

Evidence Based Practice

Hollister Incorporated

Why Evidence Based Practice?

Warum evidenzbasierend Praxis?



- Have you ever wondered about the way your team (or yourself) educate a patient with an urostomy?
Haben Sie sich schon einmal über die Art und Weise gewundert, wie Sie oder Ihr Team Urostomapatienten schulen?

- Could you do differently?
Könnten Sie es auch einmal anders versuchen?

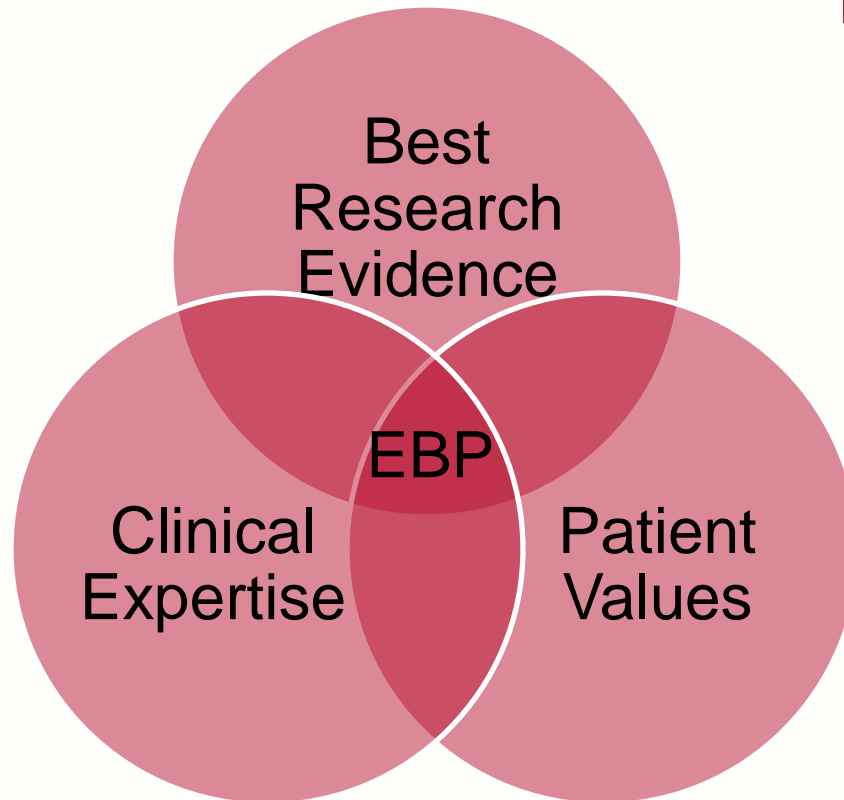


- Have you ever been asked by a patient if some natural products can avoid his/her recurrent urinary track infection?
Sind Sie schon einmal von einem Patienten gefragt worden, ob Naturprodukte Harnwegsinfektionen verhindern können?



EBP: Evidence Based Practice

Evidenzbasierend Praxis

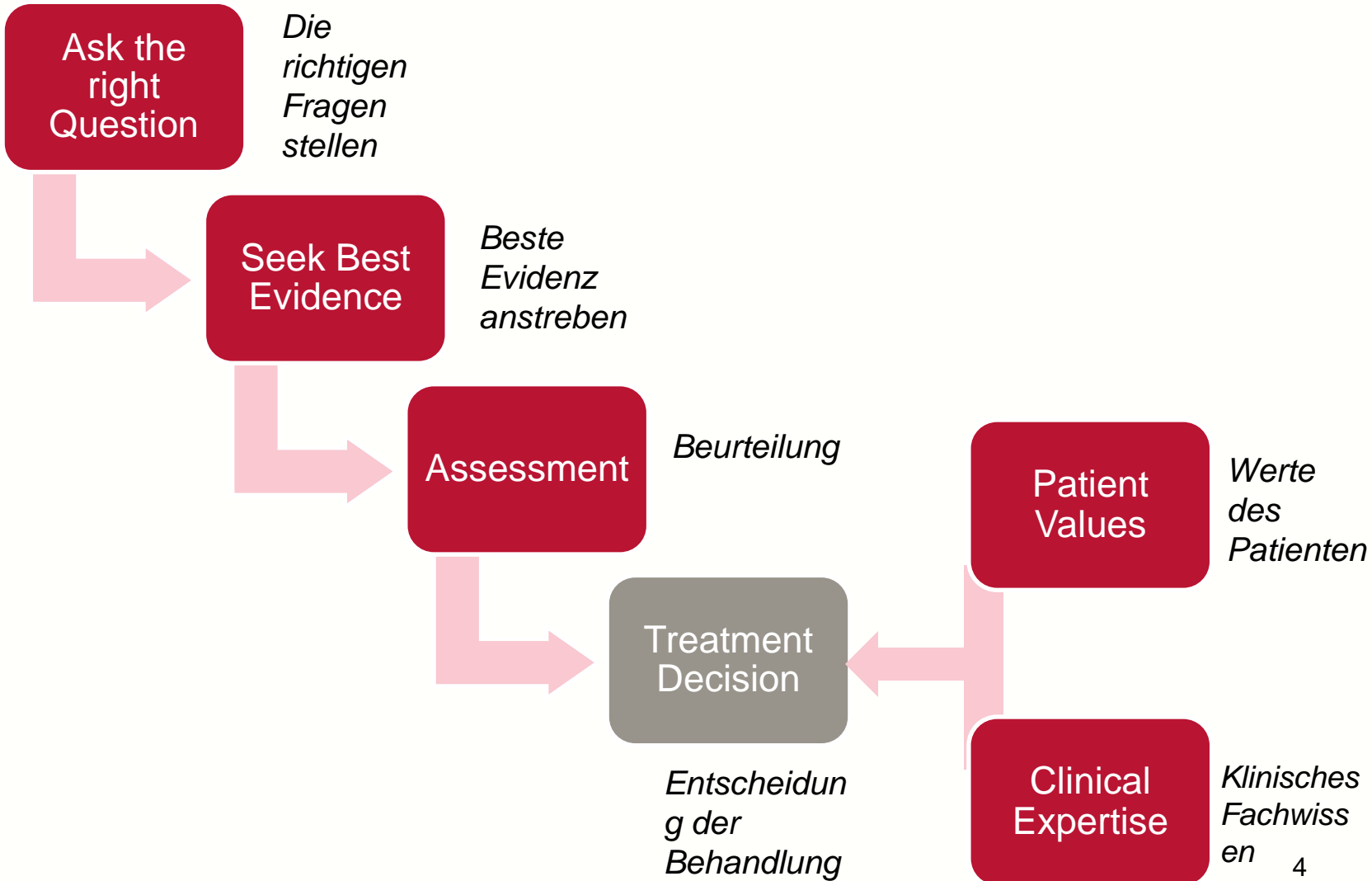


- **EBP** is the integration of clinical expertise, patient values, and the best research evidence into the decision making process for patient care. Clinical expertise refers to the clinician's cumulated experience, education and clinical skills.

Evidenzbasierend Praxis bringt klinisches Fachwissen, Patientenwerte und besten Forschungsergebnisse in den Entscheidungsprozess der Patientenpflege ein. Klinisches Fachwissen bezieht sich auf die kumulierte klinische Erfahrung, Bildung und die klinische Erfahrung.

EBP in clinical practice

Evidenzbasierend Praxis im Kliniksalldag



How to answer the question? *Wie die Frage beantworten?*



Books *Bücher*



Experts *Experten*



Practise *Praxis*



Journals
Fachliteratur



Protocols
Protokolle



Guidelines
Richtlinien

Guidelines

Framing the Research via PICO

Eingrenzung der Recherche mit der PICO Methode



■ Framework *Rahmenwerk*

- Answer a clinical or health care related question

Beantworte eine klinische oder pflegerelevante Frage

- Can also be used to develop literature search strategies

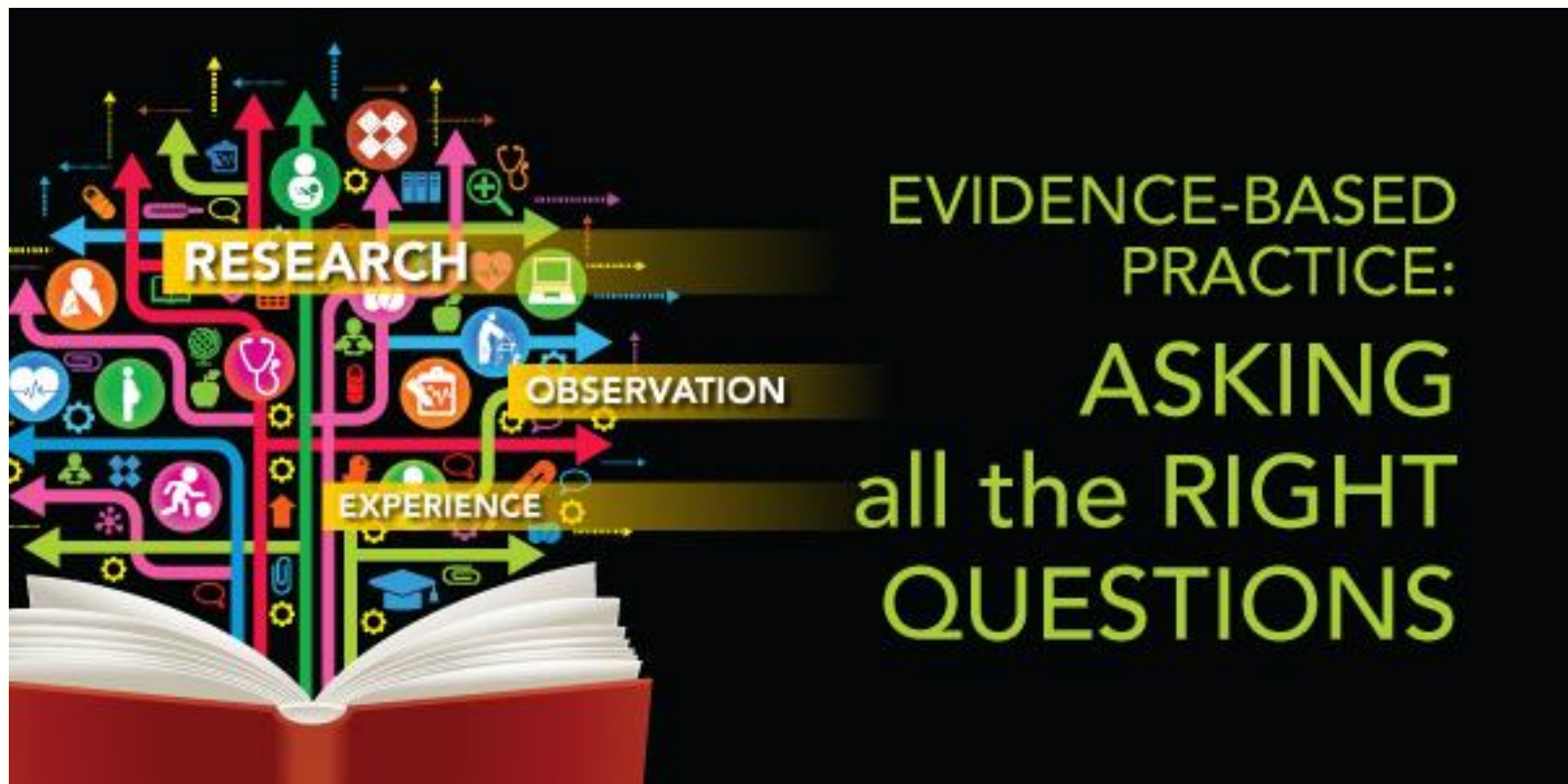
Kann auch zur Erarbeitung Literatursuchstrategien benutzt werden

From problem to question Vom Problem zur Frage

P	I	C	O
Population <i>Population</i> Patient <i>Patient</i> Problem <i>Problem</i>	Intervention or Exposure <i>Intervention oder</i> <i>Auufdeckung</i>	Comparison <i>Vergleich</i>	Outcome <i>Ergebniss</i>
Who are the patients? <i>Wer sind die Patienten?</i> Where are the patients? <i>Wo sind die Patienten?</i> What is the problem? <i>Was ist die Problematik?</i>	What do we do to them? <i>Was tun wir mit Ihnen?</i> What are they exposed to? <i>Welchem Sachverhalt sind Sie ausgesetzt?</i>	What do we compare the intervention with? <i>Mit was vergleichen wir die Intervention?</i>	What happens? <i>Was wird passieren?</i> What is the outcome? <i>Was ist das Resultat?</i>

How to reach a consensus to answer the question?

Wie kann man eine Konsenz erreichen, um die die Frage zu beantworten?



Issue from practice *:Problem von der Praxis*

The average length of hospital stay following cystectomy is decreasing, many patients are discharged before they master all the knowledge and techniques needed to manage their urostomy at home (education is given by nurses during the hospitalization). The nurse team is convinced that given personalized education before the surgery will improve self care of the urostomy.

Die durchschnittliche Aufenthaltsdauer im Krankenhaus nach einer Zystektomie sinkt. Viele Patienten werden entlassen, bevor Sie alle notwendigen Techniken und Kenntnisse beherrschen, mit Ihrem Urostoma umzugehen. Das Pflegepersonal ist davon überzeugt, dass eine persönliche Schulung vor der OP die Selbstpflege des Urostoma verbessert.

Research question: *Forschungsfrage*

Does education about stoma care given before cystectomy improve self care after surgery compared to self-care given during hospitalisation?

Verbessert eine Schulung über Stomapflege, die bevor des Zystektomieeingriffs erteilt wird, die Selbstverwaltung des Stomas verglichen mit eine Schulung während des Krankenhausaufenthaltes?

Applying PICO

PICO anwenden

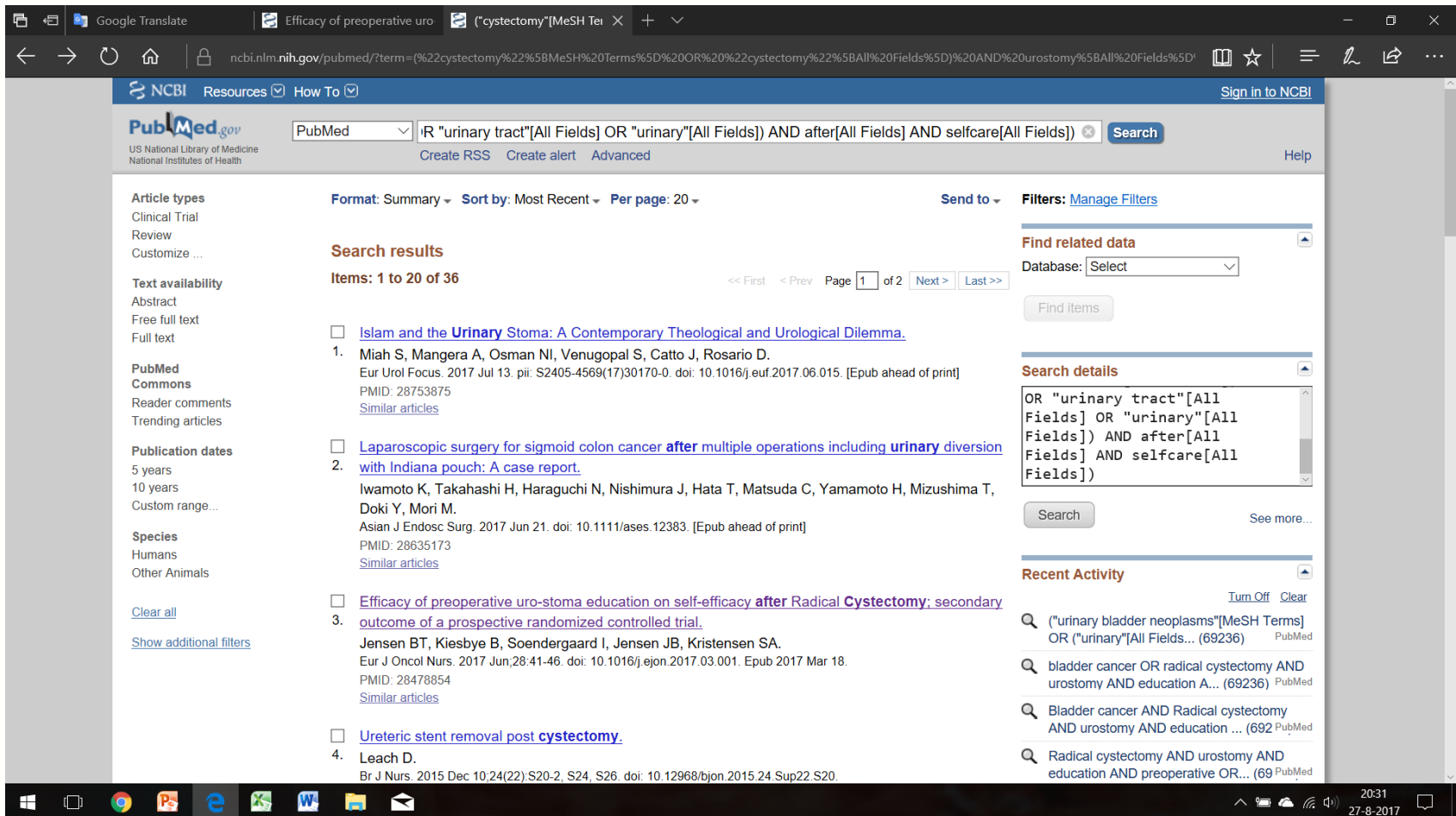
P	I	C	O
<p>Patients undergoing cystectomy who will have an urostomy</p> <p><i>Zystektomiepatienten, die einen Urostoma haben werden</i></p>	<p>Education before the surgery</p> <p><i>Schulung bevor der OP</i></p>	<p>Education during the hospitalisation</p> <p><i>Schulung während des Krankenhausaufenthaltes</i></p>	<p>Self care urostomy</p> <p><i>Urostoma Selbstpflege</i></p>

Applying PICO to Research

PICO anwenden für Recherche

P	I	C	O
Cystectomy OR urostomy	Education AND preoperative OR before	Education AND postoperative OR after	Self care
<i>Zystektomie oder Urostoma</i>	<i>Schulung und nach oder bevor OP</i>	<i>Schulung und nach oder bevor OP</i>	<i>Selbstpflege</i>

Search Engine result

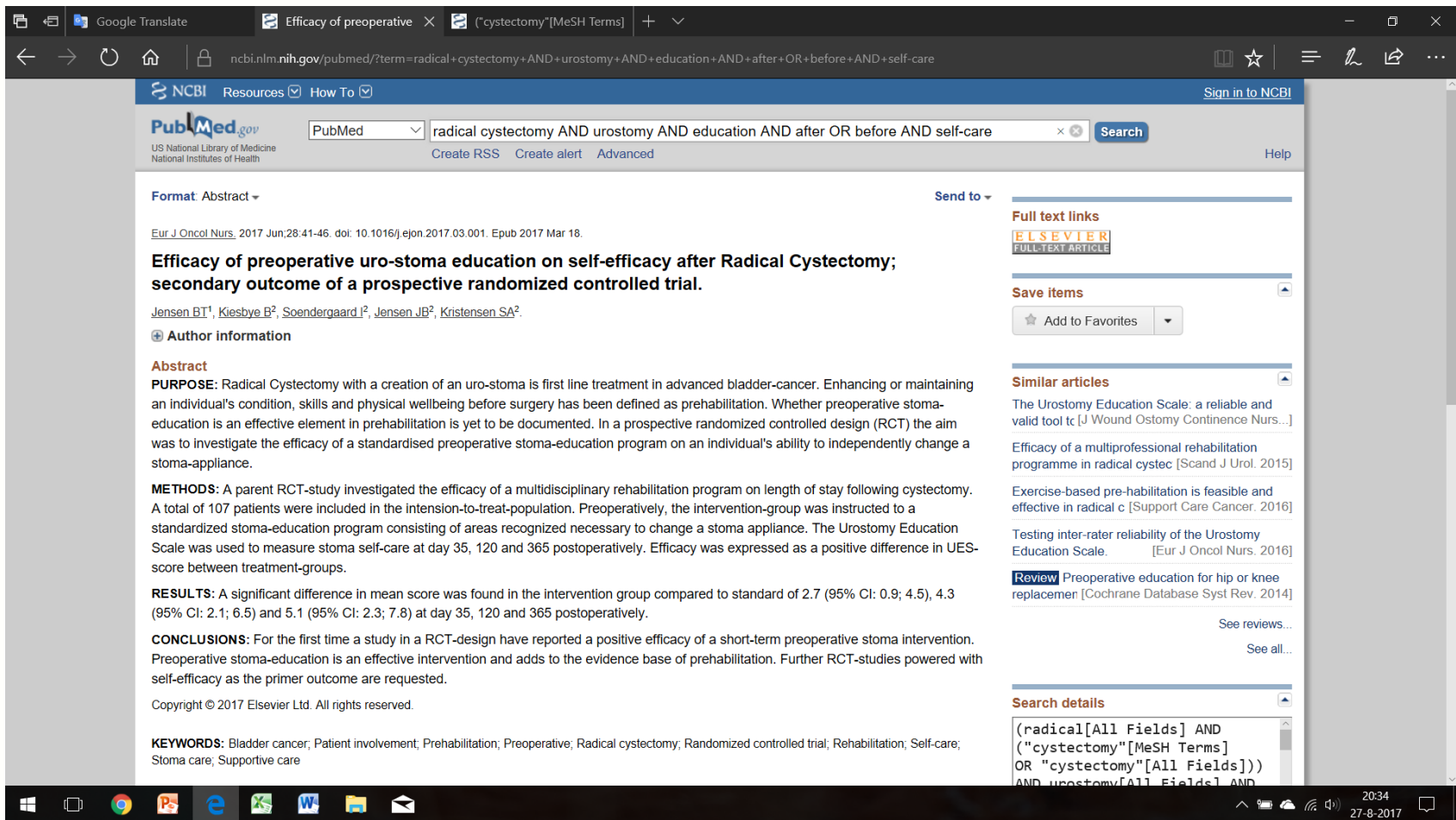


The screenshot shows a web browser window displaying a PubMed search result page. The search query is: "R "urinary tract"[All Fields] OR "urinary"[All Fields]) AND after[All Fields] AND selfcare[All Fields]". The results are sorted by "Most Recent" and show 1 to 20 of 36 items. The first four results are listed below:

- [Islam and the Urinary Stoma: A Contemporary Theological and Urological Dilemma.](#)
 1. Miah S, Mangera A, Osman NI, Venugopal S, Catto J, Rosario D.
 Eur Urol Focus. 2017 Jul 13. pii: S2405-4569(17)30170-0. doi: 10.1016/j.euf.2017.06.015. [Epub ahead of print]
 PMID: 28753875
[Similar articles](#)
- [Laparoscopic surgery for sigmoid colon cancer after multiple operations including urinary diversion with Indiana pouch: A case report.](#)
 2. Iwamoto K, Takahashi H, Haraguchi N, Nishimura J, Hata T, Matsuda C, Yamamoto H, Mizushima T, Doki Y, Mori M.
 Asian J Endosc Surg. 2017 Jun 21. doi: 10.1111/ases.12383. [Epub ahead of print]
 PMID: 28635173
[Similar articles](#)
- [Efficacy of preoperative uro-stoma education on self-efficacy after Radical Cystectomy; secondary outcome of a prospective randomized controlled trial.](#)
 3. Jensen BT, Kiesbye B, Soendergaard I, Jensen JB, Kristensen SA.
 Eur J Oncol Nurs. 2017 Jun;28:41-46. doi: 10.1016/j.ejon.2017.03.001. Epub 2017 Mar 18.
 PMID: 28478854
[Similar articles](#)
- [Ureteric stent removal post cystectomy.](#)
 4. Leach D.
 Br J Nurs. 2015 Dec 10;24(22):S20-2, S24, S26. doi: 10.12968/bjon.2015.24.Sup22.S20.

The right sidebar contains sections for "Find related data", "Search details" (showing the search query), and "Recent Activity" (listing previous searches).

Search Engine Results



The screenshot shows a web browser window displaying a PubMed search result. The search query is "radical cystectomy AND urostomy AND education AND after OR before AND self-care". The search results page shows the following information:

Format: Abstract

PubMed.gov US National Library of Medicine National Institutes of Health

Search: radical cystectomy AND urostomy AND education AND after OR before AND self-care

Format: Abstract

Send to

Full text links
ELSEVIER FULL-TEXT ARTICLE

Save items
Add to Favorites

Similar articles
The Urostomy Education Scale: a reliable and valid tool tc [J Wound Ostomy Continence Nurs...]
Efficacy of a multiprofessional rehabilitation programme in radical cystec [Scand J Urol. 2015]
Exercise-based pre-habilitation is feasible and effective in radical c [Support Care Cancer. 2016]
Testing inter-rater reliability of the Urostomy Education Scale. [Eur J Oncol Nurs. 2016]
Review Preoperative education for hip or knee replacemer [Cochrane Database Syst Rev. 2014]
See reviews...
See all...

Search details
(radical[All Fields] AND ("cystectomy"[MeSH Terms] OR "cystectomy"[All Fields]) AND urostomy[All Fields] AND

Efficacy of preoperative uro-stoma education on self-efficacy after Radical Cystectomy; secondary outcome of a prospective randomized controlled trial.

Jensen BT¹, Kiesbye B², Soendergaard J², Jensen JB², Kristensen SA².

Author information

Abstract

PURPOSE: Radical Cystectomy with a creation of an uro-stoma is first line treatment in advanced bladder-cancer. Enhancing or maintaining an individual's condition, skills and physical wellbeing before surgery has been defined as prehabilitation. Whether preoperative stoma-education is an effective element in prehabilitation is yet to be documented. In a prospective randomized controlled design (RCT) the aim was to investigate the efficacy of a standardised preoperative stoma-education program on an individual's ability to independently change a stoma-appliance.

METHODS: A parent RCT-study investigated the efficacy of a multidisciplinary rehabilitation program on length of stay following cystectomy. A total of 107 patients were included in the intension-to-treat-population. Preoperatively, the intervention-group was instructed to a standardized stoma-education program consisting of areas recognized necessary to change a stoma appliance. The Urostomy Education Scale was used to measure stoma self-care at day 35, 120 and 365 postoperatively. Efficacy was expressed as a positive difference in UES-score between treatment-groups.

RESULTS: A significant difference in mean score was found in the intervention group compared to standard of 2.7 (95% CI: 0.9; 4.5), 4.3 (95% CI: 2.1; 6.5) and 5.1 (95% CI: 2.3; 7.8) at day 35, 120 and 365 postoperatively.

CONCLUSIONS: For the first time a study in a RCT-design have reported a positive efficacy of a short-term preoperative stoma intervention. Preoperative stoma-education is an effective intervention and adds to the evidence base of prehabilitation. Further RCT-studies powered with self-efficacy as the primer outcome are requested.

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KEYWORDS: Bladder cancer; Patient involvement; Prehabilitation; Preoperative; Radical cystectomy; Randomized controlled trial; Rehabilitation; Self-care; Stoma care; Supportive care

