



# Evidence-Based Practice Spiritual Care

Chaplaincy Residency Research  
Seminary Series



Carolinan HealthCare System



One

- Recognize the differences between quality improvement, evidence based practice, and research
- Describe the importance of evidence-based practice



# Attitudes of Chaplains towards Evidence Based Care <sup>3</sup>

- Barriers to developing Evidence-based Chaplaincy Care
  - Lack of existing evidence/research on chaplaincy practice
  - Resistance to outcomes oriented chaplaincy
  - Lack of research literacy/research training in CPE curriculum
  - Time limitations



# Opportunities for Increasing EBC with Chaplains:

- Availability of measurement tool
  - Spiritual Injury Scale
  - Spiritual Well-being Scale
  - Brief RCOPE



- Support of Leadership/Administration in EBC
- Interdisciplinary training and collaboration



# Where does evidence come from?





# Why is the Evidence So Important?

Evidence-Based Practice is the use of the best available information to answer clinical questions in order to improve practice.



# Quality Care Demands Evidence

- Professional, social and ethical necessity to ensure safe patient care.
- Doing things the way that they've always been done is no longer acceptable



# When Evidence Drives Clinical Practice...

...It results in:

- Improved patient outcomes
- Avoidance of unnecessary procedures
- Reduction of complications

We should feel empowered to change  
practice using proven methods





# QI, EBP, and Research: What's the difference?

## QI

- Small scale cycles of interventions
- Improves processes, outcomes, efficiencies

## EBP

- Translation of scientific investigations and other knowledge into clinical practice

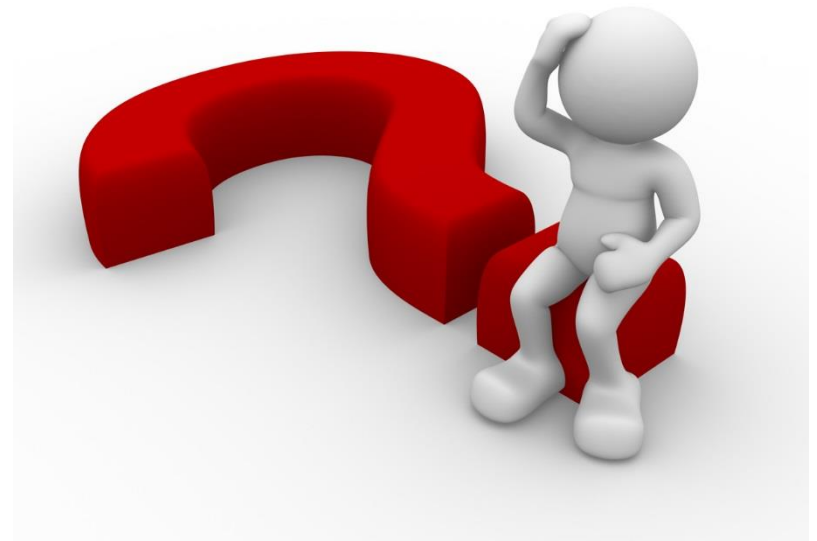
## Research

- Scientific investigation of phenomena



# QI, EBP, Research: What's the difference?

- QI asks “How are we doing?”
- EBP asks “What is the evidence for best practice?”
- Research asks “What...”



# Steps of Quality Improvement

- Plan
- Do
- Check
- Act



It's a rapid cycle to improve care



# Examples of Quality Improvement

- Patient Satisfaction
  - Monitoring Purposeful Rounding
- Falls
  - Use of bed alarms when patient at high risk
- Heart Failure Readmission
  - Daily Weight Audits



# Examples of Quality Improvement

- Patient Satisfaction
  - Daily Chaplain rounding on ER Waiting room
- Readmission Reduction Project
  - Increased Chaplain visits with high risk patients
- Renal Patient Anxiety
  - Use of integrative interventions by chaplains with ESRD patients



# Significance of Quality Improvement

- Ongoing process
- Allows us to make changes
- Focuses on making things better for our patients
- Provides data on how things are working
- Generates questions about how to improve care





- Problem Statement
  - Research Question or Hypothesis
- Review of the Literature
- Conceptual or Theoretical Framework
- Design and Method
  - Sample, Measurement Tool
- Data Analysis and Interpretation
- Research Dissemination and Utilization



# Research Requires...

- Protection of Human Subjects



- Approval by Nursing Scientific Advisory Council
- Review and Approval by the Institutional Review Board (IRB)



- Formal Application, Approval and Renewal
- Informed Consent or Waiver



# Examples of Research

- Heart Failure Readmissions
  - Predictors of Heart Failure Readmissions
- Surgery Room Temperatures
  - Effect of Surgery Room Temperature on Core Temperature and Surgical Site Infection Rates
- Ventilator Associated Pneumonia
  - Predictors in Trauma Patients
- Falls
  - Sensors for Seniors



- Relationship between Chaplain Visits and Patient Satisfaction
- The Impact of Daily Visits from Chaplains on Patients with COPD
- Support of Cancer Patient's Spiritual Needs and Medical Costs at the End of Life





Where does evidence  
come from?



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# The Journey Is Made Up of Many Steps

1. Ask the *burning clinical* question.
2. Collect the most relevant and best evidence.
3. Critically appraise the evidence.
4. Integrate all evidence with one's clinical expertise, patient preferences and values in making a practice decision or change.
5. Evaluate the practice decision or change.





# Writing Your Burning Question: Using PICO Format

**P** = Patient Population → ASK Who?

**I** = Intervention → What is the therapy or intervention?

**C** = Comparison → Do you want to compare a current practice vs. a new practice?

**O** = Outcome → What is the outcome you are questioning? What do you think might happen?



Let's look at a few questions and see if we can figure out the PICO format...



What are best practice strategies for spiritual support and intervention impacting LOS and readmission in Chronic Obstructive Pulmonary Disease (COPD) inpatients?



What chaplaincy interventions will lead to improved patient's satisfaction during their acute hospital visit?





# Activity Time

Write a PICO Question



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# PICO Format

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# Step by Step Through the Process

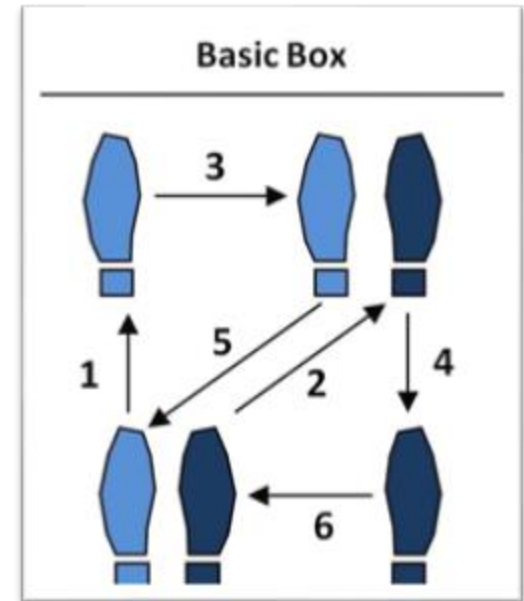
## Step 1: Identify Triggers

QI data, clinician observations  
trigger a “Burning Question”

## Step 2: Form a Team

## Step 3: Review the Evidence

Find the evidence in research  
studies or Clinical Practice  
Guidelines



<http://en.wikipedia.org/wiki/File:RumbaBasicBoxStep.JPG>

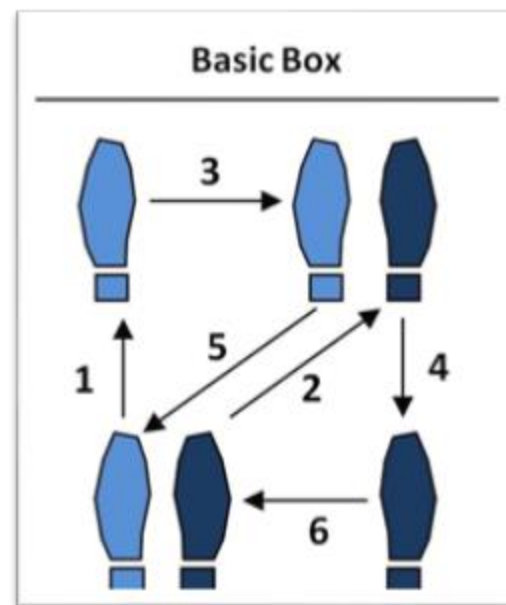


# Step by Step Through the Process

## Step 4: Is there Sufficient Evidence to Change Practice?

If Yes:

- Select Outcomes
- Collect baseline data
- Implement

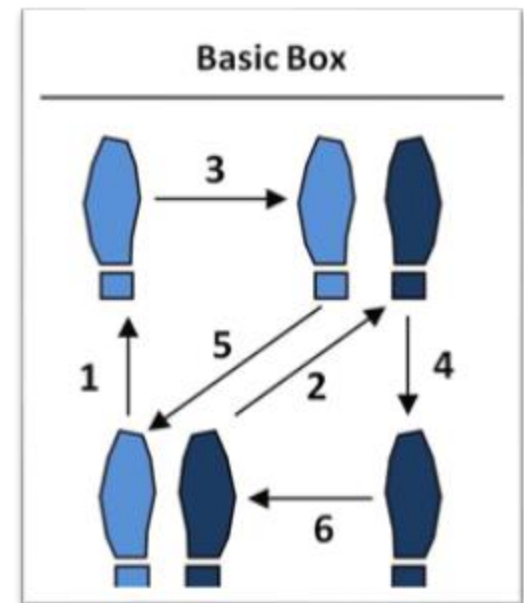


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# Step by Step Through the Process

- Step 5: Evaluate the Practice Change
  - Is it working?
  - What are the outcomes?
- Step 6: Share the Information
  - Let others know of your findings and expand the scope



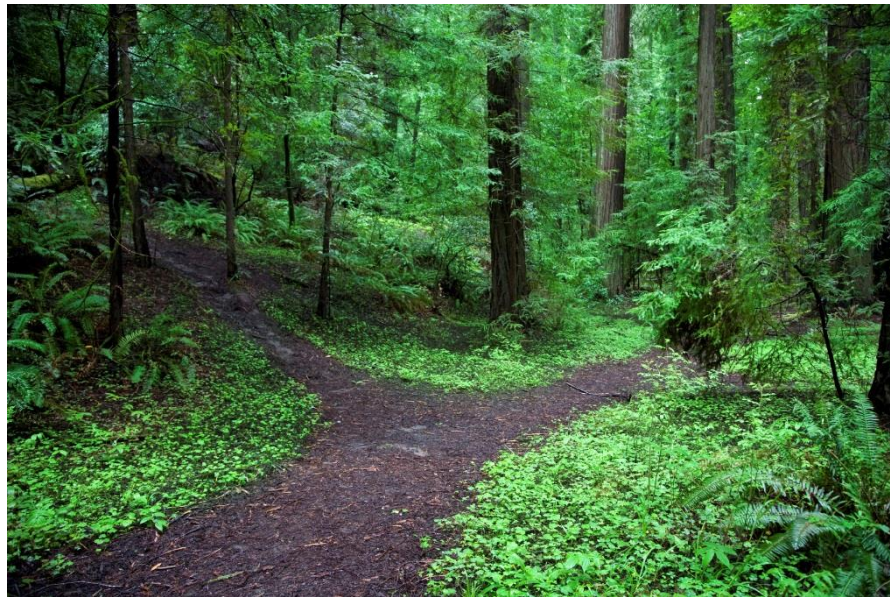
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# Step by Step Through the Process

Step 4: Is there Sufficient Evidence to Change Practice?

- What if the answer was **NO**?



Ask “Should We Conduct a Research Study?”





# Activity Time

Is it QI, EBP or Research?



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# Is it QI, EBP or Research?

## Spiritual Care response to critical situations in the Emergency Department



## Spiritual Care response to critical situations in the Emergency Department

Usually will see a rate reported which can be trended  
over time for making improvements



What variables impact the renal patient's  
quality of life?





## What variables impact the renal patient's quality of life?

Investigative in nature

Attempting to answer an unknown question



# Is it QI, EBP or Research?

How does chaplaincy visitation impact the cancer patient's feelings of support when making end-of-life decisions?



How does chaplaincy visitation impact the cancer patient's feelings of support when making end-of-life decisions?

Have knowledge that intervention is effective  
Implementation of intervention with monitoring of effectiveness



# In Review: The Steps of EBP...

1. Ask the burning clinical question.
2. Collect the most relevant and best evidence.
3. Critically appraise the evidence.
4. Integrate all evidence with one's clinical expertise, patient preferences and values in making a practice decision or change.
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