

# TRANSLATING EVIDENCE INTO CRITICAL CARE PRACTICE: DISSEMINATION AND UTILISATION

BACCN CONFERENCE 2023

Dr Sarah Vollam

Reader in Nursing, Midwifery and AHP Clinical Research, Oxford Brookes University,  
OUHFT Divisional Research Lead  
Nurse Researcher, University of Oxford



@sarah\_vollam

# THE NATIONAL PICTURE

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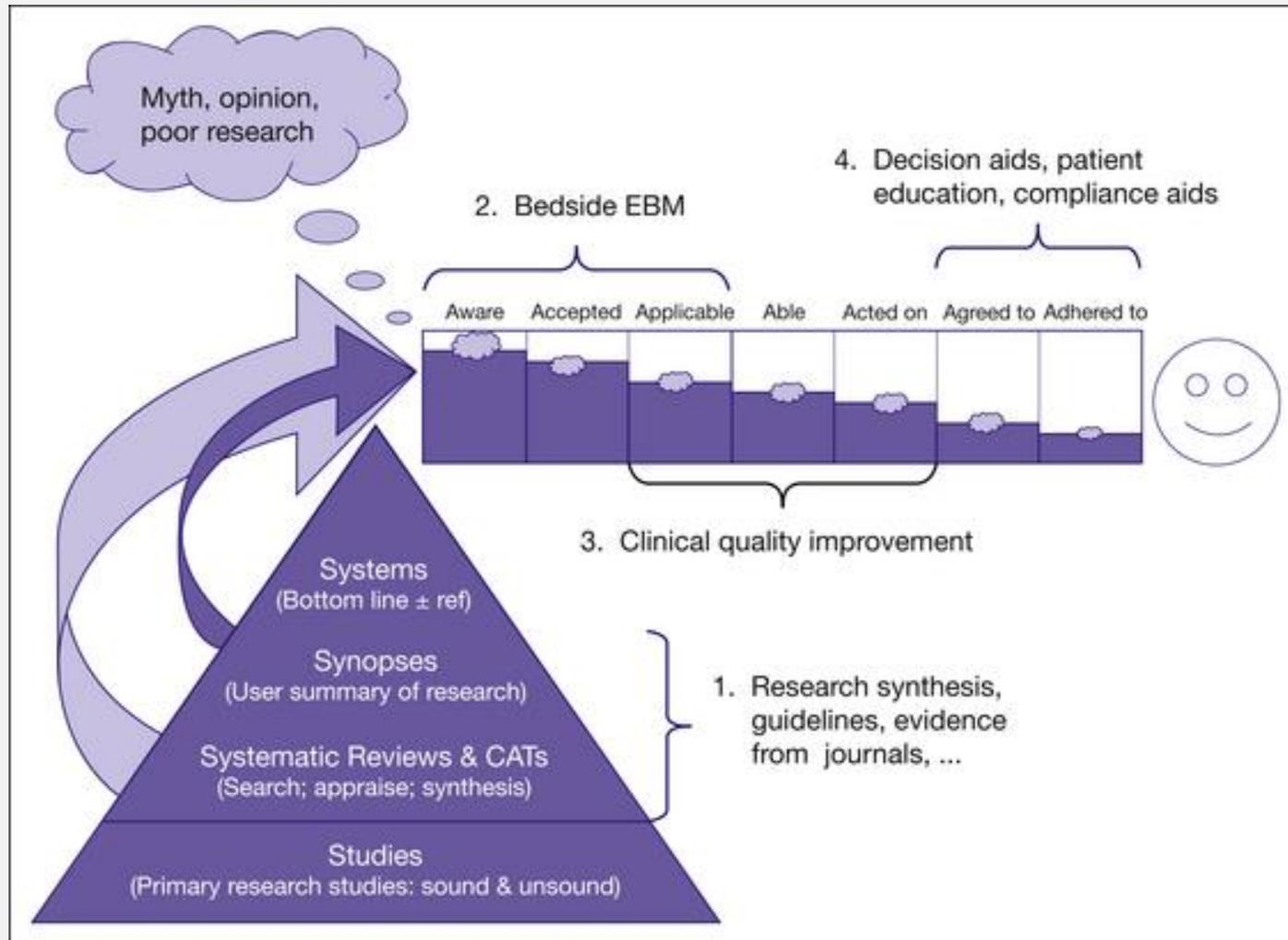
Making research matter  
Chief Nursing Officer for  
England's strategic plan for  
research

Version 2, November 2021

To create an environment where research is fully embedded in practice and professional decision making, for public benefit.

Theme 2: Releasing nurses' research potential:  
To create a climate in which nurses are empowered to lead, **use**, deliver and participate in research as part of their job...

# THE EBP PIPELINE



# STAGES THAT LEAD TO CHANGE IN CLINICAL PRACTICE

1. *Awareness*
2. *Acceptance (of need to change)*
3. *Applicable*
4. *Available and able*
5. *Acted on*
6. *Agreed to*
7. *Adhered to*

# WHY DON'T NURSES IMPLEMENT EBP IN ICU?

## Barriers:

- time constraints
- knowledge deficits
- poor leadership
- understanding of EBP
- organisational culture

The most dangerous  
phrase in our language is  
*“we’ve always done it this way.”*

Rear Admiral Grace Hopper

IF NURSES ARE NOT AWARE OF THE EVIDENCE HOW  
CAN THEY IMPLEMENT IT INTO PRACTICE?

'Research is of no use unless it gets to  
the people who need to use it'

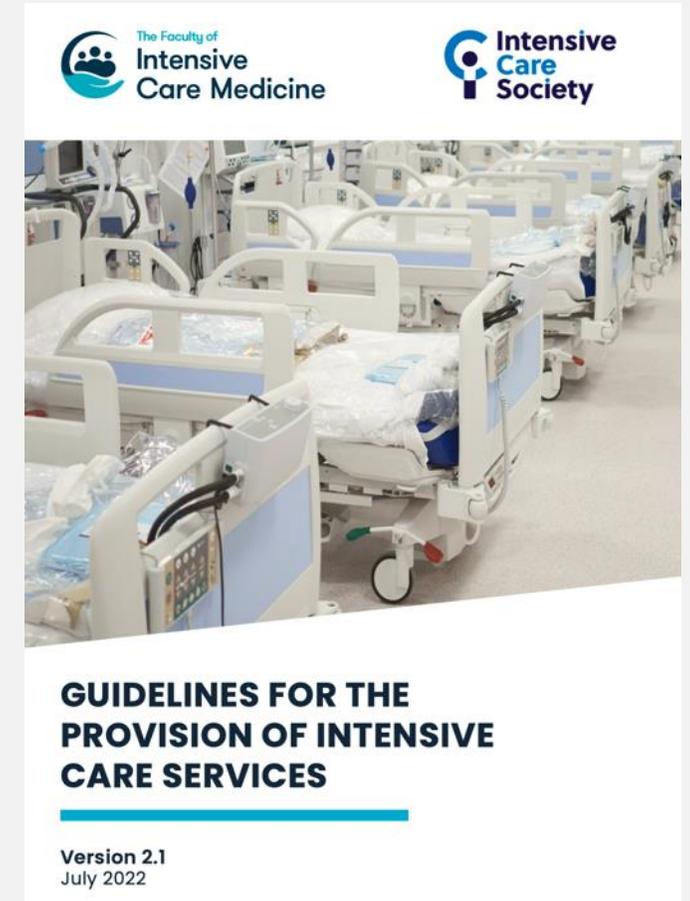
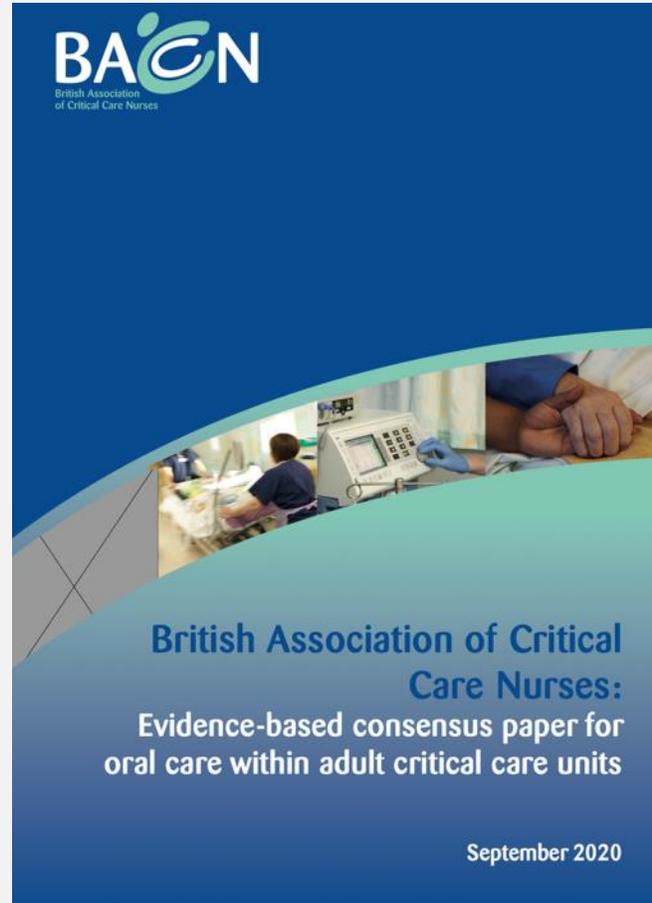
*Professor Chris Whitty, Chief Scientific Adviser for the Department of Health*

# HOW DO YOU FIND THE EVIDENCE? (EASILY AND QUICKLY)



# GUIDELINES

- Guidelines and standards are published by societies such as BACCN, ICS, PICS, ESICM, ESPNIC, etc.
- NICE guidelines
- Getting it Right First Time



# LIBRARY RESOURCES

## Help & training

In this section you can find out more about the help and training available through the Bodleian Health Care Libraries, including [outreach](#) and [online](#) support.

The Bodleian Libraries also strive to improve our services for disabled readers. We are committed to providing the same library experience as to non-disabled readers. Please see the [Bodleian Libraries website](#) for more information.

If you would like to contact one of the Bodleian Health Care Libraries, you can find contact information on the library webpages. For general enquiries, email [hcl-enquiries@bodleian.ox.ac.uk](mailto:hcl-enquiries@bodleian.ox.ac.uk).



One-to-one and group training



Online training



Researchers

- Accessing journals in your field
- Basic search skills
- Reference management software training
- Advanced search skills from specialist subject librarians

# APPS

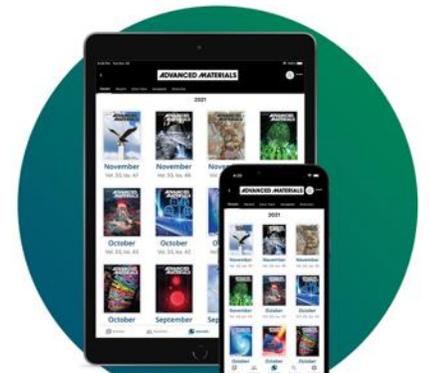
The Wiley Online (WOL) App allows you to access papers from Wiley journals:

- full text for NICC
- open access papers in many others (J Adv Nurs, J Clin Nurs, JPEN + others)

**Get the Wiley Online Library app**  
for Android and iOS



- Build custom research feed from your favorite journals and topics
- Receive notifications when new issues are released
- Save research to your device for offline reading
- Log in for full access or browse free content



# SIGN UP TO RECEIVE CONTENT FROM RELEVANT JOURNALS



Edited By: Josef Trapani and Lyvonne N. Tume  
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Latest issue  
Volume 28, Issue 5  
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 Submit an article

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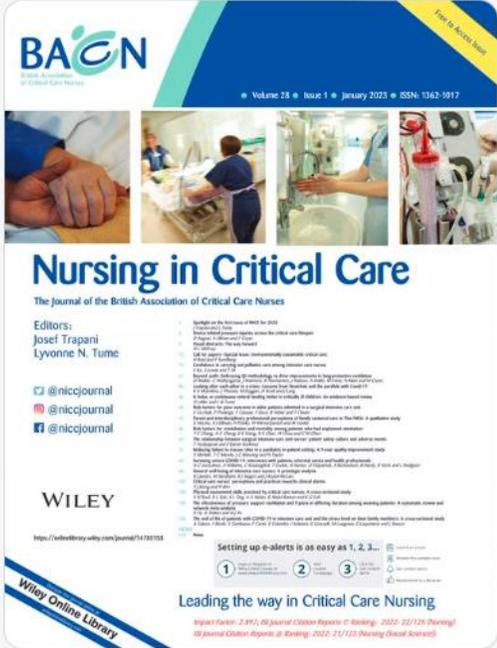
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The Journal of

# SOCIAL MEDIA: JOURNALS AND RESEARCHERS IN YOUR FIELD

**Nursing in Critical Care Journal @niccjournal** · 30 Jan

The first issue of #NICCJournal for 2023 is now online! This issue is FREE to access and contains 17 papers including empirical research papers, QI, guest editorials and more [onlinelibrary.wiley.com/toc/14785153/2...](https://onlinelibrary.wiley.com/toc/14785153/2...)



**Nursing in Critical Care**  
The Journal of the British Association of Critical Care Nurses

Editors:  
Josef Trapani  
Lyvonne N. Tume

WILEY

Wiley Online Library

Setting up e-alerts is as easy as 1, 2, 3...

Leading the way in Critical Care Nursing

Important Topics: 2, 815, 816 Journal Citation Reports @ Working: 2022: 22/129 (Nursing)  
18 Journal Citation Reports @ Working: 2022: 2/1/129 (Nursing (Social Sciences))

You and 6 others

1 15 28

**OxCritCareResearch @KadoorieCentre**

The REFLECT study: #icu survivors experience a high rate of avoidable problems that contribute to their death post #CriticalCare

Addressing multi-disciplinary problems in post-ICU ward care could improve #outcome and experience

[doi.org/10.1186/s13054...](https://doi.org/10.1186/s13054...)  
[@NDCNOxford @NIHRcommunity](#)

Problems in care and avoidability of death after discharge from intensive care

Multicentre case record review	168 / 250 (67%) discharged out of hours
3 NHS Trusts	167 / 241 (69%) sub-optimal rehabilitation
Record review of 300 patients who died following ICU discharge	17 / 40 (43%) inadequate investigation of new AF
50 / 300 were discharged for end-of-life care	50 / 150 (33%) incomplete sepsis management
	76 / 250 (30%) no nutritional plan

Of 250 patients who died following ICU discharge  
20 deaths probably avoidable  
45 further deaths with some degree of avoidability



9:00 pm · 7 Jan 2021

## CRITIQUING THE LITERATURE

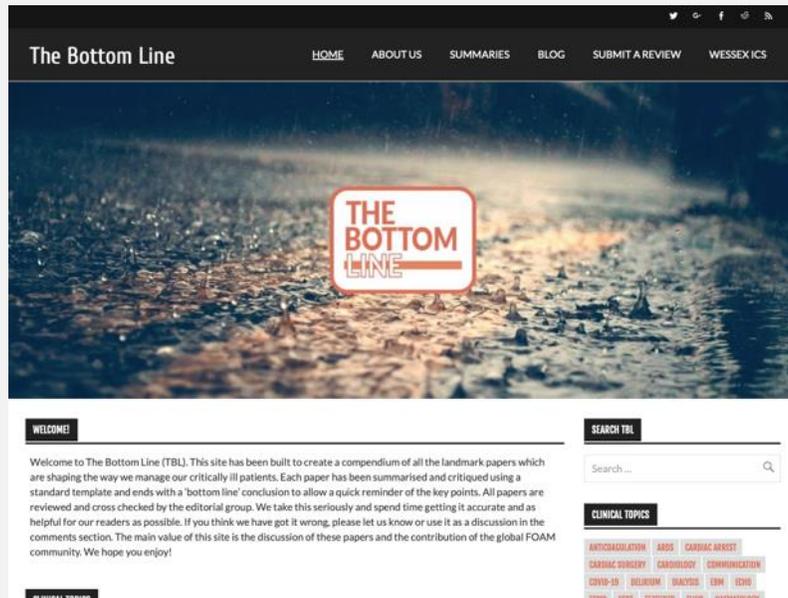
- Use established tools to help
  - E.g. CASP
- Journal clubs or other groups to discuss papers
- Keep records of your reading!

## BACCN Journal Club



- The next IACCN/BACCN/NICC journal club will be held on 9<sup>th</sup> November at 19:00 (GMT+1), via Zoom.
- Sign up via the BACCN website

# OTHER RESOURCES



<https://www.thebottomline.org.uk>



# CLINICAL ACADEMIC ROLES

- Research Mentorship
- Role modelling
- Translation of research into clinical practice

# QUALITY IMPROVEMENT

OUH Quality Improvement Team Homepage

Meet the OUH Quality Improvement Team

Integrated Quality Improvement Programme ▶

Past Projects

Quality, Service Improvement & Redesign (QSIR)

Oxford Quality Improvement Toolkit

Shelford Transformation Group

Changing Things for the Better (links to new site)

## Welcome to the OUH Quality Improvement Team page



Meet the Team



Integrated Quality Improvement Programme



### Frequently Asked Questions

Actions ▾

Type	Question	Project Name
📄	What is the difference between QSIR Fundamentals and QSIR Practitioner?	General
📄	Can the OUH Quality Improvement Team help me to write a business case?	General
📄	Who could help me with a QI project?	General
📄	Can the OUH Quality Improvement Team run a project for my service?	General

# SHARE YOUR QI FINDINGS

- Local QI forums
- Present to your local interest groups
- Present to regional groups
- Posters at conferences
- Creating an infographic of your work
- **Publish in journals**

Received: 23 June 2021 | Revised: 10 October 2021 | Accepted: 25 October 2021  
DOI: 10.1111/nicc.12731

## SERVICE EVALUATION

BAON Nursing in Critical Care | WILEY

### Multidisciplinary team perception of games-based therapy in critical care: A service evaluation

Elizabeth King BSc (Hons), Critical Care Physiotherapist<sup>1,2</sup> |  
Owen Gustafson MSc Res, Senior Clinical Academic Physiotherapist<sup>1,2</sup> |  
Tom Judge BSc (Hons), Team Manager Community Occupational Therapy<sup>3</sup> |  
Sarah Vollam RN, PhD, Reader in NMAHP Clinical Research<sup>4,5,6</sup>

<sup>1</sup>Oxford Allied Health Professions Research and Innovation Unit, Oxford University Hospitals NHS Foundation Trust, Oxford, UK

<sup>2</sup>Centre for Movement, Occupational and Rehabilitation Sciences, Faculty of Health and Life Sciences, Oxford Brookes University, Oxford, UK

<sup>3</sup>Buckinghamshire Council, Buckinghamshire, UK

<sup>4</sup>Critical Care Research Group, Nuffield Department of Clinical Neurosciences, University of Oxford, Oxford, UK

<sup>5</sup>Oxford Institute of Nursing, Midwifery and Allied Health Research (OxINMAHR), Faculty of Health and Life Sciences, Oxford Brookes University, Oxford, UK

<sup>6</sup>Oxford NIHR Biomedical Research Centre,

#### Abstract

**Background:** As survivorship following critical illness improves, there is greater focus on maximizing recovery. As well as physical effects, critical illness often results in cognitive impairments such as delirium, anxiety, or disorientation. In other populations, such as delirium, non-pharmacological approaches to manage these conditions are preferred, including re-orientation and ensuring personal care needs are met. Cognitive rehabilitation is also well documented for patients with neuropsychological deficits. Treatments include memory aids, compensation strategies, and functional execution. In other hospital populations, games and activities have been utilized to optimize patient engagement, stimulation, and aid recovery, but it is considered an emerging therapy in intensive care.

**Aims:** This service evaluation aimed to gather multidisciplinary team members' per-

# EVIDENCE BASED NURSING ROUNDS

- Clinical-academic nurse leads these weekly bedside rounds in conjunction with a clinical librarian
- Seeks participation of all grades of nurses and students
- Initiates and generates bedside discussion of clinical nursing practices and evidence base → +/- librarian conducts searches
- Prompts for the nurses 'when you came to work here' have you ever thought why is this done this way? 'As student have you ever been taught something to then see it not done that way in practice' or 'Are there any things where you think... there must be a better way to do this or why do we do this, this way'?
- Emphasise 'not a test' let's just discuss some nursing practices and issues

Table 1

Broad topics	Specific practice discussed	
<b>Respiratory</b>	Suctioning technique: saline use; closed vs open suction, suction depth	
	Prone positioning; recruitment maneuverers	
	VAP and VAP bundle and oral care (method and frequency)	
	Routine CXRs and need after mediastinal drain removal	
	Impact of multiple CXRs on neonates/infants in PICU	
	Effectiveness of NAVA (NIV NAVA)	
	ET administered Lignocaine in severe TBI and high risk cardiac infants pre-suction	
	Endotracheal cuff pressures and practices	
	<b>Nutrition</b>	Fasting times for PICU procedures
		Feeding on NIV
Temperature of milk warm vs cool (room temperature)		
Evidence for gastric residual measurement to guide feeding		
Continuous vs bolus feeding		
Accuracy of abdominal girth in identifying NEC		
Flushing NG tubes after drug administration		
<b>Cardiac</b>	Evidence for chest drain clearance methods: stripping vs milking	
	Cerebral NIRS in post-op cardiacs	
	Heparin saline vs saline only flush solution for arterial lines	
	<b>Lines, Cares, Dressings</b>	Evidence for ANTT and CVL line care on line infections
Evidence for 3 hour frequency of oral and eye care		
Evidence for VAC vs standard dressing in neonates		
Evidence for male catheterisation – why can't all nurses do this? is there evidence it is more difficult than females		
Is care clustering in TBI worse than spacing them out		
External ventricular drain care		
<b>Miscellaneous</b>		Early mobilisation of PICU patients
	Passive ROM exercises performed by nurses	
	Early rehabilitation after surgery (ERAS)	
	Metaraminol vs nor-adrenaline for CPP titration	
	PICU Staff stress	
	What is the impact of specialist PICU nurse education and experience on patient outcomes?	
	Difficulties in incorporating research evidence into nursing practice	
	The evidence for parent diaries in the PICU	



## STRATEGIES TO FACILITATE EVIDENCE IMPLEMENTATION INTO PRACTICE

- Developing (or revising) and implementing local clinical guidelines → promote delivery of the intervention by clinicians
- Journal clubs ↑ awareness of the problem and may lead to local audits
- Clinical-academic roles ↑ clinicians' understanding and interpretation of the evidence and problem awareness
- Novel approaches: nursing mentorship, evidence-based rounds ↑ clinicians' awareness of problem and understanding and interpretation of the evidence
- QI projects Implementing and assessing evidence-based change in practice

## TAKE HOME MESSAGES

- Evidence based practice is everyone's business
- This is a really exciting time for nurses to engage in research
- There are many opportunities to stay up to date and apply evidence to clinical practice
- Seek out support from Clinical Academics – they are keen to support you!

# PRE-DOCTORAL AND DOCTORAL FUNDING

## Internship

Internships offer an introduction to all aspects of clinical research, from trial design and data management through to experiencing primary research in a clinical environment.

## Pre-doctoral Clinical Academic Fellowship

Pre-doctoral Clinical Academic Fellowships enable clinicians to undertake Masters level academic training and prepare an application for a doctoral fellowship whilst maintaining clinical practice.

## Clinical Doctoral Research Fellowship

Clinical Doctoral Research Fellowships enable graduate clinicians with some research experience and aspirations for a clinical academic career to obtain a PhD whilst broadening their professional horizons and developing their clinical skills.

## Clinical Lectureship

Clinical Lectureships enable early post-doctoral clinicians to combine independent research in an academic position with continued clinical practice and professional development.



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Health Research

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Programme

## WAYS TO DEVELOP RESEARCH COLLABORATIONS

- Make links with researchers in your field:
  - Social media
  - E-mail contact
  - **Conferences** (present your QI work!)
- Explore local research being undertaken
  - R&D
  - Research nurses in your area
  - Local Clinical Academics