**NU300: Professional Leadership Transitions**

**Evidence-Based Practice: Innovation and Change Worksheet**

**Introduction**

Many innovations in health care offer the promise of improved patient outcomes. Health care innovations can be prompted by nursing research that provides new supporting evidence for practice. Evidence-based practice innovations require a vision for what is possible and a willingness to embrace change.

**Directions**

Complete Parts A, B, and C on the following worksheet. All responses should be written in complete sentences.

**Part A: Current Applications of Nursing Research**

* + - 1. Review the research studies that are designated in the course readings.

1. Choose one (1) study to discuss in the box below.

* Describe the issue/problem addressed in this study and its significance.
* Which research approach method was utilized to study this topic?
  + quantitative, qualitative, or mixed-method
    - See pp. 196 - 197 of your textbook (Blais & Hayes, 2016).
* Explain how the findings from this study can improve patient outcomes.
* APA in text citation and reference are required.

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| Problem and Significance |
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| Research Approach Method |
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| Improving Patient Outcomes |
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**Part B: Future Applications of Evidence-Based Practice**

* + - 1. Reflect on problems you have observed in the health care setting that have a direct influence on patient outcomes. Think about how some of these problems could be addressed through new and original nursing research.

2. Choose one (1) such problem to discuss in the box below. *(Do not choose the same problem discussed in Part A.)*

* Describe the problem and its significance.
* Explain how new, original nursing research might be used to address this problem and improve patient outcomes.
* Which research approach method should be utilized to study this problem? (quantitative, qualitative, or mixed-method) Why?

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| Problem and Significance |
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| Addressing the Problem: Improving Outcomes |
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| Research Approach Method |
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**Part C: Navigating Change**

1. The implementation of any innovation in evidence-based practice requires change. Reflect on your experiences with practice changes in the healthcare setting. Think about the people and processes that were involved in the change.

1. Choose two (2) common/motivating forces associated with practice changes you have experienced in the health care setting. See p. 290 of your textbook (Blais & Hayes, 2016).

* Identify and describe the motivating force.
* Give an example of how the motivating force manifested itself in the health care setting.
* How did the motivating force facilitate or accelerate the implementation of new practices in the health care setting?

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| Motivating Force #1: Description, Example, Effect |
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| Motivating Force #2: Description, Example, Effect |
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1. Choose two (2) restraining forces associated with practice changes you have experienced in the health care setting. See p. 290 of your textbook (Blais & Hayes, 2016).

* Identify and describe the restraining force.
* Give an example of how the restraining force manifested itself in the health care setting.
* How did the restraining force impede or block the implementation of practice changes in the health care setting?

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| Restraining Force #1: Description, Example, Effect |
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| Restraining Force #2: Description, Example, Effect |
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**References**