Using the Evidence Base: Creating Citations supporting LCP Recommendations

Lee Barks, PhD, APRN, CRRN, CNLCP, LCP-C

I have no financial relationships, unlabeled/investigational uses of products, or other conflicts of interest to disclose.

Intro: Please ask questions and offer points you'd like addressed!

What are you interested in, from this session?

1.Distinguish between medical and nursing evidence

2.Recognize strategies for finding and citing appropriate evidence for Life Care Plan (LCP) recommendations.

3.Identify qualities of credible, reputable evidence in chronic care.

4.Recognize implications for Life Care Planners in citing evidence for the courts.

How did we come to use the EB?

History

The Evidence Base

- Different from Research Utilization
- A process, a systematic search for most current, relevant research on clinical situations / interventions
- Appraise the evidence for quality (level) and quantity (number of studies)
- Identifying the evidence—first step in citing LCP recs
- EB is the foundation of **clinical practice guidelines**—already formulated
- CPG's—first choice in citing
- Then turn to the scientific literature to evaluate available evidence
- Conferences; construct an Excel spreadsheet

Kinds of studies

- Quantitative
  - Identify Variables of interest
  - Measure
  - Tightly control the context
  - Rule out extraneous effects—eliminate or reduce bias in findings
- Qualitative
  - Interviews, focus groups, case studies, and verbal descriptions
  - Generally, seeks to study the lived experience of a phenomenon, such as the lived experience of caregivers of persons with TBI
- Mixed methods research
  - Combines description of the measurable state of a phenomenon (quantitative) and individuals' subjective response to it (qualitative)

External and Internal evidence

- External—generated through rigorous research (RCTs or cohort studies--observation of a group over time to discern development of an outcome)
  - Intended to be generalized to a larger group than just the sample (Melnyk &Fineout-Overholt, 2019)
- Internal evidence—generated through practice initiatives such as QI projects
  - Focused on improving clinical care in the setting where it is produced (Melnyk &Fineout-Overholt, 2019)
- BOTH—VERY IMPORTANT!
- Research study reports are stronger evidence

Table 1. The evidence hierarchy. Levels of evidence most ready for use in practice (Melnyk & Fineout-Overholt, 2019; Polit & Beck, 2021).

Melnyk & Fineout-Overholt (2019) **Evidence Obtained From:**	**Polit & Beck (2021)** **Evidence Obtained From:**
Level I Systematic review or meta-analysis of all relevant randomized control trials (RCTs)	Level I Systematic review or meta-analysis of all relevant randomized control trials (RCTs)
Level II Well-designed RCTs	Level II A single RCT
Level III Well-designed controlled trials without randomization	Level III A nonrandomized trial (quasi-experimental)
Level IV Well-designed case-control** and cohort studies***	Level IV A systematic review of non-experimental (observational) studies
Level V Systematic reviews of descriptive and qualitative studies	Level V A nonexperimental (observational) studies
Level VI Single descriptive or qualitative studies	Level VI Systematic review/meta synthesis of qualitative studies
Level VII Opinion of authorities and/or reports of expert committees	Level VII Qualitative study/descriptive study
--	Level VIII Non-research source (expert opinion, internal evidence, etc.)

What evidence do I have to provide?

- **Evidence for medical interventions?**
  - The recommendations made by the treating physician
  - The NLCP is not responsible for providing it.
- **Evidence for nursing interventions ?**
  - Responsibility of the NLCP

Appraising the Evidence

- Look for quality & quantity (Melnyk, Gallagher-Ford, & Fineout-Overholt, 2017, p. 83)

- Rapid Critical Appraisal Checklists—ask:
  1. Did the researcher do a good job of conducting the research?
  2. Do the findings show that clinicians can also get close to what researchers found in the study?
  3. Is this approach appropriate to use with the NLCP's population (individual)?

Resources—Where to Find It?

Places to search

- CPG's—first choice in citing:
  - Google nursing clinical practice guidelines:
    - https://www.google.com/search?q=nurse+clinical+practice+guidelines&rlz=1C1EJFA_enUS780US780&oq=nurse+clinical+practice+gui&aqs=chrome.0.0i512j69i57j0i22i30l7j0i390i650.10940j1j15&sourceid=chrome&ie=UTF-8
  - YouTube!
- Cochrane Library
- Systems Knowledge Translation Centers (MSKTC)
- JBI
- Evidence Based Nursing Care Guidelines; Medical Surgical Interventions by Ackley, Ladwig, Swan & Tucker
- PubMed (NLM), CINAHL (Ebsco)
- ~~National Guideline Clearinghouse~~
- Google Scholar

Reputable, credible evidence

- “Refereed” (peer-reviewed) journal or edited textbook
- IRB
- Funded research
- Current citations

Evidence for Chronic Long-Term Care

- PubMed
  - Long-term care AND cost AND chronic condition
  - In the last 10 years: no intervention studies were found
  - WHO scoping review, 2022—305 studies
- PubMed
  - Long-term care AND cost
  - Only a ROL 1995-2012

What if you can't find any evidence?

- You should be able to find **SOMETHING,** however remotely related.
- Then you can explain how it relates to recommendations in the LCP.

Citing the Evidence

- APA Style Manual, 7th Edition
- Place below the costing tables, in footnote form, close to the recs
- Also in the Resources section of the LCP

Implications for NLCPs and Conclusion

References

Ackley, B. J., Ladwig, G. B., Swan, B. A., and Tucker, S. J. (2008). *Evidence-based nursing care guidelines; medical surgical interventions.* Mosby Elsevier.

American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.). Author.

Arias-Casais N, Amuthavalli Thiyagarajan J, Rodrigues Perracini M, et al. (2022). What long-term care interventions have been published between 2010 and 2020? Results of a WHO scoping review identifying long-term care interventions for older people around the world. *BMJ Open* 2022;12:e054492. doi:10.1136/ bmjopen-2021-054492

Cochrane Library, accessed on April 29, 2023 at https://www.cochranelibrary.com/central

Cochrane Library, accessed on May 2, 2023 at "Cranberries…infections," https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD001321.pub6/full

Fineout -Overholt, E., Melnyk, B. M., & Schultz, A. (2005). Transforming health care from the inside out: Advancing evidence-based practice in the 21st century. *Journal Of Professional Nursing 21*(6), 335-344. doi.org/10.1016/j.profnurs.2005.10.005

Giles, S. (2020). Page 16, Section 1, Nurse Life Care Planning: Nursing process & critical thinking. FIG Education. www.figeducation.com

Houser, J. (2021). *Nursing research: Reading, using, and creating evidence* (5th ed.). Jones & Bartlett Learning.

JBI, accessed May 2, 2023 from https://jbi.global/about-jbi

Medicowesome, downloaded April 28, 2023 from https://www.medicowesome.com/2017/04/case-control-study-vs-cohort-study.html#:~:text=Case%20control%20study%20%2D%20Start%20with,to%20s tudy%20the%20risk%20factor.&text=Cohort%20study%20%2D%20Start%20with%20ris k,Mnemonic%3A%20cOhOrt%20has%20two%20O's

Melnyk, B. M., & Fineout-Overholt, E. (2019). *Evidence-based practice in nursing and healthcare: A guide to best practice* (4th ed.). Wolters Kluwer.

Melnyk, B. M., Gallagher-Ford, L., and Fineout-Overholt, E. (2017). *Implementing the Evidence Based Practice competencies in health care: a practical guide for improving quality, safety, and outcomes,* pp. 8, 74, 83. McGraw Hill.

Model Systems Knowledge Translation Center, National Institute on Disability, Independent Living and Rehabilitation Research. Accessed May 3, 2023, at https://msktc.org/

Pierce, L.L., & Gies, C.E. (2022). Six steps in reading to appraise scientific publications: Discover a different path. *Rehabilitation Nursing, 47*(5), 168-78. Doi: 10.1097/RNJ.0000000000000376

Pierce, L. (2007). Evidence-based practice in rehabilitation nursing. *Rehabilitation Nursing,* 32(5), 203-209. Doi: 10.1002/j.2048-7940.2007.tb00174.x

Polit, D., & Beck, C.T. (2021). *Essentials of nursing research* (10th edition). Wolters Kluwer.

Wysocki A, Butler M, Kane RL, Kane RA, Shippee T, Sainfort F. (2015). Long-term services and supports for older adults: A review of home and community-based services versus institutional care. *Journal of Aging and Social Policy*, 27(3):255-79. doi: 10.1080/08959420.2015.1024545. PMID: 25942005.

Lee (Lelia) Barks, PhD, APRN, CRRN, CNLCP, LCP-C
leliabarks@gmail.com
Tampa, Florida
407-741-4023

Thank you!

Post script Q&A

- I wish I'd answered the question differently on charging for time on citations—we should know the evidence base for any interventions we recommend; however, I think it's reasonable to charge a nominal amount for our time, and you may have to defend this!
- So it's important to keep some record [Excel spreadsheet] and keep tabs on the evidence.
- In what cases do we need to reference evidence-based studies, home care? falls? Medical follow up.?, new technology? Not medical followup [visits or treatment the treating provider recommends]. Every nursing intervention; may need for therapy interventions too. Whatever you recommend that the court would question, outside of the treating provider's medical recommendations. Do the best you can with what you can find.
- Are there ways to tie, for example, a stair lift to an EB? If for safety and you make the case for staying in the home, you should be able to find this--are there home modifications for the person to stay on the first floor instead?
- How much does backing up recommendations with research really matter to an attorney or jury? Depends—on the court, on how well you make the case, how compelling the research is, cost, etc. It should matter to them, if they understood it, but it's not their first language.
- Rapid Critical Appraisal Checklists—that was the most current source I could find. Just a hack/shortcut for you, but full evidence appraisal is better. (level/kind of study, number of studies finding the same). Then you can say, "the evidence shows that…"
- Be excellent!