment of the quality of care, incorporating practice changes to assure cost effective, efficacious, and evidence based care.
Objectives

1. Discuss the management of physical and psychological symptoms associated with advanced illness using pharmacological and non-pharmacological interventions
2. Use research, evidence-based practice, and expected outcomes in hospice and palliative care to provide quality care

Evidence-Based Practice, Quality Improvement, and Research

A. 11% of examination
   • Approximately 19 questions
B. Content focus
   1. Evidence-based practice
      A. EBP and research
      B. Standard tools (pain scales, quality of life measures, functional status scales)
   2. Quality improvement
   3. Research

Leadership

Effective leadership in palliative nursing includes:
• A central focus on supportive educational environments
• Quality assessment and performance improvement
• The promotion of palliative nursing research to build the evidence base for practice to improve compassionate clinical care
Question # 65

As an APRN in your setting, you are asked to provide leadership. There are considerable clinical needs in your area. You consider your options and determine your best strategy is:

A. Read a book on management to help your supervisor oversee the floor
B. Assess the clinical challenges and form a work group to create solutions
C. Create policies and procedures to implement
D. Review the literature in a particular area and tell the staff how to change practice


Evidence-Based Practice

Evidence-Based Practice

HPNA Position Statement

Evidence-Based Practice

“Hospice and palliative nurses must know how to obtain, interpret, and integrate the best available research evidence with patient data and clinical observations.”

HPNA 2012a
Evidence-Based Practice (EBP)

Why do we do it the way we do?

EBP in Clinical Practice

• Identifying an area of practice to evaluate
• Ensuring collection of valid and reliable data
• Determining if practice changes are necessary

Resources for Research Findings and Evidence-Based Practice

1. Systematic reviews such as Cochrane Library
2. Clinical practice guidelines such as those available from the Agency for Healthcare Research and Quality (AHRQ) or the Institute for Healthcare Improvement (IHI)
3. Specialty specific clinical practice guidelines such as The National Consensus Project for Quality Palliative Care Clinical Practice Guidelines for Quality Palliative Care. 3rd edition 2013
4. General sources of evidence based practice websites: National Institutes of Health (NIH) and National Institute of Nursing Research (NINR)
Research

Established nursing journals such as:
• Worldwide Views on Evidenced-Based Nursing
• Evidenced-Based Nursing

Nursing discipline specific:
• Oncology Nursing Forum
• Clinical Journal of Oncology Nursing
• Critical Care Nurse
• American Journal of Critical Care

Palliative specialty:
• Journal of Hospice and Palliative Nursing
• Journal of Palliative Medicine
• Journal of Pain and Symptom Management

Evidenced-Based Guidelines

1. The National Consensus Project for Quality Palliative Care Clinical Practice Guidelines for Quality Palliative Care. 3rd edition 2013
   http://www.nationalconsensusproject.org/American Heart Association/American Stroke Association


Standardized Tools

• Quality of life
• Pain scales:
  . Visual Analog
  . PAIN-AD
• Symptom scales
  . Edmonton Symptom Assessment Scale
  . Memorial Symptom Assessment Scale
• Functional assessment scales
  . Eastern Collaborative Oncology Group, ECOG performance status scale
  . Karnofsky Functional Rating Scale
  . Palliative Performance Scale (PPS)

Additional Reading

*HPNA Core Curriculum for the Advanced Practice Hospice and Palliative Registered Nurse, 2nd Edition.*

Chapter 4 – Promoting Quality Palliative Care
Chapter 36 – National Guidelines and APRN Practice
Chapter 37 – Performance and Prognostic Tools

Implementing EBP:
a guideline, a practice, or new assessment

<table>
<thead>
<tr>
<th>Why was it a success?</th>
<th>Why it was not a success?</th>
</tr>
</thead>
<tbody>
<tr>
<td>What made it successful?</td>
<td>What was missing?</td>
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<tr>
<td>What was learned?</td>
<td>What was learned?</td>
</tr>
<tr>
<td>What would I do differently?</td>
<td>What would I do differently?</td>
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Quality Improvement
Quality Improvement

• How should we do it?
• Places to find resources
  - National Quality Forum Palliative Care Performance Measures
  - American Academy of Hospice and Palliative Medicine and Hospice and Palliative Nurses Association Measuring What Matters
  - The Joint Commission Advanced Palliative Care Certification

HPNA Position Statement
Assuring High Quality in Palliative Nursing

“Hospice and palliative nurses must provide high quality care and evaluate the outcomes of that care through activities such as collection of patient outcomes data and participation in formal quality assessment activities.”

“Practice and evaluation should be supported by utilizing current research and evidence-based practice standards that both improve patient safety and promote positive outcomes for all patients.”

HPNA 2013

HPNA Position Statement
Assuring High Quality in Palliative Nursing

“As individual practitioners and as members of the interdisciplinary team, APRNs are accountable for the quality of palliative care provided to patients and their families.”

“Education is viewed as the primary driver for patient safety and quality assurance in healthcare. Therefore, APRNs need to be strategic in educating and preparing colleagues with the knowledge, skills and attitudes needed to deliver high quality [palliative] care within the demands of our current health care system.”

HPNA 2013
Palliative Nursing: Scope and Standards

Quality – The degree to which health services for patients, families, groups, and communities, or populations increase the likelihood of desired outcomes and are consistent with current professional knowledge.

Quality care follows the national strategy set forth by the U.S. Dept. of Health and Human Services in the provisions of the Affordable Care Act.

ANA and HPNA 2014, p. 66

Palliative Nursing: Scope and Standards

National Strategy of ACA
• Making care safer by reducing harm caused in the delivery of care
• Ensuring that each person and family is engaged as partners in their care
• Promoting effective communication and coordination of care
• Promoting the most effective prevention and treatment practices for the leading causes of mortality, starting with cardiovascular disease
• Working with communities to promote wide use of best practices to enable healthy living
• Making quality care more affordable for individuals, families, employers, and governments by developing and spreading new healthcare delivery models
  - U.S. Department of Health and Human Services, 2012

Palliative Nursing: Scope and Standards

Standard 10: Quality of Practice
• Demonstrates quality
• Leads quality improvement
• Obtains certification
• Provides leadership in design and implementation
• Designs innovations
• Evaluates quality
• Uses results to change care

• ANA and HPNA 2014, p. 50
Competencies for the Hospice and Palliative APRN

Evidenced-Based Practice and Research

Utilizes research to identify, examine, validate, and evaluate current theories and palliative care practice with the goal of improved outcomes for palliative care patients, families, and the community.

HPNA, 2014, Page 22

Question # 66

As the APRN of your hospice, you realize that certification improves quality of care. What strategy would facilitate quality of care and promote certification?

A. Ask management to pay for all certification examinations
B. Post certification test applications and the study list
C. Assess the learning needs of staff and provide focused learning sessions in those areas
D. Display family satisfaction scores and suggest staff study in areas of weakness


Further Reading about Palliative Care Quality

National Quality Forum Palliative Care
Palliative Care and End-of-Life Care—A Consensus Report
www.qualityforum.org/Publications/2012/04/Palliative_Care_and_End-of-Life_Care%EF%BB%BF%F0%9F%8F%A8A_Consensus_Report.aspx
Palliative Care and End-of-Life Care Convening Meeting
www.qualityforum.org/Publications/2010/11/Palliative_Care_and_End-of-Life_Care_Convening_Meeting.aspx
Performance Measurement Coordination Strategy for Hospice and Palliative Care
www.qualityforum.org/Publications/2012/06/Performance_Measurement_Coordination_Strategy_for_Hospice_and_Palliative_Care.aspx
National Voluntary Consensus Standards for Quality of Cancer Care
The Joint Commission
Advanced Certification for Palliative Care
www.jointcommission.org/certification/palliative_care.aspx
Research

HPNA Position Statement
Role of Hospice and Palliative Nurses in Research
HPNA underscores the importance of research in advancing nursing, palliative nursing, and palliative care, thereby “ensuring quality care, and improving patient and family outcomes.”

APRN Responsibilities
- Promote research
- Participate in research
- Develop research
- Disseminate research
- Utilize research across settings
### Research Activities

- Identification of clinical palliative care issues evident in everyday practice that are sensitive to nursing interventions.
- Utilization of research findings and implications with patients and families.
- Dissemination of palliative related research articles and findings via journal clubs and case discussions.

**Competencies for the Hospice and Palliative Advanced Practice Nurse, 2nd Edition 2014. p 22-23**

### Research Activities

- Critical analysis, critique, and interpretation of research for possible application to palliative nursing practice.
- Implementation of evidence-based hospice and palliative practice.
- Incorporation of research findings in the development of clinical hospice and palliative nursing policies, procedures, and standards of practice for patient and family care.

**Competencies for the Hospice and Palliative Advanced Practice Nurse, 2nd Edition 2014. p 22-23**

### Question # 67

A nurse on your unit is doing a project on pain management in patients with dementia. In her project, she states she will use the faces pain scale. She asks for your review of her project. You want her to utilize best practice. You guide her to what materials:

A. The World Health Organization Step Wise Approach to Pain  
B. The research on pain scales in dementia  
C. The research on pain scales in unconscious patients  
D. The literature on palliative care for the dementia patient

**Compendium of Treatment of End Stage Non-Cancer Diagnoses: Dementia, 2nd Edition, HPNA, 2013.**
Readings and Resources


Summary

By virtue of education at the master’s level, it is important for the advanced hospice and palliative registered nurse to:
• Practice according to the evidence base and the research within palliative care
• Translate theory into practice and incorporate new research as it is developed
• Participate in quality improvement processes to assure quality palliative care