Florence Nightingale Meets the New Generation of Evidence Based Practice: A Tale of Collaborative Inquiry

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Objectives

• Identify the importance of nursing participation in the larger culture of inquiry.

• Present the experience of one team’s journey from initial inquiry to an evidence based protocol and final approval to conduct clinical research.

• Outline the organizational structures, both formal and informal, and leadership style which promote collaborative inquiry and interdisciplinary research.

Adolescent Depression: What We Know

• 1 in 10 teens will experience depression.

• Most will go untreated.

• Suicide is the 2nd leading cause of death among adolescents in the U.S.
What is Triple Chronotherapy?

- 5-day manipulation of sleep-wake cycles which includes initial sleep deprivation, sleep phase advancement, and bright light therapy
- Rapid treatment of depression often achieving remission of symptoms in the first few days of the protocol
- Faster response to treatment than medication which often take 6-8 weeks to achieve even a partial remission
- A powerful adjunct treatment which can be used with medication

What is Triple Chronotherapy?
The Protocol

- Day 0 - 36 hours of sleep deprivation
- Day 1 - Sleep at 1800, up at 0100
- Day 2 - Sleep at 2000, up at 0300
- Day 3 - Sleep at 2200, up at 0500
- Day 4 – Maintenance sleep schedule 2200 – 0600
- Bright light therapy daily from 0700 – 0730. Daily light treatment continued after discharge.

Triple Chronotherapy Outcomes:
Research in Adults

- In studies conducted in adults, 70% of patients experienced a 50% reduction in symptoms (Benedetti et al, 2014).
- Suicidality decreased significantly after the first cycle of sleep deprivation (Sahlem et al, 2014).
What Next . . .
Front-line Research with Adolescents

- No existing studies of triple chronotherapy in the acute treatment of depression with the adolescent population
- Currently conducting an open label pilot study of 20 adolescent subjects with moderate to severe depression on the youth inpatient psychiatric unit at Billings Clinic
- Front-line nurses collaborating with psychiatrists in interdisciplinary research - a collaborative success story

Evidence Based Practice:
An Evolving Culture of Inquiry and Collaboration

Evidence based practice (EBP) is the conscientious use of current best evidence in making decisions about patient care (Sackett, Straus, Richardson, Rosenberg, & Haynes, 2000)

A Brief History of Evidence Based Practice

- 1992 – Gordon Guyatt, MD coins the phrase Evidence Based Medicine and teaches a course at McMaster University.
- 1996 – David Sackett, MD publishes "Evidence based medicine: What it is and what it isn’t.”
- 2001 – Pubmed search for Evidence Based Medicine results in 2,584 publications; 38% in developed countries had internet access, 11% in developing countries.
- 2016 – Pubmed search for Evidence Based Practice results in 120,724 publications; over 80% in developed countries have internet access, 34% in developing countries.
Linear Model of Evidence Based Practice

<table>
<thead>
<tr>
<th>Research</th>
<th>Evidence</th>
<th>Practitioner</th>
<th>Practice</th>
<th>Patient</th>
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</thead>
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New Generation of Evidence Based Practice

- Accelerated
- Information Fluent
- Inquiry Oriented
- Patient Centered
- Systems-based
- Evolving
- Collaborative

Collaborative Inquiry =

(Interdisciplinary Collaboration)(Culture of Inquiry)
(EBP)(Transformational Leadership)(Positive Deviance)(Action Research)
Stages of Collaborative Inquiry: Exploring as a Way of Co-Learning

Planning Stage – identifying, sorting, organizing
Action Stage – trialing, collecting, questioning
Observing Stage – interpreting, sharing, making connections
Reflection Stage – evaluating, analyzing, implementing

The research process repeats these four stages at each cycle with deepening experience and knowledge of the initial proposition.

Collaborative Inquiry in Action: The Co-Learner’s Experience

Focus  “What if . . ?”  intuitive speculation
Gathering  Implement
Re-evaluate  Learning
Creative leap  Making connections

Keys to Collaborative Inquiry
- Partnership
- Co-Learning
- Interdisciplinary
Keys to Collaborative Inquiry: Partnership

- Among the working group, hierarchy becomes secondary to the team itself. Expect the unexpected.
- Team members take ownership of the process. “We” and “our” language is used.
- Partnerships achieve mutually owned goals.

Keys to Collaborative Inquiry: Co-Learning

- A culture of inquiry is a culture of learning.
- Working together means learning together, even if there are “experts” at the table.
- Authentic discovery fuels passion and momentum.

Keys to Collaborative Inquiry: Interdisciplinary Collaboration

- Seeing things clearly requires different points of view.
- Diversity helps us to ask the right questions.
- Collaboration of disciplines creates synergy of resources and skill sets.
The Inquiry Process

A Tale of Collaborative Inquiry . . .

“How a Light Box and a Dream Team Changed One Hopeless Teen’s Life”

Dr. Eric Arzubi, Child Adolescent Psychiatrist
Billings Clinic, Billings, MT.
TedTalk MT, YouTube excerpt
https://www.youtube.com/watch?v=99u86yht0Mns

What’s a nurse manager supposed to do with this guy?

Collaborative Leadership:
What is best for patient care?

- Quality versus safety?
- Invasive?
- Side effects?
- Evidence-based? What if there isn’t any?
- Cost?
- Are nurses really on board?
- What is the procedure?
- What guidelines can we put together quickly?
- Hope?
Collaborative Leadership:
Believe in your team, you did hire them
- Take a leap of faith.
- Recognize individual strengths.
- Refrain from micromanaging.
- Create bonds of trust with your staff.
- You don’t have to be the face of the department, let others shine.

Collaborative Leadership:
Be the “yes” guy
- Find ways to say “yes.”
- Advocating for calculated risk pays off in original innovation.
- Encourage the sharing of innovation to create momentum.
- Magnet story – psychiatry too specialized, story not worth publishing to an exemplar of best practice.
- We can change the world! – set the example for international acute depression treatment.

Collaborative Leadership:
Think Innovation
- Compliance and safety versus creativity and innovation
- Talk about the bigger picture.
- Be the strategist, look ahead.
  - Cerner, forms, releases, assessment tools
- “Run with it” vs “let’s slow down and discuss”
Transformational leadership – a buzz word?

- Idealized influence - Just do it! Make change possible.
- Inspirational motivation - Recognize individual motivators. Empower. Be a cheerleader!
- Intellectual stimulation - Create a culture of learning and inquiry.
- Individualized consideration - Identify and tap into individual strengths.

References


References (cont)


