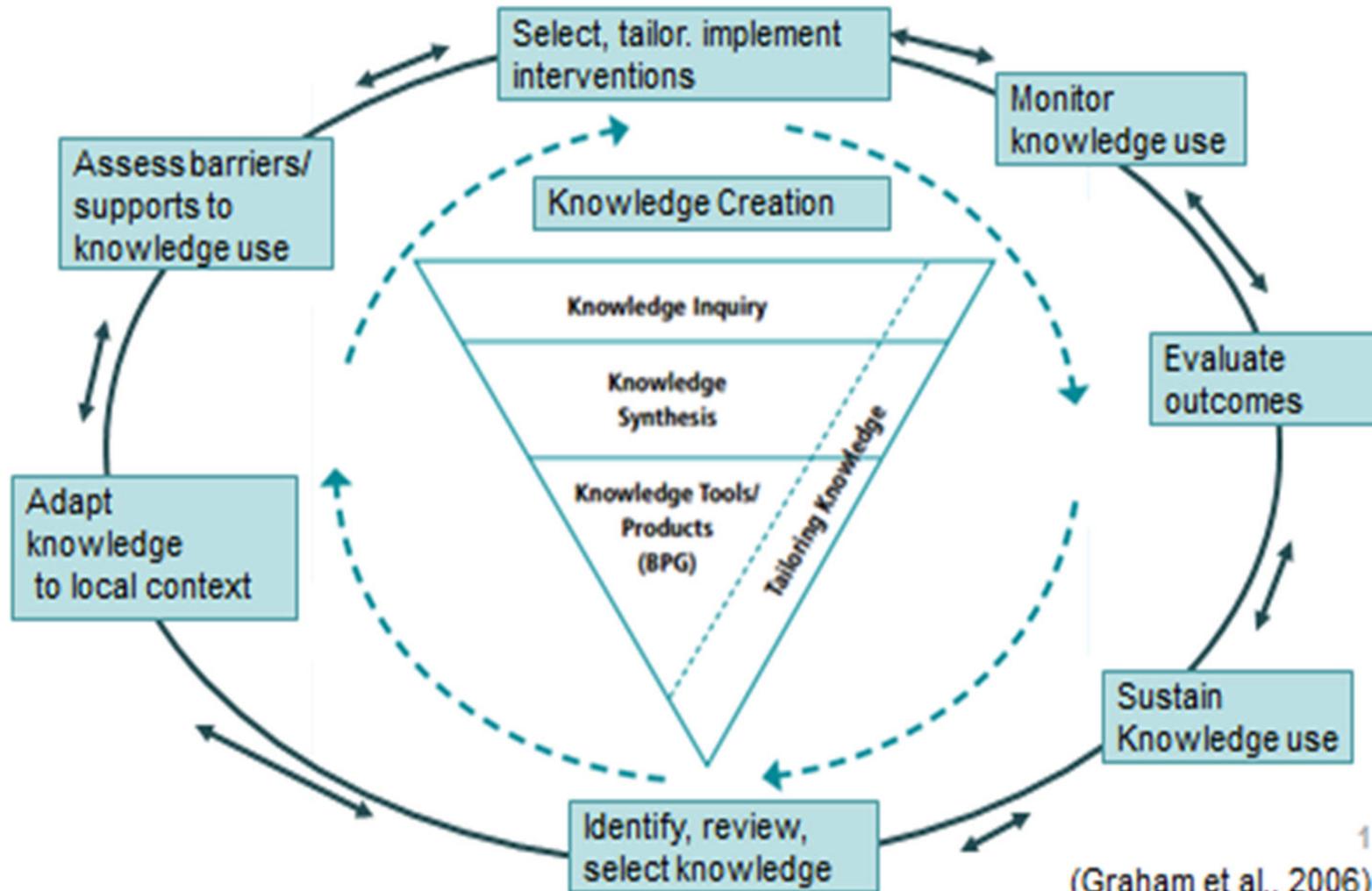


BPSO

Getting Guidelines into Practice: Lessons Learned as Best Practice Spotlight Organization Host

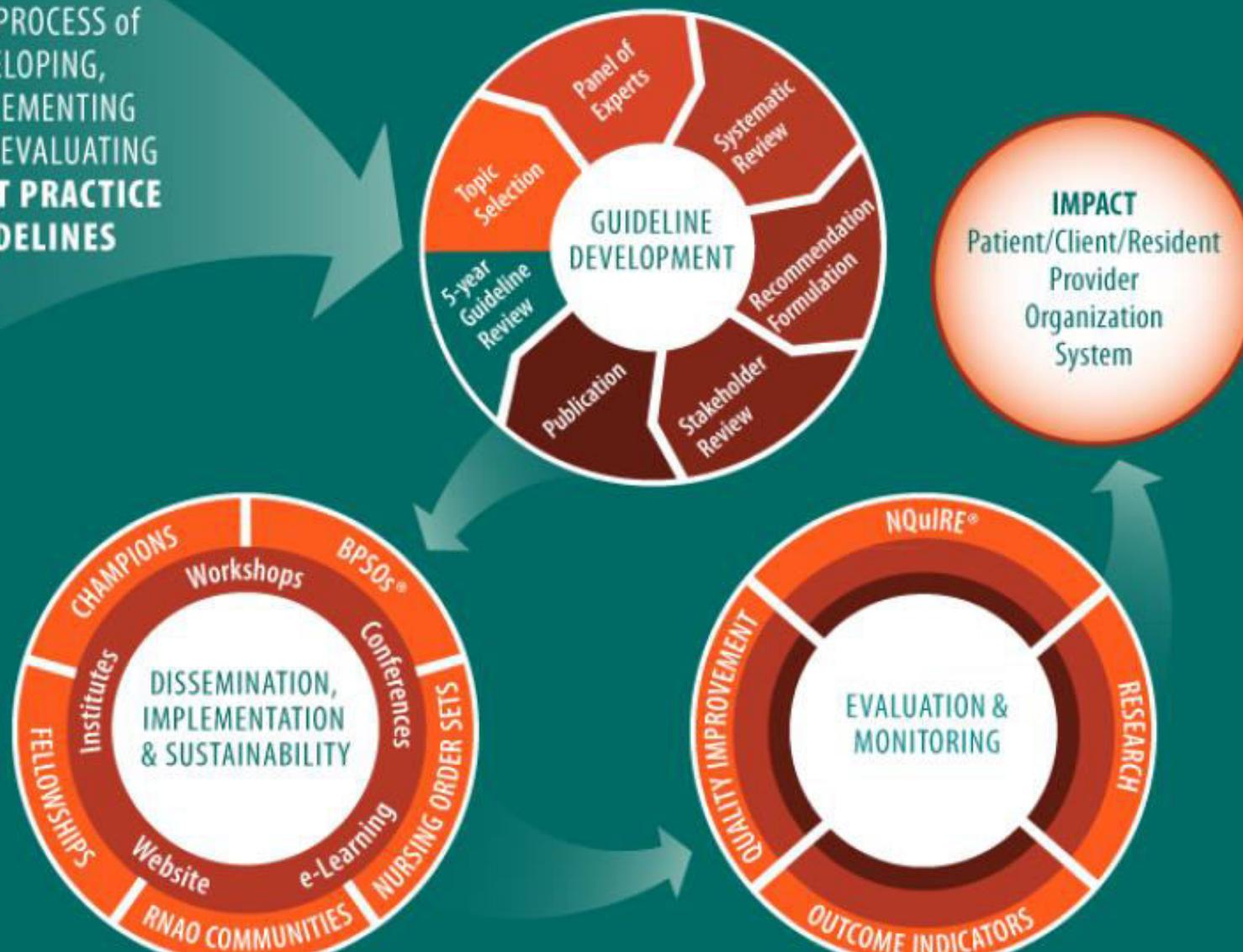
Knowledge to action Model



(Graham et al., 2006)

Overall Model of the Best Practices Guideline Program

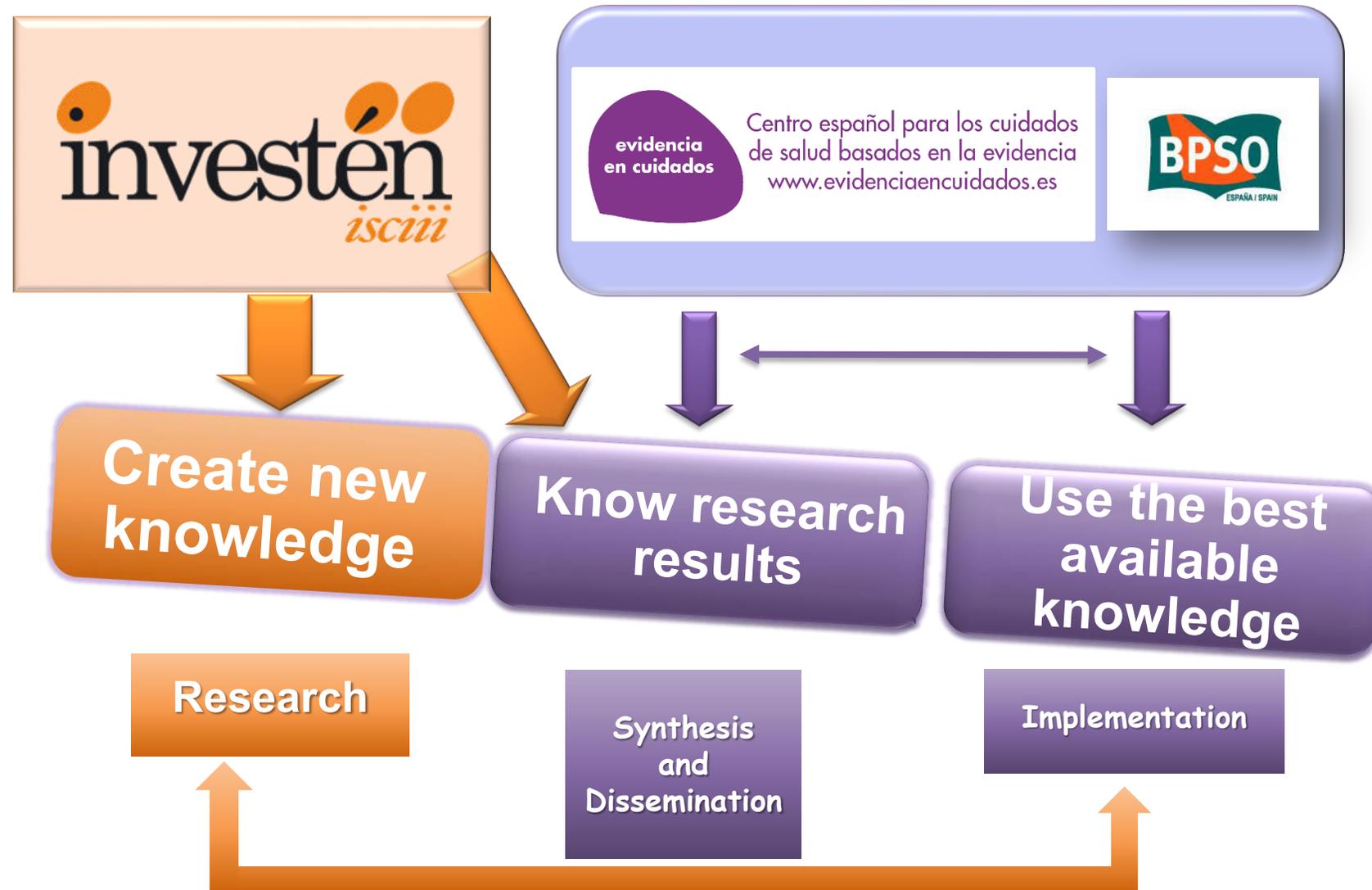
THE PROCESS OF
DEVELOPING,
IMPLEMENTING
AND EVALUATING
**BEST PRACTICE
GUIDELINES**



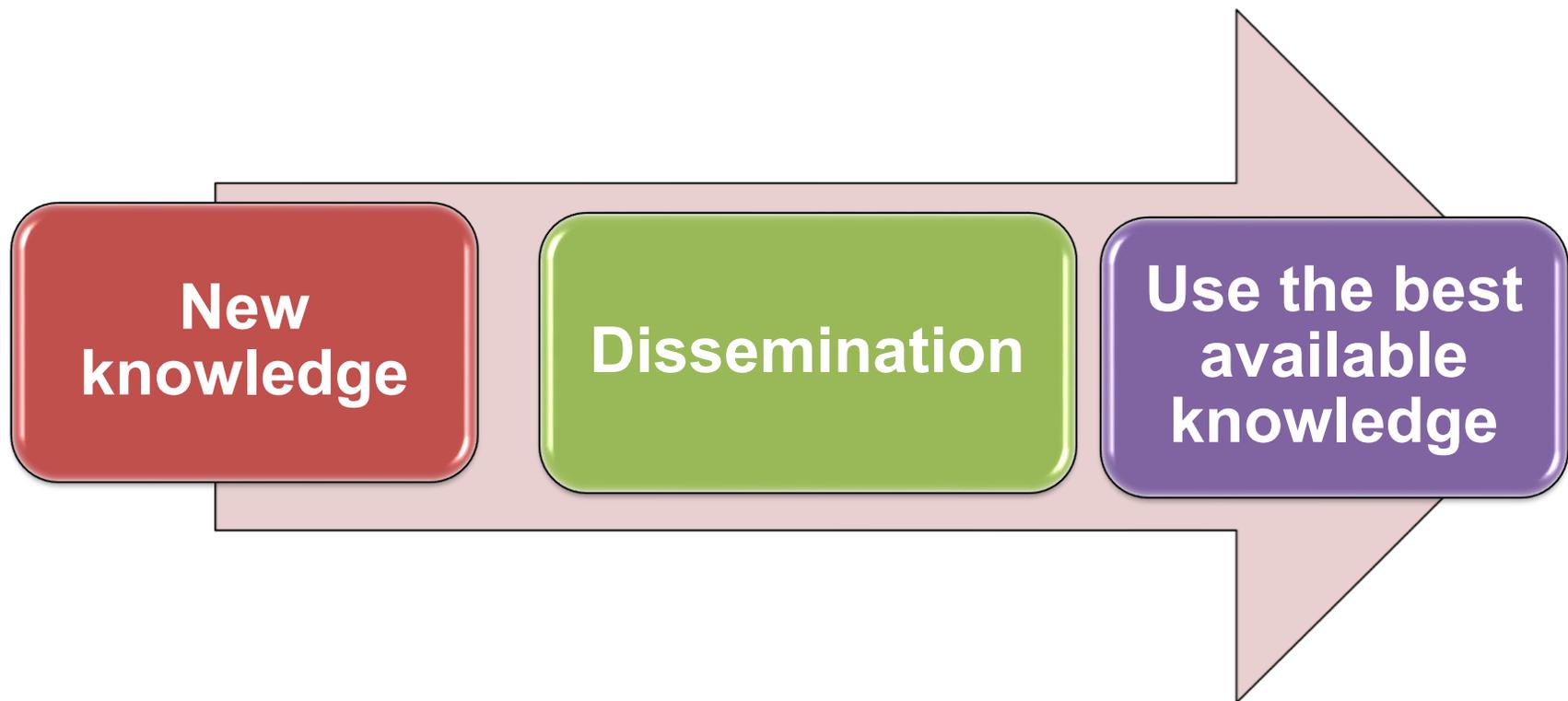
Clinical Guideline Recommendation Types



Main objective



From research to research utilization



**To incorporate research results
into clinical practice**



Autonomous Communities

Autonomous Cities



Centro español para los cuidados de salud basados en la evidencia
www.evidenciaencuidados.es



August
2010



Nursing Research and
Healthcare Unit
(Investén-isciii)

Belonging to the Institute of
Health Carlos III

- International scope
- EBP objectives



Agreement between RNAO and
Investén-isciii: **Spanish BPSO Host**

- Spanish translation guidelines
- BPSO Host

Spanish National Health System

- ✓ 17 Regions
- ✓ Universal
- ✓ Financed by taxes
- ✓ Primary care (70% of services)
- ✓ Outpatient Consults (20% of services)
- ✓ Hospitalization (10% of services)



Aim: Influence the adoption of Best Practice Guidelines in Spanish health institutions, in order to promote excellence in practice and better patient outcomes



Strategy: International network of Best Practice Spotlight Organizations (BPSO®)



Investén-isciii/ Collaborating as **Host organization** in Spain

Our strategy

- ✓ Led by nurses (Multidisciplinary)
- ✓ Planification
- ✓ bottom-up
- ✓ Context adapted – Based on specific needs
- ✓ Multistakeholder
- ✓ Continuous support and mentorship
- ✓ “Champions”
- ✓ Multiple levels of interventions
- ✓ Participatory process
- ✓ Providing systematic feedback
- ✓ Dissemination and knowledge transfer
- ✓ National and international benchmarking

Project scope

- **Institutions: 26**
 - ✓ Hospitals: 24
 - ✓ Primary care centers: 2
 - ✓ Health areas: 7
 - ✓ Universities: 2
- **Sites: 271**
 - ✓ Hospitals: 38
 - ✓ Primary Care Centers: 231
 - ✓ Universities: 2
- **Staff involved:**
 - ✓ Professional (multistakeholder): ≈18.500
 - ✓ Students: ≈500
- **Population: 8.170.000**



Autonomous regions: 13

Best Practice Guidelines	Nº centers implementing
Promoting and Supporting the Initiation, Exclusivity, and Continuation of Breastfeeding	14
Ostomy Care & Management	14
Preventing Falls and Reducing Injury from Falls	13
Assessment, management and Device Selection for Vascular Access	10
Assessment and Management of Pain	10
Risk Assessment and Prevention of Pressure Ulcers	9
Stroke Assessment Across the Continuum of Care	5
Assessment and Management of Pressure Injuries for the Inter-professional team	5
Reducing Foot Complications for People with Diabetes	4
Primary Prevention of Childhood Obesity	3
Person-and Family-Centred Care	3
Integrating Tobacco Interventions into Daily Practice	3
Assessment and Management of Foot Ulcers for People with Diabetes	3
Assessment and Care of Adults at Risk for Suicidal Ideation and Behavior	3
Supporting and Strengthening Families Through Expected and Unexpected Life Events	2
Promoting Continence	2
Subcutaneous Administration of Insulin in Adults with Type 2 Diabetes	1
Nursing Care of Dyspnea	1
Enhancing Healthy Adolescent Development	1

Best Practice Guidelines

BPG implemented/in process of implementation: 19

- **Prevention /health promotion:**
 - ✓ Breastfeeding promotion, childhood obesity....
- **Chronic care:**
 - ✓ Insulin management, prevention /management of foot ulcers in diabetic patients....
- **Safe provision of care:**
 - ✓ Falls prevention, pressure injuries pain management, selection and management of vascular access devices ...
- **Continuum of care:**
 - ✓ Stroke assessment and management, Person and family centered care

Translation into Spanish

BPG and implementation tools

Dissemination

Call for proposal (each 3 years) (2011/14/17)

Implementation, Evaluation & Sustainability

Supported by National Host

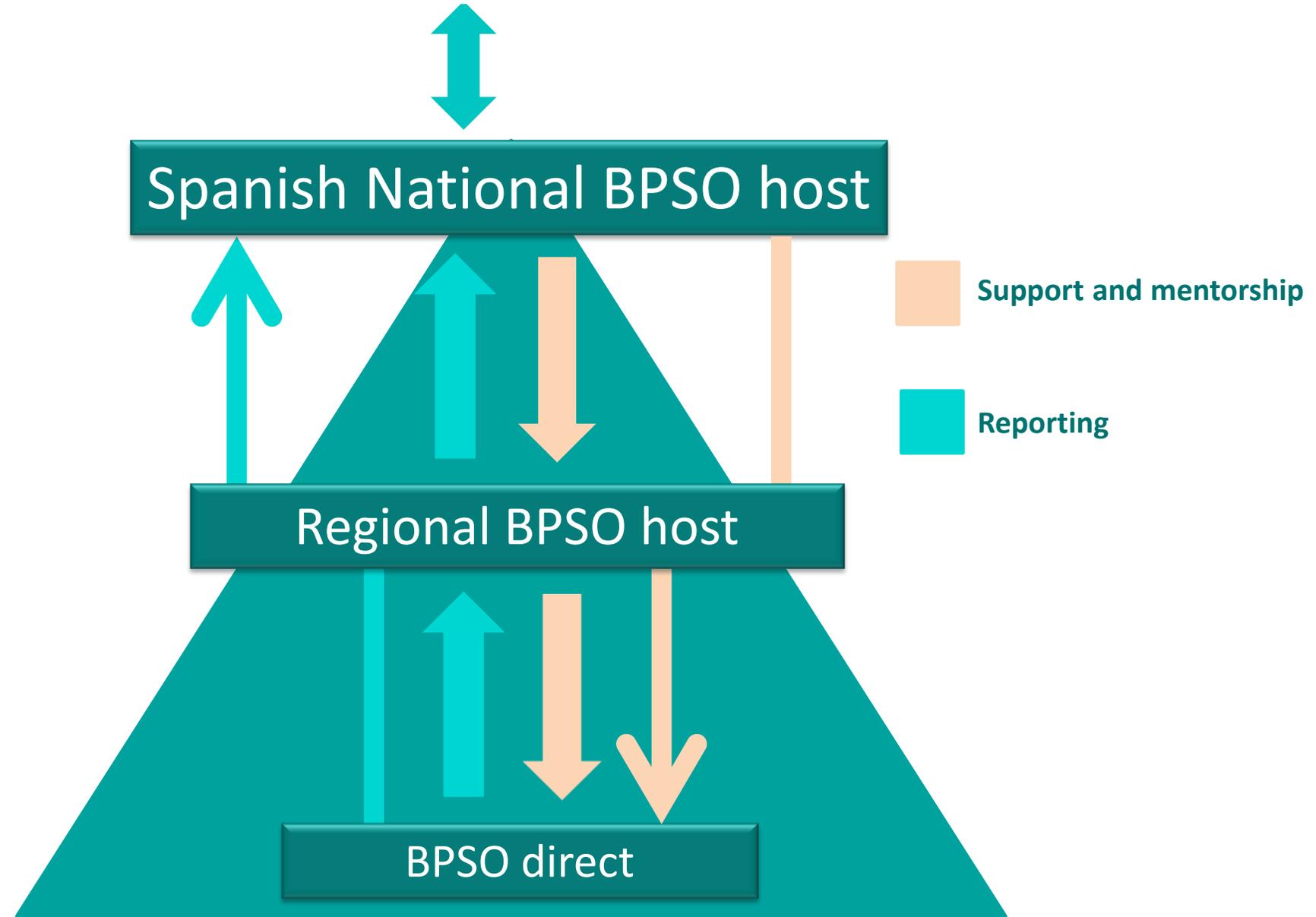
BPSO Designation after 3 years and new compromise
every two years

Sustainability / Network

2019



REGIONAL HOST





BPSO

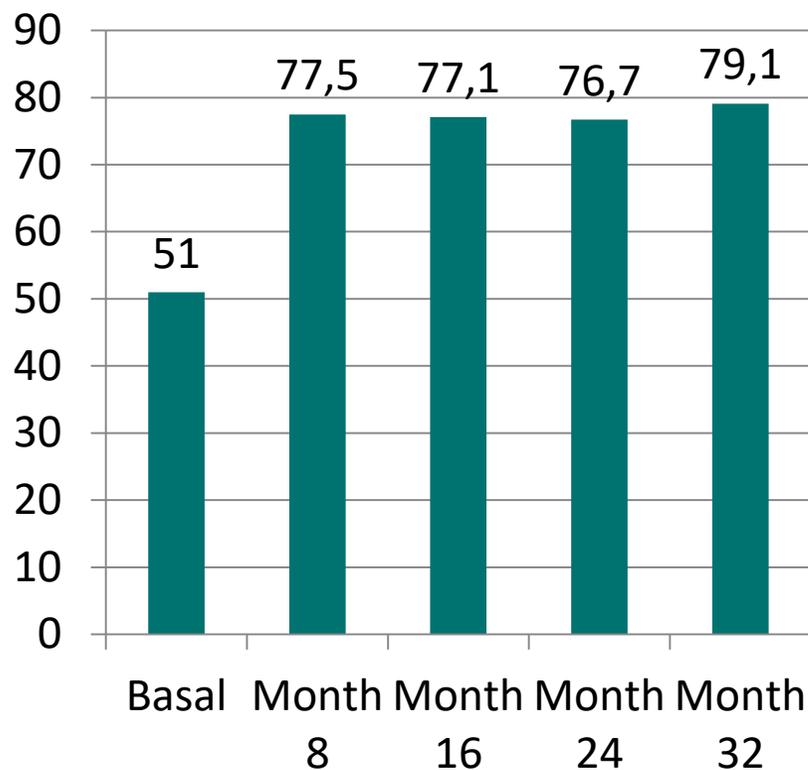
**Implementation of BPG
“Prevention of Falls and Fall
Injuries in the Older Adult”**

Interventions / Results

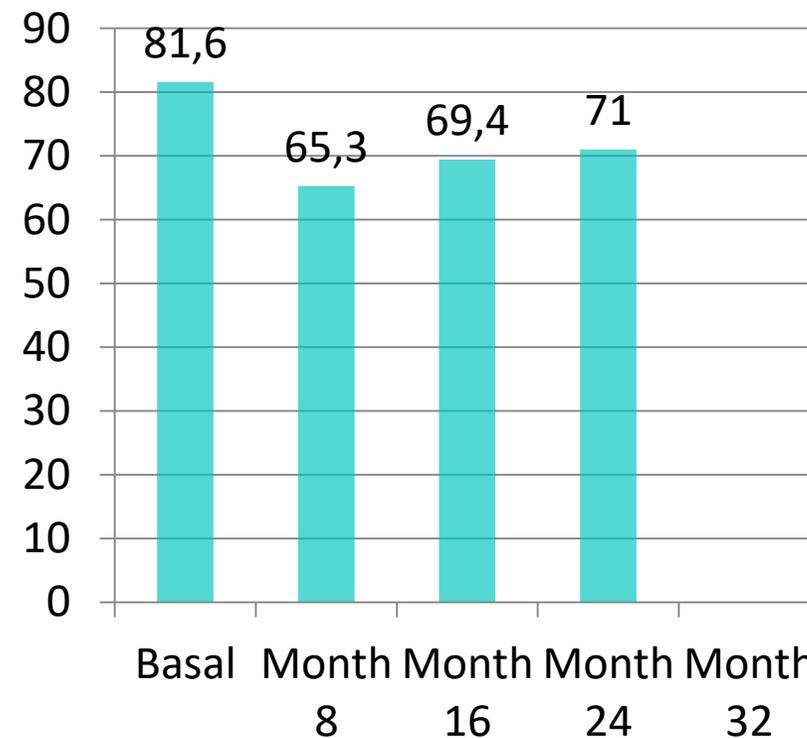
- ✓ Adaptation of clinical records policy (institution)
- ✓ Support to interdisciplinary committees
- ✓ Protocols updated
- ✓ Review the environment
- ✓ Educational program for healthcare professionals
- ✓ Audiovisual materials for support
- ✓ Educational program for patients/relatives
- ✓ Nurses empowerment
- ✓ Patients and relatives empowerment
- ✓ Harmonization of interventions
- ✓ Review of restraints policy

Results

% risk of falls assesment (at admission) n=7901
RR 2.35 (1.99-2.76)

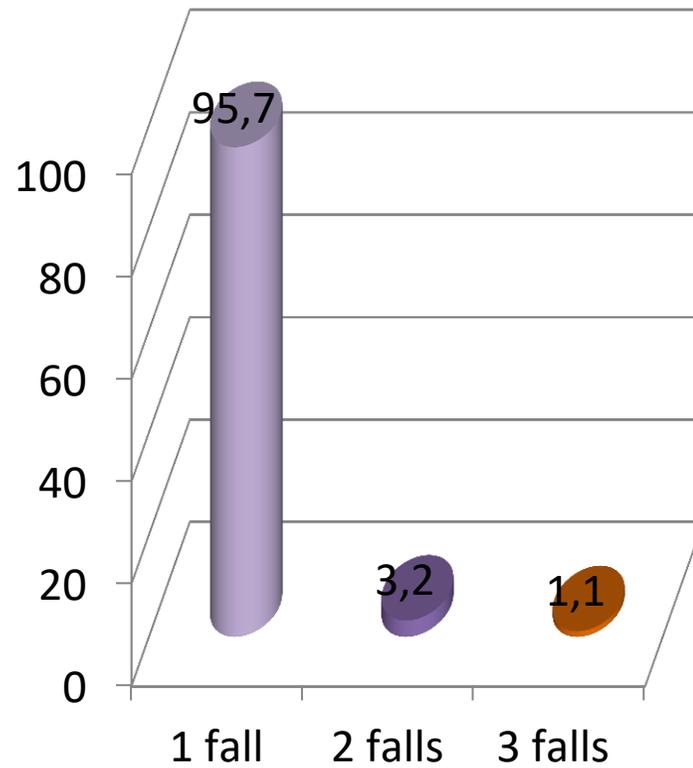


Patients at risk of falls at admission
n=3596 (61,3%)

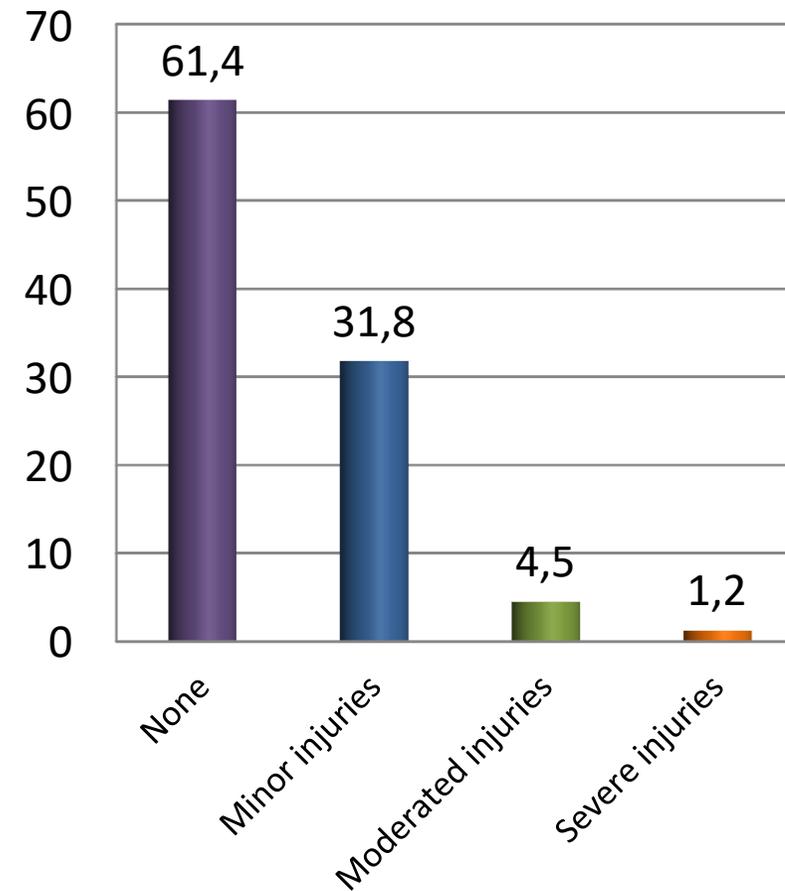


Results

Number of fall/patient (n=95)



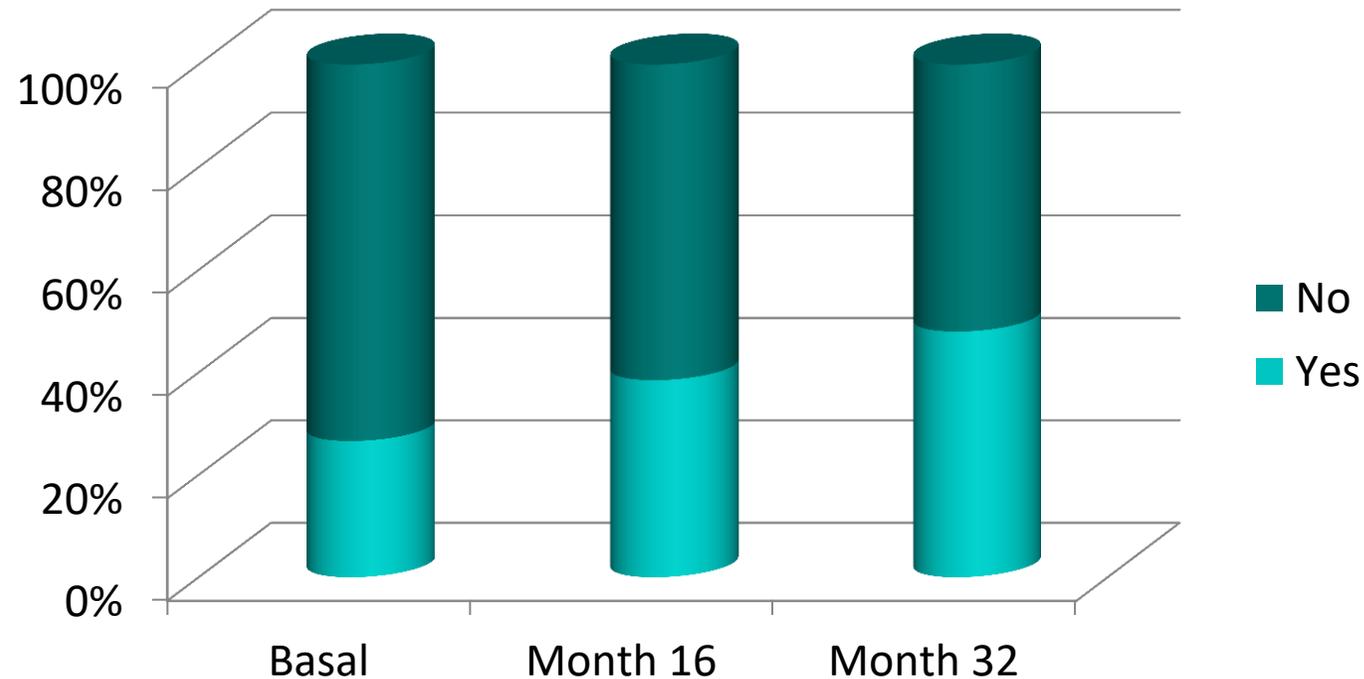
Impact of falls (n=88)



BPSO

Implementation of “Promoting and Supporting the Initiation, Exclusivity, and Continuation of Breastfeeding”

Exclusive breastfeeding for 6 months



- **Breast milk 6-12 months:**
 - ✓ 44,4% baseline vs 47,8 % month 32 (n=157) (RR 1,06 (0,55-2,03))
- **Number of days with Exclusive breastfeeding:**
 - ✓ 116,72 days baseline vs 130,70 days month 32 (p=0,67)

Results: Institutions

- **Structural**
 - ✓ Stable structures and teams
 - ✓ Involvement of managerial bodies
 - ✓ Improvement of physical structures and materials
- **Education / capacitation / knowledge**
 - ✓ Thousands of nurses and other professionals trained
 - ✓ New ways for sharing knowledge
 - ✓ Dissemination habilities improvement
 - ✓ Improvement of research capacity
- **Implementation of BPG**
 - ✓ Development/updating of protocols
 - ✓ Involvement of stakeholders
 - ✓ Patient education and empowerment

Results: Institutions

- **Monitoring / evaluation**
 - ✓ Harmonization of records
 - ✓ New items in clinical records
 - ✓ Design and adaptation to international indicators
 - ✓ Improvements of process and outcomes indicators
- **Scientific impact**
 - ✓ Congress, scientific papers
 - ✓ PhD students
 - ✓ Research projects

Results: Policy & systems

- ✓ **Cultural change to evidence based practice**
- ✓ Adoption of BPG by others institutions (no BPSO) and collaboration in between
- ✓ Networks into the regions and by BPG topics
- ✓ New records for all health institution between the same region