### Quality Improvement - Evidence-Based Practice and Nursing Research: What’s the difference?

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|                      | Quality Improvement                                                                                                                                                                                                 | Evidence-Based Practice                                                                                                                                                                                                 | Nursing Research                                                                                                                                                                                                 |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| **Definition**       | - Evaluate effectiveness of nursing interventions  
                      - Provide direction for further improvement in the achievement of quality clinical outcomes and cost effectiveness  
                      - Not designed to develop nursing practices standards or nursing science.                                                                                                                                  | - Conscious and judicious use of current best evidence in conjunction with clinical expertise and patient values to guide health care decisions  
                      - A scholarly and systematic problem-solving paradigm that results in the delivery of high-quality health care.                                                                                       | - Formal, systematic and rigorous process of inquiry designed to generate or contribute to new knowledge that can be generalized for broader application. |
| **Purposes**         | - Bring about immediate improvement of care in a specific setting  
                      - Compare organization to standards or benchmarks  
                      - Increase cost effectiveness  
                      - Make processes more efficient                                                                                                           | - Translate research into practice  
                      - Increase the effectiveness of a treatment  
                      - Utilize interdisciplinary approach in practice  
                      - Encourage practice not based on tradition (not: that’s the way we’ve always done it)                                                  | - Answer research questions  
                      - Test hypotheses  
                      - Describe, explain, predict, explore, discover  
                      - Advance the science of Nursing                                                                                                               |
| **Impact on Practice** | - Improve patient care processes  
                      - Seeks to improve processes in unit and organization                                                                                       | - To change practice  
                      - Translates new knowledge into practice                                                                                                      | - To generate new knowledge for practice  
                      - Seeks to add new evidence to professional literature                                                                                           |
| **Historical Influence** | Business/Auto Industry                                                                                                                                     | Medicine                                                                                                                                                                                                                       | Florence Nightingale                                                                                                                                  |
| **Institutional Review Board** | No IRB                                                                                                                                                                                                                      | Assess IRB process related to intended project and the level of risk, benefits, privacy, and generalizability.                                                                                           | IRB Required                                                                                                                                              |
| **Methods**          | Plan-Do-Check-Act (PDCA)  
                      Plan-Do-Study-Act (PDSA)  
                      Six Sigma, Lean Six Sigma                                                                                                                        | - PICO or PICOT  
                      Several models exist  
                      - Ask a focused clinical question  
                      - Find the best clinical evidence  
                      - Critically appraise the evidence  
                      - Apply evidence to practice  
                      - Evaluate outcomes                                                                                                                                      | - Scientific Method  
                      - Research Question  
                      - Quantitative Methods  
                      - Qualitative Methods  
                      - Interpretation of Data  
                      - Implications for practice  
                      - Dissemination of findings                                                                                                                           |
### Examples of Projects

- Reduce wait times for OR patients
- Decrease boarding time for PACU patients
- Evaluate how nursing measures blood pressure and the accuracy of data entry
- Improving documentation of critical lab values
- Why is our fall rate so high? (Decrease the percentage of falls from 15% to 0%)

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<thead>
<tr>
<th>Example of Project</th>
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<tbody>
<tr>
<td>- Best practices for tracheostomy dressing</td>
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<td>- For adult acute care medical surgical patients receiving blood transfusions, what are the best monitoring practices to assess for the incidence of adverse transfusion reactions?</td>
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<td>- In hospitalized Older adults (P), how does a bed alarm (I) compared to use of sitters (C) affect fall rates (O) in 4 months (T)?</td>
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- Does the use of sitters decrease falls in hospitalized older adults?

- 3 year study examining symptom clusters of patients with congestive heart failure