“DIGGING FOR DINOSAURS”
A NOVEL STRATEGY TO ENGAGE NURSES IN QUESTIONING PRACTICE

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Ever wonder why some things never change???
Historically nurses’ decisions about patient care have been derived from:
- ritual
- tradition
- communication with other nurses
- knowledge gained in nursing school
- preferences of medical providers

Dee & Stanley, 2005; Estabrooks, 1998; McKnight, 2006; Pravikoff et al., 2005; Thompson, McCaughan, Cullum, Sheldon, Munhall & Thompson, 2001
Barriers to Evidence Use

- Lack of time
- Lack of administrative support
- Lack of mentorship
- Lack of access to resources
- Lack of confidence in critical appraisal of research
- Poor understanding of research skills and statistics
- Inconsistent basic knowledge

Fink et al., 2005; Melnyk, Fineout-Overholt, Feinstein, Li, Small, Wilcox & Kraus, 2004
Top Five Barriers to EBP for Southern California

- Not enough time to read research
- Insufficient time on the job to implement new ideas
- Nurse does not have authority to change practice
- Nurse is unaware of the research
- Amount of research is overwhelming

Brown et al, 2009; 2010; 2011
Facilitators

- Educational opportunities and mentorship
- Nursing autonomy
- Immediate access, understandable and useful sources of evidence

Brown et al, 2009; 2010; 2011
Project Description

- The “Digging for Dinosaurs” contest
  - Conceived based on an article about “sacred cows” in nursing practice
  - We designed a Digging for Dinosaurs contest to be held during Nurse Recognition Week 2008.

Brown, 1993
Our Process: Preparation

- Marketing poster & contest form were created
- Information & forms were distributed 2 weeks before Nurse Recognition Week
- Information was also available on the Education department’s website:
  - [http://edr.ucsd.edu/Digging+for+Dinosaurs.htm](http://edr.ucsd.edu/Digging+for+Dinosaurs.htm)
EVER WANTED WHY SOME CLINICAL PRACTICES NEVER SEEM TO CHANGE? HERE'S YOUR CHANCE TO "DIG" FOR THOSE DINOSAUR-LIKE CLINICAL PRACTICES PRESERVED BY THE RITUAL OF DOING THEM OVER AND OVER!!

CALLING ALL NURSES—WORK ON YOUR OWN OR GET A TEAM TOGETHER AND...

ENTER THE “DIGGING FOR DINOSAURS” CONTEST!

GRAB YOUR SHOVEL AND START UNEARTHING RITUAL NURSING PRACTICES!

FIND CONTEST DETAILS AND ENTRY FORMS FOUND AT HTTP://EDR.UCSD.EDU

CLICK DIGGING FOR DINOSAURS

FOR FURTHER QUESTIONS:

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WINNERS WILL BE ANNOUNCED AND PRIZES AWARDED MONTHLY

SPONSORED BY THE RESEARCH COUNCIL
Contest Submission Form

- Contest Submission form
  - Questions as a trigger for questioning everyday practice
  - Help uncover elements for PICO
Questions to Encourage Questions...

Ask yourself some of these questions to get you started:

Why am I doing it this way????
Does it add value?
Improve quality of care?
Improve satisfaction?
Improve productivity?
Improve communication?
Improve motivation?
Contest Entry form Questions:

- What is the dinosaur-like practice that you are questioning?
- How and when did we start doing it this way and how do others feel about it?
- What are some possible consequences if we changed the way we are doing it?
- What alternatives can you suggest to the way we are doing it now???
- What evidence can you find to either support or refute the way we are doing that practice now?
Our Process: Implementation

- Staff nurses on the research council and on the nurse week planning committee were instrumental in eliciting interest in their practice areas.

- Clinical nurse specialists were also a catalyst to engage nurses.
Our Process: Implementation

- Completed forms were submitted prior to an EBP mini-conference on the last day of Nurse Week
- Classes on “Searching the Nursing Literature Effectively” were also held each day
Our Process: Evaluation

- Database statistics showed over 200 “turnaways” from CINAHL
  - attempted use but finding the system busy for the Cumulative Index for Nursing and Allied Health
  - A highly unusual statistic - indicating many more nurses than normal were at least attempting to use the online resources

- Response rate was 3.1 (total nurses approximately 1000)
Dinosaurs Unearthed!!!!!!

- Thirty-two submissions were generated
  - Why are patients dressed the way they are?
  - In patients with cardiac disease, does giving cardiac medications as imposed TID schedules compared to pharmacological/physiological scheduling decrease adverse medication responses and increase medication effectiveness?
  - Why do we keep the cervical collar on 24 hours after a patient has been cleared by exam and radiologically?
Contest Respondents

- Staff Nurses represented the majority
- Clinical Nurse Educators
- Nurse managers
- Performance Improvement Nurses
Contest Outcomes

- Several submissions developed into promotional projects for staff in the clinical ladder program
- The Contest was a catalyst for a shift in culture
  - In discussions with staff since the contest, comments about how something is a "dinosaur" or "this should be a digging for dinosaurs topic" have begun to occur
Our Process: Follow-up

- Nursing Outreach Librarian and EBP consultant conducted literature searches for each submission following the contest.

- At least one article was sent to each participant along with a thank-you letter from the Research Council to encourage contestants’ queries and potential future interest in evidence-based practice initiatives.
Our Lessons Learned

- Need to advertise earlier and more widely
- Clinical relief and time off work is necessary so more staff nurses could participate
- Creation of an online submission process in any similar future projects
Implications for Practice

- An effective way to begin to engage nurses at all levels in questioning practice.
- Spurred an interest in questioning practice.
- Great way to launch a new research facilitator role!!!
References


References


WANT TO KNOW MORE?

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Visit our Website:
http://edr.ucsd.edu/Evidence-Based+Practice.htm
http://edr.ucsd.edu/Nursing+Research+News+You+Can+Use.htm