

**THE JOHNS HOPKINS EVIDENCE BASED PRACTICE (EBP) MODEL:
LEARNING THE PROCESS AND APPRAISING THE EVIDENCE**

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Background Information: Historically, nurses identified leveling and appraising the evidence as the most challenging part of the Evidence Based Practice (EBP) process. The Johns Hopkins PACU Standards of Care (SOC) Committee recommended a plan that included both members and bedside nursing staff in leveling and appraising the evidence. Perianesthesia nursing staff identified the need to prescreen all patients undergoing anesthesia or sedation for Obstructive Sleep Apnea (OSA). Screening for obstructive sleep apnea (OSA) in pre-sedation and pre-anesthesia patients is vital because as many as 93% of the patients with OSA potentially go unidentified (Persuade, 2010). This topic for appraising evidence was chosen because the nurses reported that there was no standard method of prescreening for OSA in the perianesthesia area.

Objectives of Project:

- Educate nursing staff to The Johns Hopkins Nursing EBP model
- Mentor staff nurses in appraising the evidence

Process of Implementation:

- All nurses involved in the project completed The Johns Hopkins Nursing EBP online learning modules prior to the start of leveling and appraising the evidence
- A mentor for each work group was identified to assist the nurses in rating evidence
- PubMed, SCOPUS and CINAHL were used to identify 19 articles relating to OSA screening tools which spoke to the PICO question
- PACU SOC Committee and unit based nursing staff participated in leveling and appraising the evidence

Statement of Successful Practice:

- PACU SOC Committee recommended adopting STOPBANG tool
- Johns Hopkins Hospital integrated STOPBANG into the electronic medical record
- All patients in adult perianesthesia areas are screened using STOPBANG tool in Prep
- In PACU Phase I, all patients screened at high risk are monitored for hypoventilation, desaturation, and bradycardia
- Advancement of nursing practice and patient safety through scientific inquiry
- PACU SOC Members reported increased confidence in identifying a problem, evaluating evidence and making recommendations to promote quality patient care

Implications for Advancing the Practice of Perianesthesia Nursing:

- Empowering nurses to seek and appraise evidence for use in daily practice
- Continuing leadership and resource support to the bedside nurse for EBP