Translating Research into Practice

The Role of the Advanced Practice Nurse

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The Supply Chain and Research Translation

Research & Development
Marketing & Distribution
Consumer Use & Dependence
Dissemination of Findings
Incorporation in Practice & Professional Standards

Customer-Centric Innovations

Who is the “customer”?
Who do the research scientists want to “buy” their findings?

Nurse at the bedside.
Who can help propel innovation away from the scientific journals and out to the customers?

**Advanced Practice Nurses**

- Have a broad perspective
  - Know the organizational structure
  - Understand clinical practice
- Are skilled in collaboration
- Know the barriers and facilitators

**Exemplar**

(Washington Hospital Center)
Exemplar - Background

Patient Education

- Patient education essential for optimal clinical outcomes
- Patient education has been shown to decrease adverse events

Average Length of Stay – 2004*

<table>
<thead>
<tr>
<th>Category</th>
<th>Average LOS</th>
</tr>
</thead>
<tbody>
<tr>
<td>All conditions</td>
<td>4.8 days</td>
</tr>
<tr>
<td>Heart disease</td>
<td>4.6</td>
</tr>
<tr>
<td>CHF</td>
<td>5.2</td>
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</tbody>
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- U.S. Department of Health and Human Services
- Centers for Disease Control and Prevention
- National Center for Health Statistics

* Short-stay hospitals; excludes newborn infants

Problem:
Little time is available for patient education

Solution:
- Identify more efficient patient education methods
- Select/implement intervention
- Evaluate effectiveness
- Sustain practice change
Step 1

**ACTION**
Transplant APN discusses problem with Heart Failure/Heart Transplant CNS

**PRINCIPLE**
- APNs have a broad perspective
- Involve key stakeholders

Step 2

**ACTION**
- Review the literature
- Get copies of key articles
- Summarize the major findings in table format

**PRINCIPLE**
- Get the data first!

Step 3

**ACTION**
Meet with the Research Council Representative and Clinical Manager for Heart Failure/Heart Transplant unit

**PRINCIPLE**
- Involve the major stakeholders
- Strive for “win-win” solutions
Step 4

**ACTION**

Meet with key Individuals:
- Physician champion
- Interested staff RNs

**PRINCIPLE**

- Involve key stakeholders
- Involve individuals who can provide a reality/feasibility check

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Step 5

**ACTION**

- Contact UPMC re: “lessons learned”
- Discuss these with CNS

**PRINCIPLE**

- Don’t reinvent the wheel
Step 6

**ACTION**
- Identify problems and solutions

**PRINCIPLE**
- Change is a multi-faceted process

Step 7

**ACTION**
- Evaluate effectiveness of intervention
  * Patient knowledge
  * Patient satisfaction
  * Staff satisfaction
  * Costs

**PRINCIPLE**
- Interventions must be cost effective in order to be sustained

Step 8

**ACTION**
- Build patient education metrics into performance review
- Incorporate change into policy

**PRINCIPLE**
- Sustain the change
Summary – Key Principles

- Involve the APNs!
- Include the major stakeholders
- Get the data!

Summary – Key Principles

- Create a win-win situation
- Do a reality check
- Don’t reinvent the wheel!

Summary – Key Principles

- Determine cost-effectiveness
- Sustain the change!