

DOCTOR OF NURSING PRACTICE PROGRAMS *transforming lives*

* EVIDENCE TO INFLUENCE PRACTICE POLICY:
DNP CAPSTONE PROJECTS

Laurel Shepherd, PhD, PNP



1. Utilize Capstone project results to change practice and policies

2. Differentiate the complimentary research role of the DNP and PhD prepared nurse.

Objectives

*DNP's projects to:

- *Evaluate evidence based practice
- *Inform practice
- *Inform practice policy

***Practice leaders and scholars**

Research is needed to impact practice by 2020.
Approach that values the contribution of all nurse researchers (IOM, 2010)
Scholarship of practice (Boyer, 1990)

Build Research Capability

*Evaluate practice to improve the quality and outcomes of care.
*Investigate clinical practice issues to influence policy.

The Research Role of the DNP

Three projects will be discussed that influenced practice and policy:

1. Evaluation of practice performance against benchmarks
2. Evaluation of the effectiveness of clinical approaches
3. Innovative clinical programs

Capstone projects

***Telehealth Stroke Prevention Education in Elderly Appalachian Virginians**

*Patty Schweickert, MSN, FNP¹, Carolyn M. Rutledge, PhD², David C. Cattell-Gordon, MDiv, MSW¹, Nina J. Solenski, MDSheila Branson, MSN, FNP³, Jo¹, Mary E. Jensen, MD¹,

*hn R. Gaughen, MD¹.

***Telehealth In Practice**

To determine whether telehealth delivered stroke education is as effective as stroke education delivered in person.

*Quasi-experimental, non equivalent pretest-posttest control group design

*Big Stone Gap, Virginia

*Videoconference for telehealth session via University of Virginia

***Purpose and methods**

▪ Results suggest telehealth stroke education is comparable to in person education

INFLUENCES:

▪ Suggests feasibility and effectiveness of telehealth stroke education for the rural elderly

▪ Offers model for expanded role of telehealth in patient education

Findings

*Telehealth Stroke Prevention
Education in Elderly Appalachian
Virginians


*Patty Schweickert, MSN, FNP¹,
Carolyn M. Rutledge, PhD², et al

*American Telemedicine Association
*Conference, May 16-18, 2010 San
Antonio

***Presentation**

*Effectiveness of an
EHR in Adherence to
Asthma Guidelines
with Children

J McMurray, DNP, CPNP



Compared the outcomes of pediatric
patients with Asthma

Pre and post the implementation of
Electronic Health Record and staff
training

INFLUENCE: Adherence to care and
expected outcomes increased
significantly


***Findings**

McMurray, J. & Shepherd, L.
“Effectiveness of an EHR in
Adherence to Asthma
Guidelines with Children”.
NAPNAP Annual Conference.
Chicago, Illinois, April 14 - 17,
2010

***Presentation**

DOCTOR OF NURSING
PRACTICE PROGRAMS

leadership



Using Web focused
Nutritional Intervention on
Weight loss and Dietary
Behaviors in Primary care
K Caratachnea, DNP, CFNP

OLD DOMINION
UNIVERSITY
IDEA FUSION

*Computer technology can make it easier for providers to teach obese patients about making healthy nutritional choices through web-based support

* There are many web-based resources available to patients, however, patients may lack understanding of which sites are reliable and exactly how to utilize them

***Patient Use of Technology**

Will there be a pre-and post-difference in weight loss behaviors, subjective health, weight loss, and comfort in using web-based support in participants that receive the nutritional web-focused intervention program?

What is the difference in weight loss behaviors, subjective health, weight loss, and comfort in using web-based support between individuals that receive the web-focused nutritional intervention and those that do not receive the intervention?

***Research Questions**

*Quasi-experimental design

* Patients participated in a 6-week web-based nutritional intervention program

* A *pre-and post-test* comparison was used to identify differences *within* and *between* each group before and after

* 40 obese women (20 in each group) ages 21-45 with a BMI of 30-40 who met the inclusionary criteria to participate in the program

Methods

- After participating in the web-based nutritional intervention program, the intervention group had significant pre-and post-test differences in weight loss ($p = .034$)
- The intervention group was significantly more comfortable with using the computer after completing the program than the comparison group ($p = .004$)

***Findings**

- INFLUENCES:
- This study was converted into a template for a time saving effort for primary care providers in addressing obesity
- Web-based programs can be used to impact health outcomes in practice

**Implications for Practice*

*Caratachea K. & Rutledge CM. "The Impact of a Web-Focused Nutritional Intervention on Weight Loss and Dietary Behaviors in Primary Care". VCNP Annual Conference. Reston, Virginia, March 4 - 7, 2010

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**Presentation*

- *1. EHR use and improved asthma outcomes
- *2. Effectiveness of telehealth in stroke prevention in rural areas
- *3. Use of web based support for effective weight loss

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**Influence on practice policies*

*Practice policy is shaped by the ongoing investigation and evaluation of clinical practice.

*DNP's are practice experts.

*Creating the Evidence for Change
