OBJECTIVE

- Identify how to disseminate lessons learned and knowledge gained from a successful performance improvement project

BACKGROUND

- Our Lean Six Sigma project on preventing patient falls resulted in a 52% reduction in falls with a sustained breakthrough in performance
- Lessons learned were shared internally at our organization, regionally and nationally
- Nurses are increasingly expected to take on an ever expanding role in quality improvement – patient falls and beyond

WHY IS SPREAD IMPORTANT?

- Organizations often struggle with the same issues
- Others do not have to “re-invent” the wheel – eliminates redundancy of efforts and work beyond a given work environment
- Opportunity to share newly found best practices
- Provides the opportunity to share lessons learned and improvements to a wide audience
- In the case of spread through publication, a review body validates the quality of the knowledge and evidence prior to spread
- Advances the nursing profession
- Motivates nursing staff who engage in quality and performance improvement efforts

PRACTICAL GUIDELINES FOR SUBMITTING AND PUBLISHING

I. Incorporating Research into Performance Improvement

- It’s easier than you think:
  - Research is simply a systematic approach to generating new knowledge
  - Research includes quality and performance improvement projects and efforts that are rigorously evaluated using data
  - It is desirable to track a research approach to quality and performance improvement efforts – this provides statistically significant evidence as to whether efforts and initiatives are effective
  - We cannot assume that a great idea paired with hard work during implementation will guarantee a successful project – we need to measure whether success occurred to prevent asking our staff and colleagues to engage in work that does not add value
  - When a great idea does work, it is important to be able to prove this to gain support for the initiative and to allow others to replicate new initiatives that are proven successful
  - Often, the design of OJT does not need to be significantly changed, it is just necessary to guarantee:
    - sufficient data for analysis,
    - a comparator group,
    - either a baseline or control group

| Plan | Hypothesis Generation | Design and implement | Collect data | Analyze and interpret | Spread → Publish
|------|-----------------------|----------------------|-------------|-----------------------|-------------------|

II. Submitting a Poster Abstract

- You already did the work – the next step is to share your work in a Poster:
  - Identify a target audience
  - Look for a “call for abstracts”, many nursing conferences call for poster abstract submissions
  - There are regional, national and international conferences
    - A regional conference may be a good place to start for your first submission
    - Don’t be intimidated, but know that some conferences are more difficult to get a poster accepted than others
    - Don’t be discouraged if your abstract does not get accepted. Consider another venue.
    - Know your target audience, your abstract should be aligned to meet the needs of your target audience
    - Compiling with conference themes:
      - This could increase your chances of getting accepted
    - Follow the abstract instructions including the submission timeline
    - Abstracts are typically evaluated based on criteria:
      - Make sure your abstract meets the submission criteria
      - Have others review the abstract and provide feedback prior to your final submission
      - Think of a “catchy” title
      - Identify key themes or outcomes you want to clearly communicate
    - Submit only completed work
    - End your abstract with a well written conclusion, emphasize the impact and implications of the project

III. Submitting an Article for Publication

- When you realize your work could impact a broad range of practice, patients, and could help your colleagues:
  - Ensure that you have IRB approval for your work
  - Most journals require IRB approval and it is ethically the right thing to do
  - Think about who your target audience is for your article – nursing leadership, nurses within a specific specialty etc.
  - Identify journals that are aligned with your target audience. Online searching of “about this journal” sections of websites will help you. So will talking to your colleagues about what they read.
  - Discuss authorship early. Be inclusive – share the process, recognition… and the work!
  - Write your manuscript
    - Don’t be intimidated
    - READ lots of other articles from your target journal
    - Pay attention to style, how they present evidence and how they cite findings
    - Complete a literature search to understand how your work in a Poster:
      - Provides the opportunity to share lessons learned and knowledge gained from a successful performance improvement project
      - Motivates nursing staff who engage in quality and performance improvement efforts

Contact Information

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OUTCOMES

- Conceptual Framework on Preventing Patient Falls Developed
- Journal Articles Accepted for Publication
- Posters Presented at National Conferences
- National Conference Podium Presentation
- Patient Safety Webinar

IMPLICATIONS

- A professional obligation
- Promotes professional growth and development
- Recognition and validation of improvement efforts
- Encourages networking
- Expands the nursing body of knowledge
- Ultimately improves patient outcomes

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LS5 Falls Team: Christine DeRitter, RN; Janet Cunningham, RN; Constance Jordan, RN; Kristi Lester, RN; Denise Lynn, RN; Barbara Marando, RN; Carys Price, PT; James Ruther, MD; Eva Smith, RN; Scott Shoop, PharmD; Amy Spencer, RN; Janice Sullivan, MFT, and Teresa Zack, RN.

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CONCEPTUAL FRAMEWORK FOR PREVENTING PATIENT FALLS

- Systematically Evaluate Compliance with Current Strategies
  - Determine adherence to existing fall prevention measures
  - Understand nature of barriers to compliance
- Establish a Culture of Accountability to the Strategies and Staff
  - Staff should hold themselves and each other accountable to the implementation of the fall prevention plan of care
- A proven successful strategy in other areas of clinical care and process improvement implementation
- Patients should be engaged as active partners in fall prevention initiatives

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