

# Promoting Evidence Based Practice Through Journal Clubs

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## Significance & Background

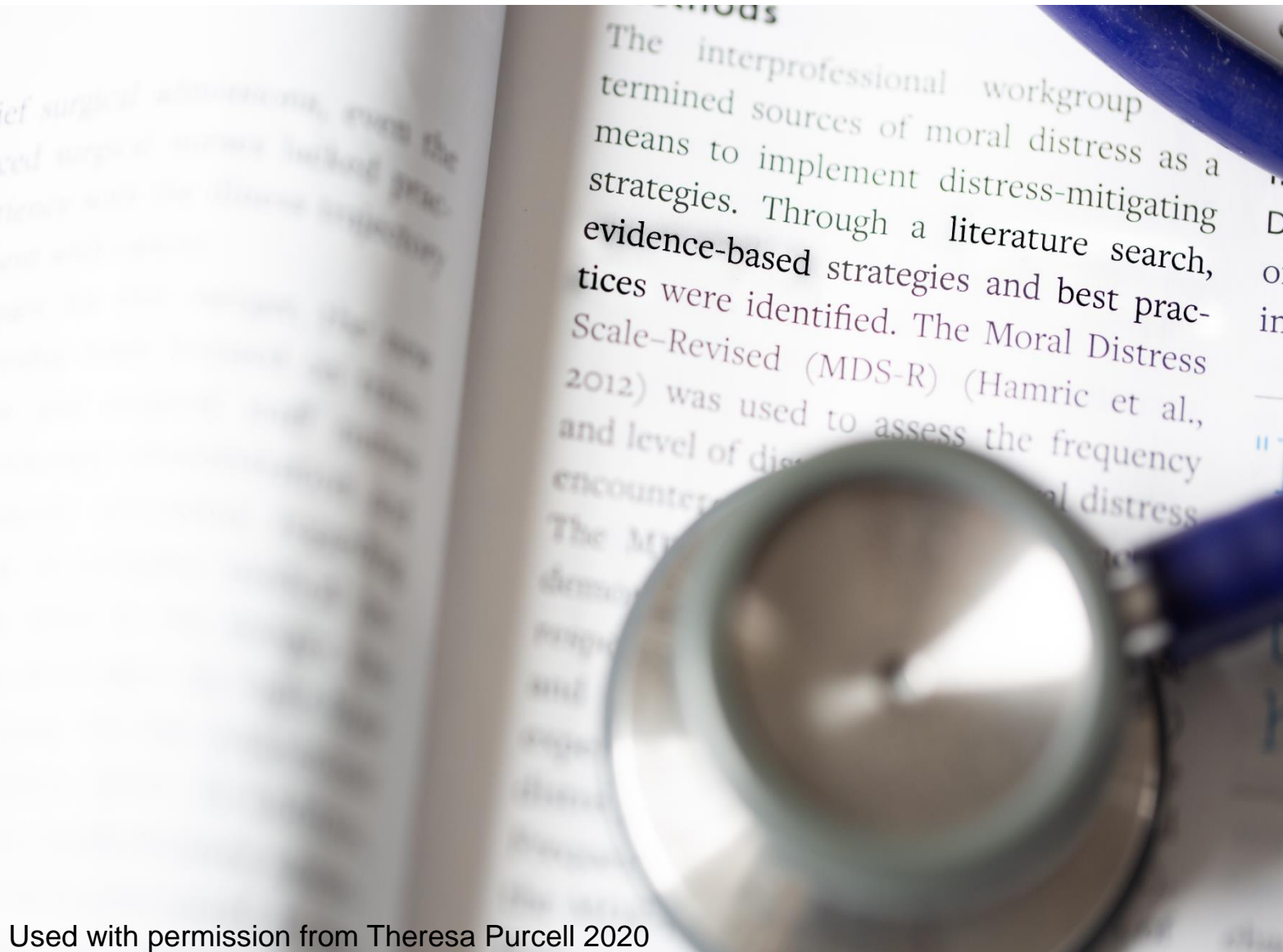
- Historically nurses have been educated in a variety of ways.
  - In person lectures
  - Online modules
  - Hands on simulation
- Nursing shortages, rising healthcare costs, and overwhelming patient census’ have created a need to find other ways to provide education and professional development for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

## 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. <sup>2,3</sup>

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

## 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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