**Organization:** Anne Arundel Medical Center

**Solution Title:** Using Journal Clubs to Move Research Evidence into Practice to Improve Patient Safety

**Program/Project Description:**
Expectations for nurses to use evidence-based practice in their daily practice is increasing; yet nurses often do not feel they have the knowledge and skills to read and critically appraise the research literature. Research literature has indicated that journal clubs have shown to be an effective tool in helping nurses become more competent in evaluating the literature and in improving nursing care outcomes. The goal of implementing a Journal Club at Anne Arundel Medical Center (AAMC) was to promote the use of evidence-based practice; to increase skills in critically appraising the literature, and to translate research into practice to improve patient safety.

**Process:**
The Nursing Research Council put several processes in place to develop a Journal Club including, (1) reviewing the research literature of Journal Club, (2) identifying evidence based practice resources at AAMC to support a Journal Club, (3) obtaining leadership support, and (4) designing a standardized format and structure for Journal Club meetings.

**Solution:**

1. Journal Clubs are held monthly during the noon hour and are open to all nurses and multi-disciplinary staff.

2. Each nursing service-line rotates responsibility for facilitating each month’s Journal Club in order to ensure topics selected for the Journal Club are of interest to staff in various practice settings and to ensure that there is shared responsibility for presenting articles at the monthly Journal Clubs. The Senior Director of each service-line selects someone from her service-line to select a nursing research article and to present the article.

3. The medical librarian assists the presenter with the selection of a journal article, ideally identifying and selecting research articles such as research synthesis or meta-analysis.

4. The meeting follows a standardized format:
   - Chair of Nursing Research Council coordinates Journal Club.
   - A monthly calendar invitation along with the journal article is sent to staff. Additionally, a nursing blog concerning the topic is published prior to each meeting.
• The ACE Star Model of EBP is introduced at the beginning of each meeting as a way of introducing how research knowledge is translated into practice.
• The presenter reviews the article using a power point slide presentation.
• After the presentation, the following standardized discussion questions are posed to the group:
  o Using the ACE Star Model of EBP what phase is this research?
  o What is the strength of this study?
  o What specific practices recommendations are made based on research?
  o Does AAMC follow these recommended practices?
  o If not, what changes would be recommended and how would we go about making changes to align ourselves with the research?

**Measurable Outcomes:**

As a result of the Journal Club the following practice changes have been recommended and clinical initiatives implemented to improve practice in the following areas. *(Measurement in process)*

• Palliative care of advanced cancer patients
• Cultural considerations in patient care
• Use of TED stockings
• Biological contamination of insulin pens
• Visitation in PACU
• Identification of intimate partner abuse
• Post-op and post-discharge nausea and vomiting
• Ambulation of hospitalized older adults
• VTE prophylaxis in acute stroke patients
Sustainability:

In order to ensure sustainably of the journal club several key structures and processes have been put into place including:

- Mainstreaming Journal Club in Nursing Research Council’s annual goal
- Rewarding Journal Club presenters through Clinical Ladder Advancement
- Supporting monthly Journal Club through Senior Clinical Director and Clinical Director participation
- Sparking interest in attending Journal Clubs through monthly nursing blog
- Link Journal Club topics to identified patient safety goals and patient- family centered care initiatives

Role of Collaboration and Leadership:

Key to the successful implementation and sustainment of a Journal Club at AAMC has been the collaboration and teamwork between the Nursing Research Council and nursing leadership in each service line. The Senior Clinical Directors are involved in the selection of a quarterly presenter and are instrumental in ensuring staff attend the monthly meetings. The Chief Nurse Officer’s presence at monthly Journal Club communicates to the staff the importance of meetings and her support.

Innovation:

Journal clubs are an innovative way of promoting the use of evidence-based practice, increasing skills in critically appraising the literature, and translating research into practice to improve patient safety.

Related Tools and Resources:


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