

## Translating Research into Practice

### The Role of the Advanced Practice Nurse

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## The Supply Chain and Research Translation



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## Customer-Centric Innovations

Who is the “customer”?

Who do the research scientists want to “buy” their findings?

Nurse at the bedside.

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**Who can help propel innovation away from the scientific journals and out to the customers?**

**Advanced Practice Nurses**

- Have a broad perspective
  - Know the organizational structure
  - Understand clinical practice
- Are skilled in collaboration
- Know the barriers and facilitators

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**Exemplar**

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## Exemplar - Background

### Patient Education

- Patient education essential for optimal clinical outcomes
- Patient education has been shown to decrease adverse events

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## Average Length of Stay – 2004\*

Category	Average LOS
All conditions	4.8 days
Heart disease	4.6
CHF	5.2

- U.S. Department of Health and Human Services
  - Centers for Disease Control and Prevention
  - National Center for Health Statistics

\* Short-stay hospitals; excludes newborn infants

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### Problem:

Little time is available for patient education



### Solution:

- Identify more efficient patient education methods
- Select/implement intervention
- Evaluate effectiveness
- Sustain practice change

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## Step 1

### ACTION

Transplant APN discusses problem with Heart Failure/Heart Transplant CNS

### PRINCIPLE

- APNs have a broad perspective
- Involve key stakeholders



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## Step 2

### ACTION

- Review the literature
- Get copies of key articles
- Summarize the major findings in table format

### PRINCIPLE

- Get the data first!



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## Step 3

### ACTION

Meet with the Research Council Representative and Clinical Manager for Heart Failure/Heart Transplant unit

### PRINCIPLE

- Involve the major stakeholders
- Strive for “win-win” solutions



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## Step 4

### ACTION

Meet with key  
Individuals:

- Physician champion
- Interested staff RNs



### PRINCIPLE

- Involve key stakeholders
- Involve individuals who can provide a reality/feasibility check



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## Step 5

PubMed  
An internet-based intervention to improve psychosocial outcomes in heart transplant recipients and family caregivers: development and evaluation.  
Dix MA, Geccewicz JM, Harris BC, Lee A, Zemek H, Doshier Jacob J, Reinold A, Goffink BC, Kerans RL.  
Department of Psychiatry, University of Pittsburgh School of Medicine and Medical Center, Pittsburgh, Pennsylvania 15261, USA. [dmdix@msc.upmc.edu](mailto:dmdix@msc.upmc.edu)  
BACKGROUND: Although quality of life (QOL) is generally improved for heart transplant recipients, medical non-compliance and mental health and QOL limitations often emerge and persist. Transplant recipient ability to address these issues is hampered because many patients reside long distances from the transplant program. We therefore conducted the first rigorous evaluation of an internet-based psychosocial intervention for heart transplant recipients and their families. METHODS: Based on focus group work and previous research, a multidisciplinary web-based intervention was developed with stress and medical regimen management capabilities. Intervention dissemination groups, access to electronic communication with the transplant team, and information on transplant-related health issues. Intervention effectiveness was evaluated with 20 patients and family caregivers who used the website for 4 months (plus usual clinical care). Pre- and post-intervention assessments of mental health, QOL, and medical compliance were performed. Comparison groups of 20 patients and their caregivers who received only usual care were equally assessed. RESULTS: Relative to the comparison groups, intervention patients' depression and

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## Step 5

### ACTION

- Contact UPMC re: "lessons learned"
- Discuss these with CNS

### PRINCIPLE

- Don't reinvent the wheel



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## Step 6

### ACTION

- Identify problems and solutions

### PRINCIPLE

- Change is a multi-faceted process



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## Step 7

### ACTION

Evaluate effectiveness of intervention

- \* Patient knowledge
- \* Patient satisfaction
- \* Staff satisfaction
- \* Costs

### PRINCIPLE

Interventions must be cost effective in order to be sustained



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## Step 8

### ACTION

- Build patient education metrics into performance review
- Incorporate change into policy

### PRINCIPLE

Sustain the change



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## Summary – Key Principles



Involve the APNs!



Include the major stakeholders



Get the data!

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## Summary – Key Principles



Create a win-win situation



Do a reality check



Don't reinvent the wheel!

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## Summary – Key Principles



Determine cost-effectiveness



Sustain the change!

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