American Public University System

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The Ultimate Advantage is an Educated Mind

School: Public Safety & Health
Course Number: NURS 340
Course Name: The Science of Evidence-Based Practice
Credit Hours: 3 credit hours
Length of Course: 8 weeks
Prerequisite: MATH 302 , NURS 300

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Instructor Information

Instructor:

Email:

Course Description (Catalog)

This course reviews evidence-based practice, the history of this movement, and the challenges to implementation in the practice setting. Students will further develop their skills with efficiently finding, reading, and comprehending published research and determine applicability to clinical practice. Students continue to explore means to assess, monitor, and develop cultures of safety in their own organizations and will become familiar with several national safety initiatives. (3 credit hours)

Course Scope

This course focuses on understanding the concept of Evidence Based Practice (EBP) and the practical application of research skills related to the role of the baccalaureate-prepared nurse to include converting clinical needs/issues into an answerable question and finding the best evidence to answer the question. The student will evaluate reports of nursing research for evidence-based nursing practice, assess websites and peer-reviewed journals, as sources of evidence, and as sources of action plans to promote EBP and appraise these results for validity and usefulness. Strategies will be discussed to disseminate valid information and promote the establishment of EBP protocols in the clinical setting.

Course Objectives

After successfully completing this course, you will be able to:

- Define what is meant by Evidence-Based Practice (EBP) and list the steps of the EBP process
- Given a clinical scenario, the learner will format an appropriate PICOT question for the purpose of research investigation
- Define, compare and contrast what is meant by Quantitative and Qualitative research
- List sources of internal and external evidence available to the healthcare worker
- Discuss ways to identify the usefulness and veracity of evidence.
- Identify strategies to disseminate evidence and evidence-based information to healthcare staff.
- Identify barriers to the adoption of EBP and pinpoint strategies to overcome them
- Identify internal evidence sources available within the healthcare system by which to measure outcomes.

Course Delivery Method

This course delivered via distance learning will enable students to complete academic work in a flexible manner, completely online. Course materials and access to an online learning management system will be made available to each student. Online assignments are due by Sunday evening of the week as noted and include Forum questions (accomplished in groups

through a threaded forum), examination, and individual assignments submitted for review by the Faculty Member). Assigned faculty will support the students throughout this eight-week course.

Course Resources

Required Course Textbook:
   Evidence-Based Practice in Nursing & Healthcare – A Guide to Best Practice
   Authors: Bernadette Mazurek Melnyk & Ellen Fineout-Overhold
   2nd Edition – 2010 - Lippincott

Required Readings
   Additional Articles are available in the Classroom Resources and are linked to the Weekly Lessons

Additional Resources
   PowerPoint Presentations are available in the Classroom Resources and are linked to the Weekly Lessons

Web Sites – additional Web Sites ("Favorite Nursing Sites) are available in the Classroom Resources
In addition to the required course texts, the following public domain web sites are useful. Please abide by the university's academic honesty policy when using Internet sources as well. Note web site addresses are subject to change.

Site Name	Web Site URL/Address
Health Links--University of Washington	**http://healthlinks.washington.edu/**
UCSF – Center for Nursing Resource & Innovation	**http://nurseweb.ucsf.edu/conf/cripc/**
AHRQ--Evidence-based practice	**http://www.ahrq.gov/clinic/epcix.htm**
Lippincott's Nsg Center--Resources for better care	**http://www.nursingcenter.com/upload/static/965800/GetToKnow.htm**
NIH - Protecting Human Research Participants	**http://main.uab.edu/show.asp?durki=70505**
National Institute of Nursing	**http://www.ninr.nih.gov/**

Research	
St. Joseph Hospital, Orange, CA nursing research blog	**http://evidencebasednursing.blogspot.com/**
MEDLINE Plus--Guide to healthy web surfing	**http://www.nlm.nih.gov/medlineplus/healthywebsurfing.html**
Nursing resources for Evidence based practice--VCU	**http://guides.library.vcu.edu/nursing-ebp**
McMaster University--EBP resources	**http://hsl.mcmaster.ca/resources/topic/eb/**
Poster Presentations – Designing Effective Posters - University at Buffalo/State University of New York	**http://library.buffalo.edu/asl/guides/bio/posters.html**
IHI--Institute for Healthcare Improvement	**http://www.ihi.org/Pages/default.aspx**

Evaluation Procedures

Reading Assignments: This course requires a time management plan and the self-discipline to follow it. You are responsible for managing your time, completing assignments on time, completing the readings, and making inquiries as needed to complete the course effectively. This is an eight-week course, which means the material must be learned in a short period of time. This requires dedication and diligence on the part of each student.

Reading assignments will be graded through evaluation of Forum responses and exams.

Supplemental Readings: Additional readings and websites are available to supplement course information and are available in the Lessons and Resources section of the classroom

Forum Assignments:
Introductory Forum
Your **Introductory Forum** is considered by the university to be your official entry into the classroom. You must participate in this Forum by midnight, Eastern Time on Sunday of the first week of class. Your initial response must be a minimum of **250 words**. Read below for more information about other Forum assignments in this course.

Weekly Forums

The interaction that takes place within the Forum is an essential component of this course. Each week, you will be required to interact in asynchronous mode with your fellow students. Each week's Forum contains a question that is relevant to the content for the week. The questions posed in the Forum will encourage you to look into your clinical areas and evaluate how problems are identified and information is shared among healthcare providers. Your initial posting each week should be 250 words. Your responses to your classmates should be meaningful and contribute to the overall growth of knowledge about the topic under discussion. The rubric by which each Forum posting will be graded is in the Week 1 Lesson within the classroom.

There are two assignments associated with your Forum grade.
1) Research and respond to the question that is posted. (50 points)

Respond to at *least two* of your classmates in the Subthread section of the Forum. Your responses to your classmates(s) constitute half of your There are two assignments associated with your Forum grade.

2) Respond to at least two of your classmates in the Subthread section of the Forum. Your responses to your classmates(s) constitute almost half of your Forum grade, so again, be sure that they are meaningful responses that contribute to the overall quality of the weekly discussion and encourage "out of the box" thinking.. Just saying "I agree…." is not acceptable. If you respond to only one classmate, you will be given half credit for the "response" component of you Forum grade.

3) If you cite any resources in the course of preparing your response, you need to reference them at the end of your post, just as you would in a paper. Even if you call your local emergency management department or speak to someone in your community, let us all know about that. It may give someone else an idea of where they can go to find their own information.

Since the discussion is asynchronous, you are not required to be online at a specific time with either the professor or your classmates. However, as you can see, it will be impossible for your classmates to comply with Assignment #2 above if you do not post your initial reply early. Therefore, with the exception of Week 1, the initial posting in each week's Forum is due by **Wednesday** of that week. There will be a 10% penalty (5 points) if this requirement is not met. All weekly discussion responses are due under the Forum area by midnight each Sunday of the class week. As above, there will be a 10% penalty if responses are posted later than this deadline. If you do have questions or need additional guidance, you should email me at the college email address and I will get back to you with an answer.

Remember that all times in this classroom are Eastern Time (Daylight or Standard, as applicable)

Forum assignments will be graded using the Forum grading rubric in the classroom
** To insure that your assignments can be shared across platforms, please save your documents as a Word / Excel / PowerPoint 97-2010 document (.doc, .xls, .ppt)."

Exams/Quizzes

There will be two essay exams in this course, a mid-term review and a final. The **Mid-term** review covers material from Weeks 1-4, the **End-term** review covers Weeks 5-8.

Final Projects:

Criteria for the final paper are listed below in the Course Outline. Final paper will be graded using the following writing rubric:

Knowledge Foundation	25%
Application of Knowledge	25%
Organization/Format	25%
Grammar/Writing/APA	15%
Research/References	10%

Poster Presentation (due the end of Week 6)

This assignment is a virtual poster presentation; somewhat like poster presentations you might see at large conferences. Because of the limitations of the online environment, the poster size will be limited to a standard Word or Power Point document.

The goal of this presentation is to communicate to your audience an evidence-based nursing process change that has been implemented in your organization, or one that you would like to see implemented. (if it's the latter, keep it in mind, because you may be able to use it in a later course!). Your audience should be able to come away with a good understanding of what you did, or are planning to do, and why. Your poster should include the following as applicable to your content:

- Project title
- Description of the problem necessitating the change
- Goals—what were (are) the goals of this process change?
- Description of the initiative—what was done (or will be done)?
- Literature review to support the process change
- Pictures or graphs (if applicable, they are nice visuals for a poster)
- Conclusion and implications for nursing and patient care

You may combine the poster assignment with the EBP nursing intervention paper (Week 7) and use the same research/articles for both assignments if you like.

Upload your poster into the Forum for viewing by your classmates.

Final Paper (due the end of Week 7)

Research a **nursing intervention** that has taken place over the last 10 years due to the implementation of Evidence Based Practice. This can be a change that has actually taken place at your place of employment, something that you would like to see implemented, or a "virtual" implementation of an evidence-based practice.

Your paper should include the following:

Description:
- Description of the intervention
- Factors that necessitated this intervention

Evaluation:
- Evidence that supports the intervention and anticipated outcome
- Resources needed to implement the intervention
- Resources that were available
- Resources that were still needed, and how they were accessed/obtained
- Plan for getting leadership and co-worker buy-in, a champion, etc.

Implementation:
- Anticipated barriers and plans to overcome
- Getting staff buy-in
- Staff education
- Expected outcomes from intervention
- Plan for measurement of outcomes

Results:
- Did the anticipated change occur?
- What future changes to the original plan were made?
- Even if you describe a process that has already occurred at your institution, you need to support the work that was done with actual evidence-based articles and research.

Paper should be between **4-6 pages** in length and formatted according to APA Format (title page, running head, reference page, reference citations in the body of the paper).

Upload a copy of your paper to Turnitin and a copy to the Assignments section of the classroom.

Grade Instruments	Points	% of Grade
Introductory Forum	20 points	2%

Weekly Forums	**1 essay = 50 points**	**32%**
Responses to Forum	**2 responses = 10 points**	**10%**
Mid-Term Review	**100 points**	**10%**
End-Term Review	**100 points**	**10%**
Poster Presentation	**100 points**	**15%**
Final Paper	**100 points**	**20%**
End of Course Survey	**10 points**	**1%**
Total		**100%**

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8 – Week Course Outline

Please see the Student Handbook to reference the University's grading scale.

Week	Topic	Learning Objectives	Readings	Assignment
1	**What is Evidence-Based Practice**	**LO-1:** Define what is meant by evidence-based practice (EBP) **LO-2:** List the steps of the EBP process	**Text Readings:** Chapter 1 Appendix A **In Course Materials:** 'Igniting a Spirit of Inquiry' 'The 7 Steps of EBP' 'EBP – Then & Now' Ppt: The Science of Nursing **Websites:** See Week 1 Resources View video	Introduction Forum Forum Post #1
2	**Asking the Clinical Question – Identifying the Problem**	**LO-1:** What is meant by PICOT – what are the components of an answerable, searchable question? **LO-2:** Given a clinical scenario,	**Text Readings:** Chapter 2 Appendix B **In Course Materials:** '7 EBP Habits – Putting Some Sacred Cows Out to Pasture' 'EBP – Putting More Sacred Cows Out to Pasture' 'Asking the Clinical Question'	Forum Post #2

		the learner will be able to format a PICOT question	**Websites:** See Week 2 Resources	
3	**Research 101 – Quantititative, Qualitative and beyond**	**LO-1:** Define what is meant by Quantitative research **LO-2:** Define what is meant by Qualtitative research	**Text Readings:** Chapter 5 & 6 **In Course Materials:** 'Increasing Understanding of Nursing Research….' '….Part 1 – Quantitative Research' '….Part 2 – Qualitative Research 'Case Study – Dying with a Stage IV Pressure Ulcer' **Websites:** 'NIH - Protecting Human Research Participants' **http://main.uab.edu/show.asp?durki=70505**	Forum Post #3 Complete the online NIH course "Protecting Human Subjects in Research'
4	**Searching for the Evidence**	**LO-1:** Identify three (3) databases that index healthcare literature. **LO-2:** List sources of internal and external evidence	**Text Readings:** Chapter 3 & 8 **In Course Materials:** 'Nsg Research – Building Interest & Keeping it Alive' 'Searching for the Evidence' 'Making the Most of Nursing's Electronic Medical Records' **Websites:** See Week 4 Resources	Forum Post #4 ==Mid-Term Review==
5	**Evaluating the Evidence**	**LO-1:** Define what is meant by the 'strength of evidence' **LO-2:** Identify how to make judgments about the quality and usefulness of	**Text Readings:** Chapter 4 & 7 Appendix D & E **In Course Materials:** 'Critical Appraisal of the Evidence Part 1,2 & 3'	Forum Post #5

		evidence.	**Websites:** See Week 5 Resources	
6	**Disseminating the Evidence**	**LO-1:** Identify some education strategies for teaching EPB in the clinical setting **LO-2:** Define what is meant by an 'EBP Mentor' **LO-3:** Identify means to disseminate evidence	**Text Readings:** Chapter 14, 15 & 16 Appendix F & I **In Course Materials:** 'Evaluating & Disseminating the Impact of EBP' 'Translating Research into Practice' 'How to Create Poster Session' **Websites:** See Week 6 Resources	Forum Post #6 **Poster Due** Upload a copy to the Forums
7	**Staff By-In and Barriers to EBP**	**LO-1:** Identify barriers to the adoption of EBP and pinpoint strategies to overcome them **LO-2:** Identify the six (6)essential elements for successful organization change	**Text Readings:** Chapter 9, 11 & 12 Appendix M & N **In Course Materials:** 'Following the Evidence' 'Implementing an EBP Change' 'Readiness of U.S. Nurses for EBP' **Websites:** See Week 7 Resources	Forum Post #7 **Paper Due** Upload copy to Turnitin as well as a copy to the Assignments area
8	**Evaluating Outcomes and National Patient Safety Goals**	**LO-1:** Define what is meant by outcome management **LO-2:** Identify internal evidence sources by which to measure outcomes	**Text Readings:** Chapter 10 **In Course Materials:** '10 Landmark Nursing Research Studies' **Websites:** See Week 8 Resources	Forum Post #7 **End-Term Review** Complete end-of-term survey

Policies

Please see the Student Handbook to reference all University policies. Quick links to frequently asked question about policies are listed below.

> Drop/Withdrawal Policy
> Plagiarism Policy
> Extension Process and Policy
> Disability Accommodations

Writing Expectations

Assignments **must** follow American Psychological Association (APA) guidelines for reference and bibliographic citation. If necessary, refer to *Publication Manual of the American Psychological Association* (6th Ed). 2009. Washington, D.C.: American Psychological Association. Other APA websites are available through the Library and some are listed in the Week 7 Packet.

The paper must be typed, double-spaced with 1-inch margins in 12-point Times New Roman font with all references cited. Papers will be graded based upon:

1). the extent to which students followed directions for the assignment, and

2). overall presentation (including clarity of argument, grammar and spelling) (see grading rubric for more specific grading information).

You must submit your final papers through Turnitin.com. unless otherwise indicated Please refer to the section on **Turnitin** in the Academic Resources section of this syllabus for instructions on how to set up your account and the course code. **Turnitin** is to be used for your final paper. Please be aware that **Turnitin i**s a site that checks for plagiarism. The University Library offers tools in the Research Center to help you analyze your papers for possible plagiarism violations. Online Library Research Center.

***<u>Reminder:</u>** To ensure that your assignments can be shared across platforms, please save your documents as a Word / Excel / PowerPoint 97-2010 document (.doc, .docx, .xls, .ppt,).

Late Assignments

Students are expected to submit classroom assignments by the posted due date and to complete the course according to the published class schedule. As adults, students, and working professionals, I understand you must manage competing demands on your time.

Should you need additional time to complete an assignment, please contact me before the due date so we can discuss the situation and determine an acceptable resolution. Routine submission of late assignments is unacceptable and may result in points deducted from your final course grade.

Netiquette

Online universities promote the advancement of knowledge through positive and constructive debate – both inside and outside the classroom. Forums on the Internet, however, can occasionally degenerate into needless insults and "flaming." Such activity and the loss of good manners are not acceptable in a university setting – basic academic rules of good behavior and proper "Netiquette" must persist. Remember that you are in a place for the rewards and excitement of learning which does not include descent to personal attacks or student attempts to stifle the Forum of others.

- **Technology Limitations:** While you should feel free to explore the full-range of creative composition in your formal papers, keep e-mail layouts simple. The Sakai classroom may not fully support MIME or HTML encoded messages, which means that bold face, italics, underlining, and a variety of color-coding or other visual effects will not translate in your e-mail messages.
- **Humor Note:** Despite the best of intentions, jokes and especially satire can easily get lost or taken seriously. If you feel the need for humor, you may wish to add "emoticons" to help alert your readers: ;-), :), ☺

Disclaimer Statement

Course content may vary from the outline to meet the needs of this particular group.

Online Library

The Online Library is available to enrolled students and faculty from inside the electronic campus. This is your starting point for access to online books, subscription periodicals, and Web resources that are designed to support your classes and generally not available through search engines on the open Web. In addition, the Online Library provides access to special learning resources, which the University has contracted to assist with your studies. Questions can be directed to **librarian@apus.edu**.

- *Charles Town Library and Inter Library Loan:* The University maintains a special library with a limited number of supporting volumes, collection of our professors' publication, and services to search and borrow research books and articles from other libraries.
- *Electronic Books:* You can use the online library to uncover and download over 50,000 titles, which have been scanned and made available in electronic format.

- *Electronic Journals:* The University provides access to over 12,000 journals, which are available in electronic form and only through limited subscription services.
- *Tutor.com*: AMU and APU Civilian & Coast Guard students are eligible for 10 free hours of tutoring provided by APUS. Tutor.com connects you with a professional tutor online 24/7 to provide help with assignments, studying, test prep, resume writing, and more. Tutor.com is tutoring the way it was meant to be. You get expert tutoring whenever you need help, and you work one-to-one with your tutor in your online classroom on your specific problem until it is done.

Request a Library Guide for your course (http://apus.libguides.com/index.php)

The AMU/APU Library Guides provide access to collections of trusted sites on the Open Web and licensed resources on the Deep Web. The following are specially tailored for academic research at APUS:

- Program Portals contain topical and methodological resources to help launch general research in the degree program. To locate, search by department name, or navigate by school.
- Course Lib-Guides narrow the focus to relevant resources for the corresponding course. To locate, search by class code (e.g., SOCI111), or class name.

If a guide you need is not available yet, please email the APUS Library: librarian@apus.edu.

Turnitin.com

You are required to submit assignments to Turnitin.com. Turnitin.com will analyze a paper and report instances of potential plagiarism for the student to edit before submitting it for a grade. In some cases professors may require students to use Turnitin.com. Typically the course professor will establish a Turnitin.com access code for his/her classes. If the code has not been established, those who wish to use Turnitin.com may ask their professor to establish the code. Please see Turnitin .com instructions and course 'code' below:

.Turnitin Student Instructions

There are two (2) parts to the Student Instructions. Please be sure to complete both parts.

PART 1 - Set up your user profile

Step 1   Go to www.turnitin.com
Click "create user profile" located up at the top right corner
Select "Student" as your user type and click "next"

Step 2   Enter in the following account information provided by your instructor

Class name: ==NURS340I001Win13==
Class ID: ==6077555==
Class enrollment password: ==Enroll==
click "next"

Step 3   Enter in your student email address

Step 4   Enter in a password - Your password is case sensitive (for example, paSS123 would be different than pass123), must be 6-12 characters long, and contain at least one letter and one number (for added security).

Step 5   Enter in Your First Name, Your Last name, Country of Residence, and State of Residence. Click "Next"

Step 6   Click "I agree - create profile"

Your user profile is now complete. You will not have to go through this process again.

PART 2 - Upload an assignment to your class
Now view your class and submit assignments

Step 1   Click "return to login page"

Step 2   Enter your email address and password for your personal profile. Click "Login"

You are now viewing your homepage. This lists all of your classes (each having a unique ID)

Step 3   Click the desired class to view the assignments

Step 4   Click the Submit icon to upload your assignment

Step 5   Make sure the "file upload" option is selected. DO NOT CUT AND PASTE YOUR PAPER

Step 6   Your first and last name should be entered for you. Enter the title of the paper or assignment as directed by the instructor.

Step 7   Browse and select the document you wish to submit. Click "Submit"

Step 8   Click "yes, submit" to confirm submission

Step 9   You will receive a digital receipt with a paper ID number for your records

Step 10   Click the "class portfolio" button on the top menu bar. You will see your paper listed along with the submission date.

Selected Bibliography

The library course guide for this course contains additional readings, links and resources. and can be viewed at: **http://apus.campusguides.com/NURS340**

NOTE: In order to access all resources (the journals and books), you will need to be logged into the classroom.