

Promoting Evidence Based Practice Through Journal Clubs

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Significance & Background

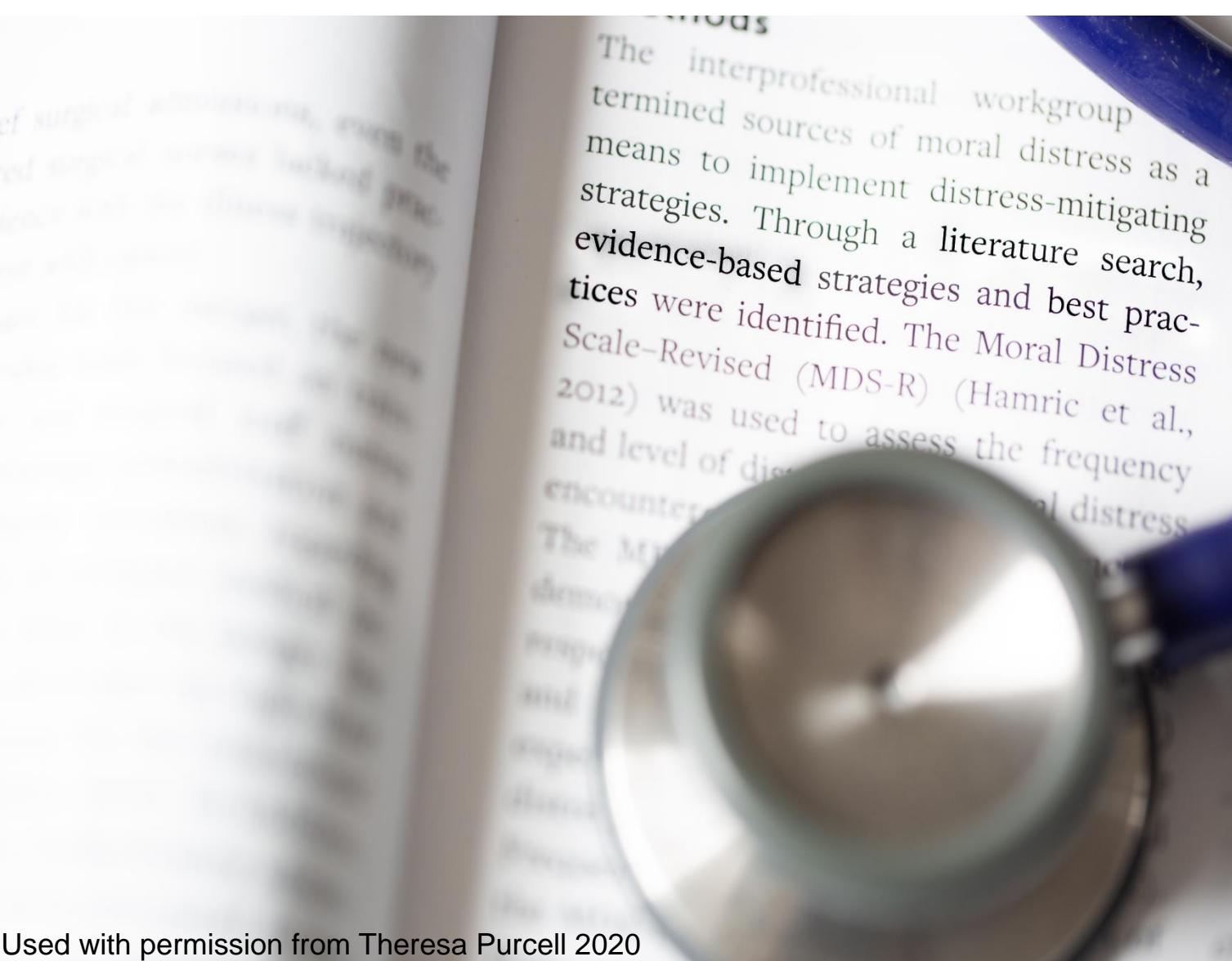
- Historically nurses have been educated in a variety of ways.
 - In person lectures
 - Online modules
 - Hands on simulation
- Nursing shortages, rising healthcare costs, and overwhelming patient census' have created a need to find other ways to provide education and professional development for nurses.
- Journal clubs are a cost-effective way to provide relevant current, evidence-based education to nurses.¹

Purpose

- Journal clubs have been an effective way for nursing education in a busy Gastro-Intestinal (GI) medical and surgical Oncology clinic with approximately 400 patient visits per week.
- Cancer care is changing rapidly with daily new discoveries/treatments.
- Imperative to implement a way to provide up to date and relevant evidence- based practice education to nursing staff. ^{2,3}

Interventions

- Monthly journals clubs held in GI clinic:
 - Nurses take turns presenting on a variety of current & pertinent topics.
 - Participants are encouraged to read the articles prior to attending and come prepared to discuss.
 - Critical thinking and discussion with peers during meeting are facilitated and encouraged by presenter.
 - Begin at 7am prior to clinic start times.
 - Provide option to call in from home.
 - Provide 1 hour of Continuing Education for each journal club participant.



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Review of the Literature

- Journal Clubs:
 - Are an effective teaching strategy per the literature reviewed. ^{2,3}
 - Increase reading and critical appraisal skills. ^{2,3}
 - Promote lifelong learning. ^{2,3}
 - Promote increased knowledge of new research that can be translated to Evidence-Based Practice (EBP). ^{2,3}
 - Facilitate learning of EBP which can bridge gap between research & implementation in clinical practice. ^{2,3}
 - Provide positive, informal, environment for interdisciplinary health care discussions on how articles relate to current practice issues. ^{2,3}
 - Promote peer socialization & discussion which promotes acceptance and buy-in to new evidence-based practices. ^{2,3}
 - On-line format facilitates inclusion of more nurses. ^{2,3}
 - One study found significant increase in use of evidence-based practice after 8 weeks of journal club participation. ³

Innovation/Evaluation

- Nurses in the GI unit frequently report new knowledge gained from journal club participation.
- Post-meeting participant evaluations consistently provide positive feedback.
- According to the clinic nurses, Journal Club participation in this clinic has also inspired and encouraged the staff to seek opportunities to grow professionally by:
 - Attending conferences.
 - Participation in Clinical Ladder.
 - Obtaining Oncology Certification.
- On-line Journal Clubs have recently been implemented at The James. This may be used in the future to replace live journal clubs.

References

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