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1. Introduction

The Joanna Briggs Institute for Evidence Based Nursing and Midwifery, an international research collaboration, completed its first year of full operations in 1997 after being established in late 1996.

In its first full operational year the Joanna Briggs Institute for Evidence Based Nursing and Midwifery achieved and exceeded many of its initial goals.

The first set of Practice Information Sheets have been published and widely disseminated; the Web Page has been established; the regular publication and circulation of a newsletter has commenced; an introductory workshop package has been developed and distributed; there is a growing number of individual and corporate members; and brochures, business cards, promotional packages and displays have been developed and available for use by all collaborating centres.

The Joanna Briggs Institute for Evidence Based Nursing and Midwifery is funded by the Royal Adelaide Hospital Research Foundation and the South Australian Health Commission. The Institute is based at the Royal Adelaide Hospital and is linked to seven other centres for Evidence Based Nursing and Midwifery including Hong Kong, New Zealand, New South Wales, Queensland, Tasmania, Victoria and Western Australia.

The Joanna Briggs Institute for Evidence Based Nursing and Midwifery works with researchers, clinicians and managers to:

- identify those areas where nurses and other health professionals most urgently require summarised evidence on which to base their practice;
- carry out and facilitate systematic reviews of international research;
- undertake primary research in areas where good evidence is not available;
- prepare easy to read summaries of best practice in the form of Practice Information Sheets, based on the results of systematic reviews;
- design and conduct targeted dissemination activities in areas where (or when) good evidence is available;
- promote broad dissemination strategies to ensure that findings are made available to the profession, all levels of the health care system, Governments and service provider units;
- evaluate the effects of each Practice Information Sheet on practice variability and cost;
- design, promote and deliver short courses in evidence based nursing for nursing clinicians, nursing researchers, nursing managers and nursing teachers;
- offer direct, fee for service consultancies to health service provider agencies to develop customised *Evidence Based Practice Training and Evidence Based Procedure Manuals*.

2. Objectives Of The Report

The objective of this Annual Report is to provide information about the activities and achievements of the Joanna Briggs Institute for Evidence Based Nursing and Midwifery and its collaborating centres.

The information contained in this report is an evaluation of the Joanna Briggs Institute for Evidence Based Nursing and Midwifery's performance during the 1997 calendar year.

3. Vision Statement

The Joanna Briggs Institute for Evidence Based Nursing and Midwifery aims to be the leading centre for Evidence Based Nursing Practice and Midwifery in Australasia, South East Asia and the Pacific Region.

The Institute brings together a range of practice oriented research activities to improve the effectiveness of nursing practice and health care outcomes by:

- Conducting systematic reviews and analyses of the research literature;
- Collaborating with expert researchers and clinicians to facilitate the development of practice information sheets based on the systematic review of the research;
- Participating in the dissemination and implementation of Practice Information Sheets and evaluating their impact on nursing practice;
- Initiating randomised clinical trials and other primary research when indicated by the findings of the systematic reviews; and
- Contributing to cost effective health care through the promotion of Evidence Based Nursing and Midwifery Practice.

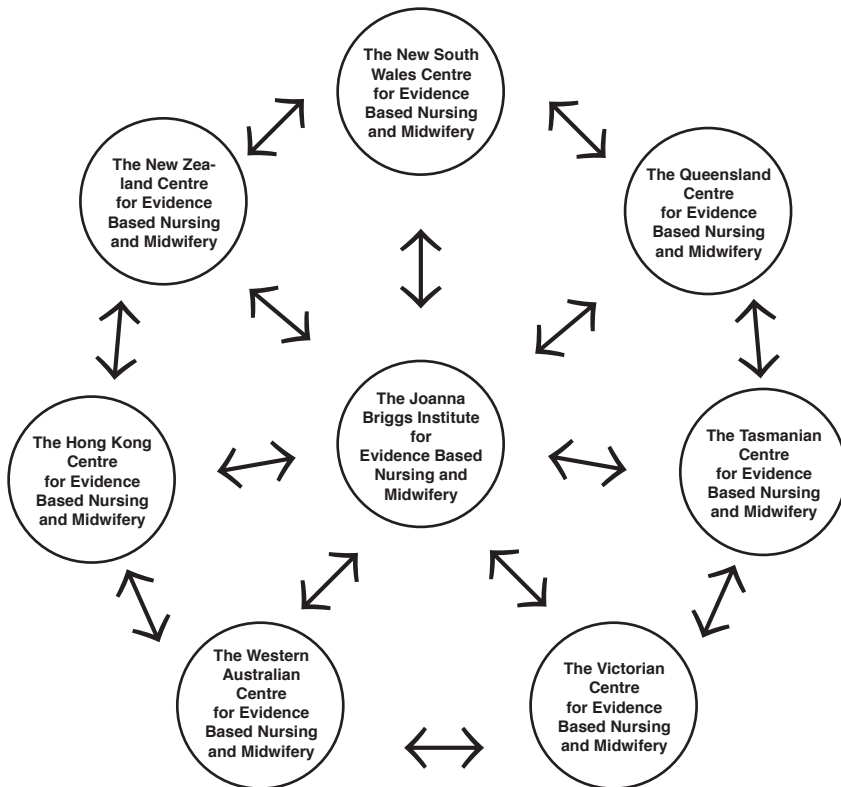
4. Operational Structures

The Joanna Briggs Institute for Evidence Based Nursing and Midwifery is an international research collaboration with headquarters located at the Royal Adelaide Hospital, South Australia and representation in all Australian States, New Zealand and Hong Kong. The composition of the Institute and its collaborating centres includes Australia, New Zealand and Hong Kong's most experienced nursing researchers, clinicians and service managers.

The Adelaide base houses most of the infrastructure and the collaborating sites are electronically linked and meet regularly throughout the year. In 1997, Directors met on three occasions in Adelaide to establish operations and to engage in strategic planning.

Adelaide based staff have worked with Centres during 1997 to create effective communication links and to provide support.

The Joanna Briggs Institute for Evidence Based Nursing and Midwifery is controlled by a Board of Management, daily operations are managed by the Director and day to day operations of the collaborating centres are managed by the centre Directors.



5. Board Of Management

The Joanna Briggs Institute Board of Management is responsible for formulating the long-term strategic goals and for monitoring the overall performance of the Joanna Briggs Institute.

The Board of Management consists of:

- Associate Professor Kaye Challinger [Director of Nursing and Patient Care Services, Royal Adelaide Hospital] (Chair);
- Professor Alan Pearson [Professor of Clinical Nursing, The University of Adelaide/ Clinical Professor of Nursing, Royal Adelaide Hospital] (Director);
- Professor Brendon Kearney [Chief Executive Officer, Royal Adelaide Hospital];
- Mr David White [Chief Nursing Officer, South Australian Health Commission];
- Ms Elizabeth Percival [Executive Director, Royal College of Nursing, Australia];
- Professor Chris Silagy, [Director, Australasian Cochrane Centre and Professor of General Practice, Flinders University of South Australia]; and
- Professor Derek Frewin, [Head, Division of Health Sciences, University of Adelaide].

6. Staff Of The Institute

Joanna Briggs Institute For Evidence Based Nursing And Midwifery And The South Australian Centre For Evidence Based Nursing And Midwifery.

Director

Professor Alan Pearson RN, ONC, DipNed, DANS, MSc, PhD, FCN(NSW), FINA, FRCNA, FRCN

Coordinator — Systematic Reviews

Mr David Evans, RN, BNurs(Flinders), MNursStuds

Coordinator — Clinical Trials

Dr Inge Kowanko BSc(Hons) (Adelaide), PhD(Nottingham)

Coordinator — Education and Implementation

Ms Kate Cameron RN, GradDipNursing(UniSA), MNSc(Adelaide)

Coordinator — Clinical Information

Mr Craig Lockwood RN, BNurs(UniSA)

Coordinator — Dissemination and Evaluation

Mr Richard Wiechula, RN, BA(Flinders), BNurs(UniSA), MNSc(Adelaide)

Research Officer — Systematic Reviews

Mr Brent Hodgkinson BSc, MSc(Ottawa)

Research Officer — Clinical Trials, Dissemination and Evaluation

Mr Robert Metcalf, BSc, MNutrSc(Flinders)

Health Economist

Ms Kathryn Rigby, RN, RM, BEco, MSc, Msc(HEco)

Communication Officer

Mrs Jodi Loxton

Administration Manager

Mr Roy Sneddon

Secretary

Mrs Heather Maynard

Research Associates

- Dr Mary FitzGerald, RN, Dip Nurs, MNurs(Wales), PhD(UNE)
Senior Lecturer in Nursing, Department of Clinical Nursing,
The University of Adelaide
- Dr Sally Borbasi, RGN, RMRN, CCU Cert, DipT(Ng)(ACAE),
BEd(Ng)(UNE), MA(Ed)(Macquarie), PhD(Sydney)
Senior Lecturer in Nursing, Department of Clinical Nursing,
The University of Adelaide
- Dr Kenneth Walsh, RPN, RGN, BNurs(UNE), PhD(Adelaide)
Lecturer in Nursing, Department of Clinical Nursing, The University of
Adelaide
- Ms Cecilia Tucker, BA (Hons)(ANU)
Research Officer, Department of Clinical Nursing, The University of
Adelaide
- Ms Leonie Lambert RN, BNurs
Nursing Director, Orthopaedic Services, Royal Adelaide Hospital
- Ms Leslye Long, RN, BNurs, MNurs
Nursing Director, Cancer Services, Royal Adelaide Hospital
- Ms Jackie Woods, RN, BNurs
Nursing Director, Internal Medicine Services, Royal Adelaide Hospital
- Ms Sue Turrell, RN, BNurs
Nursing Director, Gastro Intestinal Services, Royal Adelaide Hospital
- Ms Judith Berry, RN, BNurs
Nursing Director, Operating Rooms , Royal Adelaide Hospital
- Ms Kathy Read, RN, ICU Cert, DipAppSciNsg(Mgt), BNurs, MNSc
Nursing Director, Cardiovascular Services, Royal Adelaide Hospital
- Ms Robyn Parkes, RN, BNurs
Director, Staff Development, Royal Adelaide Hospital
- Mr Barry Dudley, RN, BNurs
Nursing Director, The Hampstead Centre
- Ms Helen Jeffrey, RN, BNurs
Assistant Director of Nursing, Royal Adelaide Hospital

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-
- Ms Lorraine Maguire, RN, BNurs
Nursing Director, Surgical Specialties , Royal Adelaide Hospital
 - Ms Marg Cattonar, RN, BNurs
Nursing Director, High Dependency, Royal Adelaide Hospital

The Queensland Centre For Evidence Based Nursing And Midwifery

Mater Misericordiae Public Hospitals

Director

Dr Grace Croft, RN, BS (Nursing), MA, Ed D, FRCNA

Deputy Director

Mrs Rosalie Lewis RN, Dip Nursing Administration, BA, FRCNA, AFAIM, ACHSE

Research Associates

Mrs Anne Mitchell RN, DipApp Sc(NEd), BAppSc(Nsg), GDHE, MHA, MRCNA

Mrs Prabha Ramritu RN, BN, BA, GCED

The New South Wales Centre For Evidence Based Nursing And Midwifery

University of Newcastle and Newcastle Mater Misericordiae Hospital

Director

Professor Irena Madjar, RN, MA, PhD

The Victorian Centre For Evidence Based Nursing And Midwifery

School of Postgraduate Nursing, University of Melbourne

Director

Professor Judith Parker RN, BA(Hons), PhD, FRCNA

Deputy Director

Dr Tracey Bucknall RN, ICU Cert, BN, Grad Dip Adv Nurs PhD

The Tasmanian Centre For Evidence Based Nursing And Midwifery

The University of Tasmania and Royal Hobart Hospital

Director

Professor Mary Magennis, RN, BHSc, MSN, FRCNA

The Western Australian Centre For Evidence Based Nursing And Midwifery

Curtin University of Technology, Princess Margaret Hospital for Children/King

Edward Memorial Hospital for Women

Director

Professor Robin Watts, RN, Dip N Ed, BA, MHSc, PhD, FRCNA

Research Associates

Mrs Sue Terry M.Sc (Edin), Grad Dip (Curtin), FCNA, DN (Lond), RN, RM, HV

Dr Sue McDonald RN, RM, CHN, B App Sc, PhD

Ms Jeanette Robertson RN, Dip Pys Ed, BSC, GDipLib & Inf Studies, MSc

Project Officer

Ms Bronwyn Davis RN RM BN

The New Zealand Centre For Evidence Based Nursing And Midwifery

Auckland Healthcare Services Ltd

Auckland Institute of Technology School of Nursing and Midwifery

Director

Mr John McArthur RGON, Grad Dip Nurs, MCNA

Deputy Director

Ms Heather Baker RGON, RM, MA (Hons)

Coordinator of Reviews & RCTs

Ms Lorraine Thompson RGN, RCNT, RNT, MSc

Research Associates

Ms Lyn Dyson RGON, BA

Ms Lucienne Frey-Hoogwerf RN, BSc, MN

Ms Yvonne Kaeppli RCompN, BHSc

Mr Andrew Jull RCompN, Dip Bus Studies

MRS Sidney Cuthbertson RGON, Cert Anaes, Dip ATE

Mrs Sarnia Butler MSc

The Hong Kong Centre For Evidence Based Nursing And Midwifery

The Chinese University Of Hong Kong

Director

Professor Anne Chang, RN, Dip NEd, BEdSt Hons, MEdSt, FRCNA

7. Publications

Books And Monographs

Pearson, A., Borbasi, SA, FitzGerald, M. & Walsh, K. 1997, Evidence Based Nursing: An Examination of Nursing Within the International Evidence Based Health Care Practice Movement, *RCNA Discussion Paper No. 1* February, 1997.(18 pages)

Referred Journal Articles

McArthur, J (1997). *Research Network: Abstract on the New Zealand Centre for Evidence Based Nursing*. *Nursing Praxis in New Zealand* 12:(2).

McArthur, J. (1997). *The Systematic Review: An essential element of an evidence based approach to nursing*. *Nursing Praxis in New Zealand Inc.* 12: (3): 10-15

Magarey, J, Sedation of Adult Critically Ill Ventilated Patients in Intensive Care Units: A National Survey, *Australian Critical Care Journal*, Volume 10 / Number 3, September 1997

Pearson A, Borbasi S, FitzGerald M, Kowanko I, Walsh K: (1997) Evidence-based nursing: an examination of nursing within the international evidence based health care practice movement. *Nursing Review* , February: 1-4, (Supplement—4 pages)

Other Journal Articles

Watts, R. (1997) The Western Australian Centre for Evidence Based Nursing, *Association of Paediatric and Child Health Nurses, WA, Journal*, Vol 22 3:1-2 1997

8. Conference Presentations

Conference Papers Presented

- Croft G, 'Best Practices in Nursing are Evidence Based' 1997 Queensland Directors Of Nursing Annual Conference held in Yeppoon.
- Croft G, 'Evidence Based Nursing and its Relationship to Management', ACHSE (QLD) Workshop on Evidence Based Management, Bardonia.
- Evans D, *Developing a Practice Information Sheet*, National Colloquium on Evidence-Based Nursing, Adelaide, July 1997
- FitzGerald M, 1997, *Evidence Based Practice - The Case Against*, National Colloquium on Evidence-Based Nursing, Adelaide, July 1997
- Kowanko I: *Conducting Systematic Reviews*, National Colloquium on Evidence-Based Nursing, Adelaide, July 1997
- Kowanko I, Pearson A, Evans D, Wiechula R, Burghardt S: *Evidence-based nursing in Australia: the establishment of a national centre*. International Conference: Exploring Evidence-Based Practice, Southampton UK, September 1997.
- McArthur, J. & Baker, H. Partnerships, *Evidence and Outcomes*. A workshop at the Second Biennial International Nursing Conference: *Nursing at the Threshold of the 21st Century, Connecting Conversations of Nursing Practice*. Palmerston North, December 3-6 1997.
- Pearson A, "Visioning the Future", Keynote Address, Nursing Times/King's Fund Masterclass, Kings Fund, London, 21st October, 1997
- Pearson A, "Excellence in Care - future dimensions for effective nursing". Keynote Address Nursing Times Symposium, Manchester Conference Centre, Manchester, 23rd October, 1997
- Pearson A, Kowanko I, Evans D, Wiechula R: *Evidence based practice*. Royal College of Nursing (SA Chapter) Nurse Leaders' Forum, Adelaide, February 1997.
- Wiechula R, Kowanko I "Testing the effectiveness of practice information, National Col-

9. National Colloquium On Evidence Based Nursing

The Joanna Briggs Institute for Evidence Based Nursing and Midwifery in conjunction with The Royal College of Nursing Australia, organised a two day National Colloquium for Evidence Based Nursing at the Stamford Grand Hotel, Glenelg, 24-25 July, 1997. Approximately 150 delegates attended presentations from key speakers and participated in workshops focussing on Evidence Based Health Care.

Over the two days, delegates received information covering evidence based practice, systematic reviews and contentious issues that currently effect health care professionals.

The topics covered were:

- The Cochrane Collaboration
- What is Evidence Based Nursing?
- Why Should We Encourage Evidence Based Nursing?
- Limitations and Problems For Nursing.
- The Joanna Briggs Institute for Evidence Based Nursing - Processes and Plans.
- Conducting a Systematic Review
- Developing a Practice Information Sheet
- Testing the Effectiveness of Practice Information
- Evidence Based Nursing: How significant is it in the current climate in Australian Health Care?

10. Practice Information Sheets Published And Disseminated

Practice Information Sheets are the primary tool of information dissemination utilised by The Joanna Briggs Institute for Evidence Based Nursing and Midwifery. Consisting of six pages of accurate, condensed and easily readable information, a Practice Information Sheet summarises the best available research evidence on a project investigated by The Joanna Briggs Institute for Evidence Based Nursing and Midwifery research team.

Once a topic of research has been established, our research team searches world wide to establish if a systematic review of the topic has been undertaken, and if so to what level of evidence base this has covered. This information is then further researched and summarised in the form of a draft Practice Information Sheet. The contents of this are reviewed locally and then reviewed by all collaborating centres for comment, review and input.

Having been reviewed, the Practice Information Sheet is condensed to a six page format for printing and distribution.

Two Practice Information Sheets were published in 1997:

Best Practice Volume 1, Issue 1, 1997

Pressure Sores - Part I: Prevention of Pressure Related Tissue Damage

Released 24 July, 1997

Estimated distribution: 90,000 copies

Best Practice Volume 1, Issue 2, 1997

Pressure Sores - Part II: Management of Pressure Related Tissue Damage

Released 26 November, 1997

Estimated Distribution: 93,000 copies

The Practice Information Sheets were disseminated to all corporate and individual members, interstate and overseas centres as well as through the following journals:

The Collegian (Royal College Of Nursing Australia)

The Australian Nursing Journal (Australian Nurses Federation)

The International Journal Of Nursing Practice (Blackwell Science Asia)

Kai Tiaki (The New Zealand Nurses Organisation)

HACSU Newsletter (Health & Community Services Union, Tasmania)

11. Practice Information Sheets

In Preparation

In addition to the published Practice Information Sheets, the JBIEBNW research staff are in the process of reviewing further Practice Information Sheets for dissemination in 1998. These include:

Management Of Peripheral Intravenous Devices

A practice information sheet summarising the best available evidence on the management of intravascular devices to prevent infection will be released early in 1998. This practice information has been based on the work of the Centre of Disease Control and Prevention in the United States of America. It's development has been guided by South Australian clinical experts and it has undergone peer review at all Joanna Briggs Institute state centres.

Falls In Acute Hospitals

A practice information sheet to be released early to mid 1998, will summarise the major points of a systematic review undertaken by the Joanna Briggs Institute for Evidence Based Nursing and Midwifery.

Mucositis In Cancer Patients

A systematic review is currently in progress, summarising the research that deals with the prevention or treatment of oral mucositis in cancer patients. The results of this review will be disseminated as a practice information sheet in mid to late 1998.

12. Systematic Reviews In Progress

What Is A Systematic Review?

Systematic reviews are a scientific tool which can be used to summarise, appraise and communicate the results and implications of otherwise unmanageable quantities of research. (The University Of York NHS Centre for Reviews and Dissemination).

The Systematic Review is a review of all research on a topic that forms the basis of the Practice Information Sheet. Based on the procedures developed by the Cochrane Collaboration and the National Health Service Centre for Reviews and Dissemination (York), a Systematic Review involves an exhaustive search for information on a topic, assesses this available information and synthesises the results to form a clear and unbiased overview - which develops into the Practice Information Sheet used by clinicians.

The Systematic Review is an intense and involved process of rigorous research based on the development and implementation of a strict review protocol. This includes background review, establishment of the review panel, the clear definition of objectives and inclusion criteria, the development and undertaking of an effective search strategy, quality assessment, data extraction and finally the analysis and synthesis of this data to develop a workable format that can eventually be disseminated to clinicians in the workplace.

Falls In Acute Hospitals

Systematic reviews have recently been undertaken in New Zealand and England, looking at accidental falls in the community and in long term care facilities. The Joanna Briggs Institute suspect that the nature and circumstances of falls that occur in acute hospitals, and subsequent prevention strategies, differ from falls in other locations. To address this issue a systematic review is currently in progress looking at research on preventing falls in acute hospitals.

The systematic review, summarising research related to patient falls in acute hospitals was undertaken during 1997. This review summarises the significant characteristics related to patients increased risk of falling, assessment of risk of falling, and what interventions can be used to reduce the number of falls.

Falls Review Panel: Leonnie Lambert (chair), Jacky Wood, David Evans, Inge Kowanko, Brent Hodgkinson, Stephen Simon, Lee Thomas, Paula Butterworth, Trevor McKinlay and Andrew Zoerner.

Mucositis In Cancer Patients

Mucositis is a common, debilitating complication of cancer, chemotherapy and radiotherapy, occurring in up to 40% of this group of patients.

Mucositis may be so severe that patients food and fluid intake, gum and dental condition, speech and self esteem are reduced, further compromising patients response to treatment or palliative care.

Currently, the prevention and treatment of this condition is subject to great variability in practice and a general lack of evidence regarding the optimal interventions. To address these problems a systematic review is in progress to review all related research. The aim is to identify which interventions are effective at preventing and treating mucositis. The review is due for completion in early 1998.

Mucositis Review Panel: Leslye Long (chair), Sue Turrell, David Evans, Inge Kowanko, Tracey Mander, Kate Cameron, Naomi Heinrich, Liz Coates, Jude Lees, Tim Hughes and Richard Logan.

Management Of Peripheral Intravascular Devices

The Institute is currently working on a Best Practice Information Sheet dealing with the management of peripheral intravascular devices. The information source for this sheet is a review of the research undertaken by the Centre for Disease Control and Prevention, in Atlanta, USA. This information was summarised under the guidance and direction of a review panel that consisted of experts in this field. The first draft has been completed, and the information sheet is under going peer review at our interstate and overseas institute centres. It is due for release in early 1998.

Intravascular Review Panel: Judith Berry (Chair), Marg Cattonar, Brent Hodgkinson, Dawn Thorp, Judy Edan, David Evans, Mary Callery, Susan Edwards, David Shaw and Guy Ludbrook.

13. Primary Research

The Institute is planning to undertake primary research in areas where its systematic reviews indicate a lack of high quality research evidence. Several areas needing further research arising from all the reviews completed or in progress have been identified. These include:

The prevention and treatment of pressure sores

- The effect of nutritional intervention
- A comparative trial of static pressure relieving devices
- A comparative trial of cavity dressings for grade 3 and 4 pressure sores

The management of peripheral intravascular devices

- A trial of long term bacteriostatic dressing for central venous catheters
- Evaluation of antimicrobial/antiseptic impregnated peripheral venous catheters
- The effect of including heparin or hydrocortisone in parenteral solutions to reduce phlebitis
- The effect of topical agents at the insertion site to reduce phlebitis
- The management of peripheral intravascular devices in paediatrics

The prevention of falls in the acute care setting

- Patients' and family members' views on reasons for recent falls in hospital
- The identification of risk factors from the Australian Patient Safety Foundation study
- The effect of specific interventions for identified risk factors
- The effect of movement triggered automatic lights in hospital bathrooms and toilets
- The use of cot sides (full v half v none)

It is necessary to obtain funding for any primary research, as the Joanna Briggs Institute for Evidence Based Nursing and Midwifery (JBIEBNW) budget does not fund this. As grants are generally awarded to applicants with a strong track record in the specific field, research staff at JBIEBNW during 1997 have deliberately concentrated on the systematic review and evaluation cycles in order to establish credibility in the evidence based health care arena. However, two of these topics have been prepared as primary research proposals. These are:

The prevention of repeat falls in an acute care setting

The chief investigators are Professor Alan Pearson, Mr Brent Hodgkinson, Mr David Evans and Mr Robert Metcalf. This proposed research aims to test the effectiveness of specific interventions tailored to the individual repeat fallers risk factors. This research proposal has been initiated because history of previous falls is a major risk factor for further falls in hospital, making this group a worthwhile target for research. Neither risk assessment nor interventions to prevent falls have been validated by rigorous research. The proposal is being submitted as a grant proposal to the Medical Benefits Fund (MBF).

Comparison of the effectiveness of Arglaes Controlled Release Dressing and standard dressing procedure in haematology patients with central venous catheters in situ.

This proposed research will compare the clinical efficacy and costs of home management of CVC lines using either a new silver-impregnated bacteriostatic dressing or standard practices. The chief investigators are Lesley Long (Nursing Director of Cancer Services, RAH and associate of the JBIEBNW) and her colleagues Wendy Hobbs and T Ventrice. It has been submitted to the Boots Company, UK to be considered for funding. It is planned that a similar grant proposal will also be submitted to the Medical Benefits Fund (MBF).

14. World Wide Web Page

The Joanna Briggs Institute for Evidence Based Nursing and Midwifery established a website in 1997 with a registered domain name at <http://www.joannabriggs.edu.au>

The website is undergoing continual evaluation and development. The site includes information and e-mail/hypertext links on:

- Institute Staff
- Board of Management
- Collaborating Centres
- Current and planned projects
- Approach to Systematic Reviews
- Practice Information Sheets
- Corporate Membership Options
- Samples of Procedure Manual pages
- Workshop Information
- Links to other EBP web sites

As well as providing an accessible sales tool in presenting JBIEBNW services to potential corporate clientele, the web site provides the JBIEBNW with a platform for the wide spread promotion of Evidence Based Nursing and Midwifery to health professionals on an international level.

Inquiries to the page in 1997 totalled 1994:

<u>Inquiries</u>	<u>From</u>
1405:	au (Australia)
181:	(other undefined)]
81:	uk (United Kingdom)
90:	nz (New Zealand)
55:	com (Commercial, mainly USA)
46:	net (Network)
38:	ca (Canada)
42:	edu (USA Educational)
37:	sg (Singapore)
6:	is (Iceland)
5:	bm (Bermuda)
5:	it (Italy)
3:	gov (USA Government)

1994

15. Corporate And Individual Membership

The Joanna Briggs Institute for Evidence Based Nursing offers a variety of membership options to both organisations and individuals wishing to actively support Evidence Based Practice. Subscribing members pay an annual fee and are provided with a range of services aimed at increasing Evidence Based Practice and rationalising practice variability.

Type of membership	Annual Fee
Community Health Agency (40 Staff & Less)	\$900.00
Community Health Agency (41-100 Staff)	\$1500.00
Community Health Agency (101 + Staff)	\$3000.00
Hospital/Nursing Home (40 beds & less)	\$750.00
Hospital/Nursing Home (41-100 beds)	\$1000.00
Hospital/Nursing Home (101-250 beds)	\$2000.00
Hospital/Nursing Home (251-500 beds)	\$3500.00
Hospital/Nursing Home (501 + beds)	\$6000.00
Educational Institution	\$2000.00
Individual Membership	\$100.00

Subscribing members accrue the following benefits:

Health Agencies

- The supply of a customised Practice Information Sheet Binder for each Ward/Dept (or for each FTE nurse in Community Health Agencies);
- A copy of every Practice Information Sheet and publication, for every Binder supplied;
- Open access to all Practice Information Sheets through the Institute's Web page;
- One bound, customised Evidence Based Procedure Manual plus the opportunity to order multiple copies at a minimal cost of \$10.00 per copy; and
- An opportunity to participate in practice variability surveys.

Educational Institutions And Individual Members

- The supply of a Practice Information Sheet Binder;
- A copy of every Practice Information Sheet and publication; and
- Open access to all Practice Information Sheets through the Institute's Web page.

On 1 September 1997 a cocktail party was held at the Stamford Plaza in Adelaide to promote the Workshops and Corporate membership.

Invitations were extended to all Directors of Nursing in Hospitals and Nursing Homes in South Australia. The cocktail party generated many enquiries and led to the first intake of individual and corporate members.

Initial corporate members include:

- The Ashford Community Hospital (SA)
- The Repatriation General Hospital (SA)
- The Rockhampton Hospital (Qld)

Twenty individual health professionals subscribed as individual members in 1997.

The Education and Implementation Team are continually approaching organisations to discuss the ways in which the Joanna Briggs Institute can assist in promoting Evidence Based Nursing and Midwifery in the workplace (through corporate membership benefits and Evidence Based Nursing and Midwifery workshops).

In addition to visiting the South Australian metropolitan health care facilities the Education and Implementation Coordinator has met with Directors of Nursing and Chief Executive Officers in the Mid North Region and Northern and Far Western Regions at seminars held at Port Pirie and Port Augusta Hospitals.

Other regional visits have been arranged for 1998.

16. Newsletter

A key objective of The Joanna Briggs Institute for Evidence Based Nursing and Midwifery is information dissemination - ie communicating with health care professionals at all levels. Naturally the primary method of communication is the Practice Information Sheet, however the concept of best practice is continually being spread through workshops, conferences, newsletters and our web page.

A need has been identified to develop and provide a more informal communication tool for all Individual and Corporate members and to keep all of our members abreast of the progress that we are making.

The result is the Joanna Briggs Institute Bulletin, which will initially be published on a bi-monthly basis.

The Bulletin contains information about the Joanna Briggs Institute, its centres across Australia and overseas and introduces the staff. In each issue we hope to do a cover story on one of our interstate or overseas centres and to regularly keep our members up to date on the progress that we are making.

The first issue was published in November, 1997 and circulated in December, 1997. This issue introduces the Adelaide team, and gives readers updates on:

- The launch of our Hong Kong Collaborating Centre
- The Falls in Hospitals project
- The Management of Peripheral Intravascular Devices review
- Systematic Reviews in general
- The Mucositis in Cancer Patients project
- Evidence Based Nursing Workshops

17. Evaluation Cycles

The movement toward the use of clinical practice guidelines derived via an evidence based approach is gaining momentum and has a degree of acceptance. The Joanna Briggs Institute for Evidence Based Nursing and Midwifery is committed to reducing variability in practice and achieving improvements in patient outcomes through an evidence based approach to health care.

Considerable resources are required to undertake a systematic review of the literature, produce and disseminate best practice information and to modify existing clinical systems. The effect of this approach is yet to be rigorously evaluated.

In order to assess the effectiveness of the evidence based approach to health care the Joanna Briggs Institute for Evidence Based Nursing and Midwifery undertakes an Evaluation Cycle for each area of clinical practice that is reviewed.

The Evaluation Cycle is a staged process. In the first instance current practice and patient outcomes relating to a given area of practice is established and documented from a number of survey sites. The second stage involves implementation of recommendations embodied in a Best Practice Information Sheet through the various survey sites. The final stage following implementation of the recommendations involves again surveying all sites with the objective of measuring any changes in practice and hopefully improved patient outcomes.

The Evaluation Cycles in progress or in preparation in 1997 are as follows:

- **Promoting best practice in the treatment and prevention of pressure sores.**

The analysis of the Pre-implementation survey is now complete and the reports are currently being circulated to all sites. Implementation of the recommendations from the Best Practice Information Sheets is being undertaken at survey sites. The Post-implementation survey is due to be conducted in June of 1998.

- **Promoting best practice in the management of peripheral Intravascular devices**

The data collection form has been piloted at Royal Adelaide Hospital and draft data collection forms and draft Best Practice Information Sheets circulated to all centres that have expressed interest in participating. Ethics approval is currently being sought. The Pre-implementation survey is to be conducted in March of 1998.

- **Promoting best practice in the prevention of falls in the acute setting**

Preparation has been commenced and the research proposal and data collection form for this project is in early draft form. The Pre-implementation survey is expected to be conducted in May of 1998.

Considerable effort has been made by the evaluation staff to formalise and streamline the processes involved in the Evaluation Cycle. In particular an Operations Manual specific to each project will be provided to survey sites which will include a detailed project schedule with rigid time lines and instruction relating to all project procedures and responsibilities. The Operations manual for the peripheral intravascular device project has been produced and will be circulated shortly.

18. Centre Reviews

The Victorian Centre For Evidence Based Nursing And Midwifery

The Victorian Centre is well established and speaks regularly on Evidence Based Practice at conferences and seminars.

Conferences

Professor Judith Parker presented at the National Colloquium for Evidence Based Nursing in Adelaide in July 1997.

Professor Parker and Dr Tracey Bucknall delivered papers at the Australian Nursing Federation Conference and the National Ageing Research Institute and North West Hospital Wound Management Conference on Evidence Based Nursing.

Workshops

The Evidence Based Practice workshops conducted by Ms Rumona Dickson from the Liverpool School of Tropical Medicine in August 1997 were well received and highlighted the concept of Evidence Based Practice.

Professor Parker and Dr Bucknall have conducted workshops at the School of Postgraduate Nursing, University of Melbourne.

Seminars on Evidence Based Nursing have been conducted at the:

- School of Postgraduate Nursing, University of Melbourne;
- Royal Melbourne Hospital Nurses Forum;
- Royal Melbourne Hospital;
- Royal Childrens Hospital;
- Caritas Christi;
- Mercy Hospice Care Inc;
- Peter McCallum Cancer Institute; and
- Mid Eastern Palliative Care Institute.

Committee's

A Management Committee was established in March 1997.

An advisory committee was established and met for the first time in December 1997. The committee is made up of 23 members including representatives from Nursing Academia, Clinical Chairs, Directors of Nursing, Chief Nursing Officers and Professional Groups.

Systematic Reviews And Evaluation

The work on a systematic review into the management of continence is in its initial stages. Funding is currently being sourced.

The Victorian Centre is participating in the Management of Peripheral Intravascular Devices Evaluation. They have selected the site and are currently preparing applications for ethics approval.

Best Practice Information Sheets

The Practice Information Sheets were distributed to clinicians and clinical agencies.

The Queensland Centre For Evidence Based Nursing And Midwifery

The Queensland Centre has been active in promoting Evidence Based Practice in Queensland.

Conferences

25 July - Delivered a paper at the National Colloquium on Evidence Based Nursing which was jointly hosted by the Joanna Briggs Institute for Evidence Based Nursing and the RCNA.

5 September - Dr Grace Croft presented a paper titled 'Best Practices in Nursing are Evidence Based' at the 1997 Queensland Directors Of Nursing Annual Conference held in Yeppoon.

12 September - Dr Grace Croft addressed the Community Health Nursing Program Directors of the QE11 and Districts at Inala.

17 October - Dr Grace Croft presented a paper titled 'Evidence Based Nursing and its Relationship to Management' at the ACHSE (QLD) Workshop on Evidence Based Management, Bardonia.

19 November - Dr Grace Croft spoke to Child Health Nurses in Brisbane on Evidence Based Nursing.

24 November - Dr Grace Croft spoke to a Nurses Research Interest Group at the Prince Charles Hospital on Evidence Based Nursing.

3 December - Dr Grace Croft addressed an interdisciplinary health group on Evidence Based Health Care.

Workshops

7 August - More than 80 people attended two information sessions that were presented by Ms Rumona Dickson from the Liverpool School of Tropical Medicine.

8 August - Ms Rumona Dickson presented a full day workshop on Evidence Based Nursing and Systematic Reviews to 37 nurses.

Advisory Committee

An advisory committee is still being formed but is due to be established in early 1998. A small group of persons influential in nursing will be invited to join the committee for terms of one year. The group will include nursing leaders from the northern and south east regions.

Other Promotional Activities

In September 1997, Dr Grace Croft prepared an article that was published in the Mercy Health Care Australia - Newsletter.

The Hong Kong Centre For Evidence Based Nursing And Midwifery

The Hong Kong Centre was officially launched on 24th September 1997. Professor Alan Pearson officiated and nursing staff from nursing organisations, other universities and hospitals in the region attended.

Committees

An advisory committee was established in December 1997. The members include representatives from the university, the Hospital and the Department of Health.

A management committee is in the process of being formed to administer the day to day operations of the centre.

Promotional Activities

Meetings were held with Senior Nurse Managers in the Prince of Wales Hospital to explain the activities of the Joanna Briggs Institute for Evidence Based Nursing and how the Hong Kong centre is part of the Institute. The initial focus has been on how the Best Practice Information sheets may assist staff in improving the quality of care.

Conferences

25 July - Professor Anne Chang delivered a paper at the National Colloquium on Evidence Based Nursing which was jointly hosted by the Joanna Briggs Institute for Evidence Based Nursing and the RCNA.

Workshops

A workshop was conducted by Ms Rumona Dickson from Liverpool School of Tropical Medicine, mainly focussing on assessing the quality of systematic reviews. Staff from the Prince of Wales Hospital participated and found the workshop very beneficial.

Evidence Based Nursing workshops have been scheduled to begin in February 1998.

Systematic Reviews And Evaluation

The Hong Kong Centre has begun literature collection for the systematic review on the effects of exercise on health and recovery.

Funding

The Hong Kong Centre is in the process of applying for funding to support their participation in the JBIEBN projects initiated outside of Hong Kong as well as funds for the Hong Kong initiated projects.

The first proposal seeks funding from the Health Services Research Committee (Hong Kong) for conducting the pre and post survey and education for the introduction of the Best Practice Information sheet on the Management of Intravascular Devices.

The second proposal is seeking funding in support of the pre and post surveys and introduction of Best Practice Information Sheets on the management of mucositis. The grant application is for the funding of collaborative research between a local university (CUHK) and an overseas university.

The Western Australian Centre For Evidence Based Nursing And Midwifery

The Western Australian Centre is well established and is under way in establishing an operational network of organisations interested in Evidence Based Practice paediatric and maternity issues.

Workshops

In July two workshops and a public lecture were given by Ms Rumona Dickson from Liverpool School of Tropical Medicine on Evidence Based Practice.

The Western Australian Centre have contracted a nurse educational consultant to conduct the Evidence Based Nursing workshops in Western Australia. The consultant will spend several days in Adelaide in February 1998, observing Kate Cameron - Education and Implementation Coordinator prior to marketing the workshops in WA.

Promotional Activities

On July 28 the Western Australian Centre for Evidence Based Nursing and Midwifery was officially launched at the Princess Margaret Hospital. The launch was timed to coincide with the visit of Rumona Dickson from Liverpool University who was in Perth to conduct a workshop on Evidence Based Nursing. Senior WA nurses were welcomed by Mrs Sue Terry, Acting CEO of Princess Margaret and King Edward Memorial Hospitals and Professor Paul Rossiter, Deputy Vice Chancellor, Research and Development, Curtin University of Technology. Before opening the Centre, Ms Dickson provided those attending with an overview of evidence based practice and the aims of the Institute and its associated Centres.

The Western Australian Centre for Evidence Based Nursing and Midwifery has used the following activities to promote the centre in 1997:

- Actively promoting Evidence Based Nursing to Western Australian Directors Of Nursing, both metropolitan and country and the Executive of Association for Paediatric and Child Health Nurses.
- Hosted a lunch for the Directors of Nursing of the Teaching Hospitals.
- Met with the Executive of the Association for Paediatric and Child Health Nurses.
- Article on the Centre for Evidence Based Nursing appeared in the Association for Paediatric and Child Health Nurses Newsletter
- Spoke on the role of The Western Australian Centre for Evidence Based Nursing and Midwifery at a meeting of metropolitan Directors of Nursing.
- Outlined the role of the WA Centre for Evidence Based Nursing to the Executive of the Country Directors of Nursing group via a tele-conference.

Committees

The *Management Committee* has held five meetings during 1997 on 30 April, 26 May, 30 June, 4 August and 28 November.

The *Advisory Committee* met for the first time on the 8th of August. The advisory committee members include representatives from 11 Western Australian teaching hospitals and nursing organisations.

The advisory committee is reviewing the draft proposal for the systematic review on fever control in children and have received a grant for \$10,000 from HDWA and are in the process of appointing a project officer.

The Western Australian Centre is managed jointly by the Curtin University of Technology and the Princess Margaret and King Edward Memorial Hospitals.

Goals

The Centre has outlined the following goals:

- To conduct one systematic review per year.
- Organise pre and post implementation data collection for selected practice information sheets.
- Conduct primary research in priority areas
- Conduct workshops on evidence based nursing throughout the state.

The New Zealand Centre For Evidence Based Nursing And Midwifery

The New Zealand Centre has been extremely active in promoting Evidence Based Nursing and Corporate Membership within New Zealand.

Committees

The advisory committee is in the process of being established and will be operational by March 1998.

The New Zealand Centre core membership team met weekly from March 1997 - July 1997. They elected to meet fortnightly after this and continued to do this throughout 1997.

Promotional Activities

The NZ Centre is in the process of developing links with the influential New Zealand Guidelines Group and has received support from the AIT School of Nursing & Midwifery and is pursuing links with the a+ Redesign and a+ Network Centre for Best Patient Outcomes groups.

Nurse executives/leaders and healthcare facilities have been canvassed to become corporate members. Promotion of membership has been by publications, direct mail, conference workshops and canvassing Universities and Institutes of Technologies.

The core members of the New Zealand Centre attended a conference in Wellington held by the New Zealand Guidelines Group. Two members of the centre have been nominated for fellowships on leadership in guidelines development and implementation to the New Zealand guidelines group. They are John McArthur and Lorraine Thompson. A close and cooperative relationship between the NZ Centre for Evidence Based Nursing and Midwifery and the NZ Guidelines group is seen to be beneficial in advancing Evidence Based Nursing and Evidence Based Practice in New Zealand.

Mr McArthur and Ms Heather Baker promoted the Joanna Briggs Institute For Evidence Based Nursing at the International Research Conference in Palmerston North in December.

An article on the collaboration has been submitted to the Professional Leader (Auckland Healthcare Services LTD's Nursing Journal).

Heartbeat, a publication of the Auckland Hospital ran a story on the NZ centre which has helped with the promotion of the centre within the hospital.

Conferences

Ms Baker and Ms Thompson promoted the Institute at the Australasian Nurses Educators Conference in Christchurch in October. Ms Baker presented a paper on Evidence Based Nursing and the Joanna Briggs Collaboration.

Workshops

In August 1997, Ms Rumona Dickson from the Liverpool School of Tropical Medicine hosted a workshop on 'Conducting and Evaluating Systematic Reviews' and also hosted two

information sessions on 'Incorporating Evidence Based Nursing into Nursing Curricula'. The workshop and information sessions were very well received.

The Evidence Based Nursing workshops have been scheduled to begin in early 1998.

Systematic Reviews And Evaluation

Planning towards the first systematic review has progressed steadily and the protocol will be drafted in early 1998.

The New Zealand Centre for Evidence Based Nursing and Midwifery will participate in the Intravenous Cannula Survey and planning has commenced on this project.

Funding

Support continues from the Auckland Institute Of Technology School of Nursing and Midwifery and an application has been made to an internal research fund of Auckland Institute of Technology for a grant of \$100,000.00

Practice Information Sheets

The first two Practice Information Sheets have been received and distributed through Kai Tiaki: Nursing New Zealand - The official journal of the New Zealand Nurses Organisation. Two 'News And Events' articles were published in Kai Tiaki, Nursing New Zealand in 1997. The first outlined the formation of the New Zealand Centres as part of the Joanna Briggs Institute Collaboration and the second announced the dissemination of the Practice Information Sheets.

The New South Wales Centre For Evidence Based Nursing And Midwifery

During 1997 the activities of the New South Wales Centre for Evidence Based Nursing and Midwifery have centred on negotiating collaborative arrangements with the Newcastle Mater Hospital, publicising the establishment of the Centre and informing targeted groups of nurses about evidence based practice and possibilities for research in other activities.

Workshops

More than fifty people participated in the workshops presented by Ms Rumona Dickson from Liverpool School of Tropical Medicine in August.

In March 1997, a workshop was attended by 30 academic and clinical nurses at the Newcastle Mater Hospital to gain interest and commitment and to seek expressions of interest in possible research topics.

The Joanna Briggs Evidence Based Practice workshops are being scheduled for early 1998.

Conferences

A paper on *Evidence Based Nursing and the establishment of the Joanna Briggs Institute for Evidence Based Nursing and the New South Wales Centre* was presented at the Peak Nursing Council Forum in Sydney.

Systematic Reviews And Evaluation

Systematic reviews on pain management and perioperative hypothermia have been proposed.

A group of clinicians reviewed proposed guidelines for management of peripheral intravascular devices and written feedback was provided to the Joanna Briggs Institute team working on the guidelines.

There is strong commitment for the Mater Hospital to be one of the sites for data collection related to management of mucositis in patients receiving chemotherapy or radiotherapy.

Discussions have also been held with the Centre for Clinical Epidemiology and Biostatistics at the University of Newcastle in order to explore possibilities for collaboration in future studies.

Committees

The agreement with the Newcastle Mater Hospital had to be renegotiated during 1997 following the resignation of the General Manager and the Director of Nursing. This has slowed down some of the planned activities, including the establishment of the management and advisory committees.

There have been two meetings in November and December 1997 with a core group of Faculty of Nursing and Mater Hospital staff to discuss establishment of management structures and to begin development of a business plan for 1998-99.

Promotion

A meeting was held in May 1997 with Ms Judith Meppam, Chief Nursing Officer, Department of Health to discuss the role of the New South Wales Centre for Evidence Based Nursing and

19. Workshops

The conduct of workshops designed to teach nurses about Evidence Based Nursing and Midwifery and to encourage its implementation is central to the mission of the Joanna Briggs Institute for Evidence Based Nursing and Midwifery.

The workshops are also a source of income to support the development and dissemination of condensed reports. Each centre offers a program of workshops to promote Evidence Based Nursing in their own state/country. A common fee of \$75 per person is charged for each one day workshop.

The workshop packages were completed in July 1997 and distributed to the interstate and overseas centres. The packages include an easy to follow workshop booklet, a CD Rom audio visual aid, a CD player and a systematic review booklet all conveniently packaged in a briefcase for easy transportation.

In November 1997, Kate Cameron joined the Joanna Briggs Institute team as the Coordinator for Education and Implementation.

Ms Cameron has been very proactive in the promotion of the Evidence Based Workshops and has already visited 23 hospitals to discuss the benefits of conducting workshops.

More than 40 Royal Adelaide Hospital staff have attended the introductory two hour workshops.

The full 4 hour workshops are scheduled to begin in February 1998 in Adelaide and early 1998 in all other centres.

20. Procedure Manual

One of the benefits of becoming a Corporate member is the provision of a customised Evidence Based Procedure Manual.

Craig Lockwood joined the Joanna Briggs Institute team in September 1997 to research, write and compile the Evidence Based Procedure Manuals.

Mr Lockwood is currently researching the procedures and the final copies are due for completion in February 1998.

21. Financial Report

Joanna Briggs Institute
For Evidence Based Nursing And Midwifery
Profit And Loss Statement
Year Ending 30 June 1997

Revenue

Commissioner Charitable Fund	<u>\$53,003</u>	\$53,003
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Total Revenue Raised		\$53,003
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Less Operating Expenses

Salaries And Wages

Salaries And Wages	\$15,775	\$15,775
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Goods And Services

Phone	\$ 86	
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Postage	\$ 984	
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Building Works	\$ 1,754	
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Fees And Charges	\$50,456	
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Travel	\$ 4,371	
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Course And Conference Fees	\$ 5,055	
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Printing	\$10,513	
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Sundry Expenses	<u>\$ 1,939</u>	\$75,158
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Total Operating Expenses		\$90,933
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Operating Profit (Loss)		(\$37,930)
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