The Johns Hopkins Evidence-Based Practice (EBP) Model: Weinberg Perianesthesia Interventions for a Healing Environment

Liza Anicoche, MSN, RN, CNS-BC, CPAN, CAPA, Laura Kaiser, MSN, RN, CPAN
Weinberg EBP Team: Patricia Bulcan, BSN, RN, CCRN, Yoli de la Cruz, BSN, RN, Beth Doyle, BSN, RN, Tamara Garey, BSN, RN, CPAN, Patty Guthrie, BSN, RN, CPAN, Sherryll Jabon, BSN, RN, Maureen Kost, BSN, RN, Grace Mugambi, BSN, RN, Ivy Mendoza, BSN, RN, Dustin Te, BSN, RN, CPAN, Sylvia Urso, BSN, RN, Eddie Velasquez, BSN, RN

Significance of the Problem
The Weinberg Perianesthesia Unit consists of a 28 bed Prep and PACU where surgical patients are prepared for surgery and also recovered from anesthesia and surgery. This nursing unit is one of the busiest perianesthesia units in Johns Hopkins Hospital. The unit has been described cluttered, dim, noisy, and needing a better therapeutic environment for patients to be prepared and recovered from their surgeries.

According to Melnyk and Fineout-Overholt (2015), nursing leaders must cultivate a “spirit of inquiry” within the EBP nursing culture because using the best evidence to bedside leads to the highest quality of care and best patient outcomes. After participating in the Weinberg EBP Competency Program in 2017, the staff identified the need to conduct a Perianesthesia EBP Healing Environment Project that focused on therapeutic nursing interventions. The Nurse Manager encouraged staff to integrate this EBP Healing Environment Project as part of the staff 2018 SuccessFactors’ Competency Goals.

Practice Question
What are the best therapeutic nursing interventions to create a safe healing environment for perianesthesia patients being prepared and recovered from their surgeries?

Search Strategy
Use PubMed, Scopus, and Cinahl to identify baseline articles relating to complementary techniques to promote healing. The literature search found 43 articles relating to: relaxation, music therapy, guided imagery, massage therapy, noise reduction, light therapy, and clean, uncluttered environment. Of these articles 19 were selected based on the relevance to the PICO question.

Evidence Summary
The Weinberg NCII Nurse Educator mentored the staff nurses in participating with: leveling and appraising the evidence; and summarizing recommendations. All Weinberg staff participated in SuccessFactors unit-based competencies to create a therapeutic, healing environment for our patients, families, and staff. The Johns Hopkins Nursing EBP Model provided guidance for the EBP journey. An EBP mentor was available to help search the databases, provide initial review of the evidence for usability and appropriateness relating to the PICO.

References

Evidence-Based Healing Interventions Outcomes
- Meditation & Relaxation
- Music Therapy
- Cluttered Environment
- Deciduous Environment
- Increased Natural Sunlight
- Low Sound

EBP Recommendations for Translation to Perianesthesia Practice
- Uncluttered, clean environment creates order and well-being for patients, families, and staff
- Music preoperatively reduces anxiety; creates beneficial effects on post-operative pain; relatively inexpensive, easy to administer; helps with coping; and good intervention post discharge to home
- Decreasing noisy environment by: raising awareness of being respectful and avoiding conversing with other nursing colleagues near patients; evaluate all equipment used in the Prep/PACU for noise; and keeps sound at therapeutic level
- Promoting light is correlated with shorter postoperative hospital stays, higher satisfaction with nursing care, and decreased use of potent analesics
- Decreasing both noise and turning the lights down during agitated emergence from anesthesia has significant effect on PACU patients’ anxiety, which with other factors decreases the incidence of delirium.
- Initiating full-spectrum fluorescent lighting simulates the same spectrum as sunlight and has been shown to positively impact emotional and physiological well-being as natural sunlight
- Conducting relaxation therapy is proven to decrease anxiety and reduce pain
- Providing massage therapy is beneficial for relieving pain and reducing anxiety

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