

Practice Development in Scotland

Rising to the Challenge

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Clinical Effectiveness (RCN)

The right person
doing the right thing
in the right way
at the right time
in the right place
with the right results

How do you know what's *right*?

Practice Development (Manley, 2000)

- Continuous process of improvement designed to promote **increased effectiveness in patient-centred care**
- Enabling (healthcare) teams to **develop their knowledge** and skills and transform the culture and context of care
- Supported by facilitators committed to a **systematic, rigorous and continuous process of change** that will free practitioners to act in new ways that better **reflect the perspectives of both service users and providers**

Evidence \Rightarrow Knowledge \Rightarrow Quality Improvement

Evidence

- What is it?
- How can we get it and evaluate it?
- How can we use it to change practice?

What is evidence?

Findings from research
and other knowledge
that may serve as a useful basis for
decision-making
in public health and health care

Best available evidence

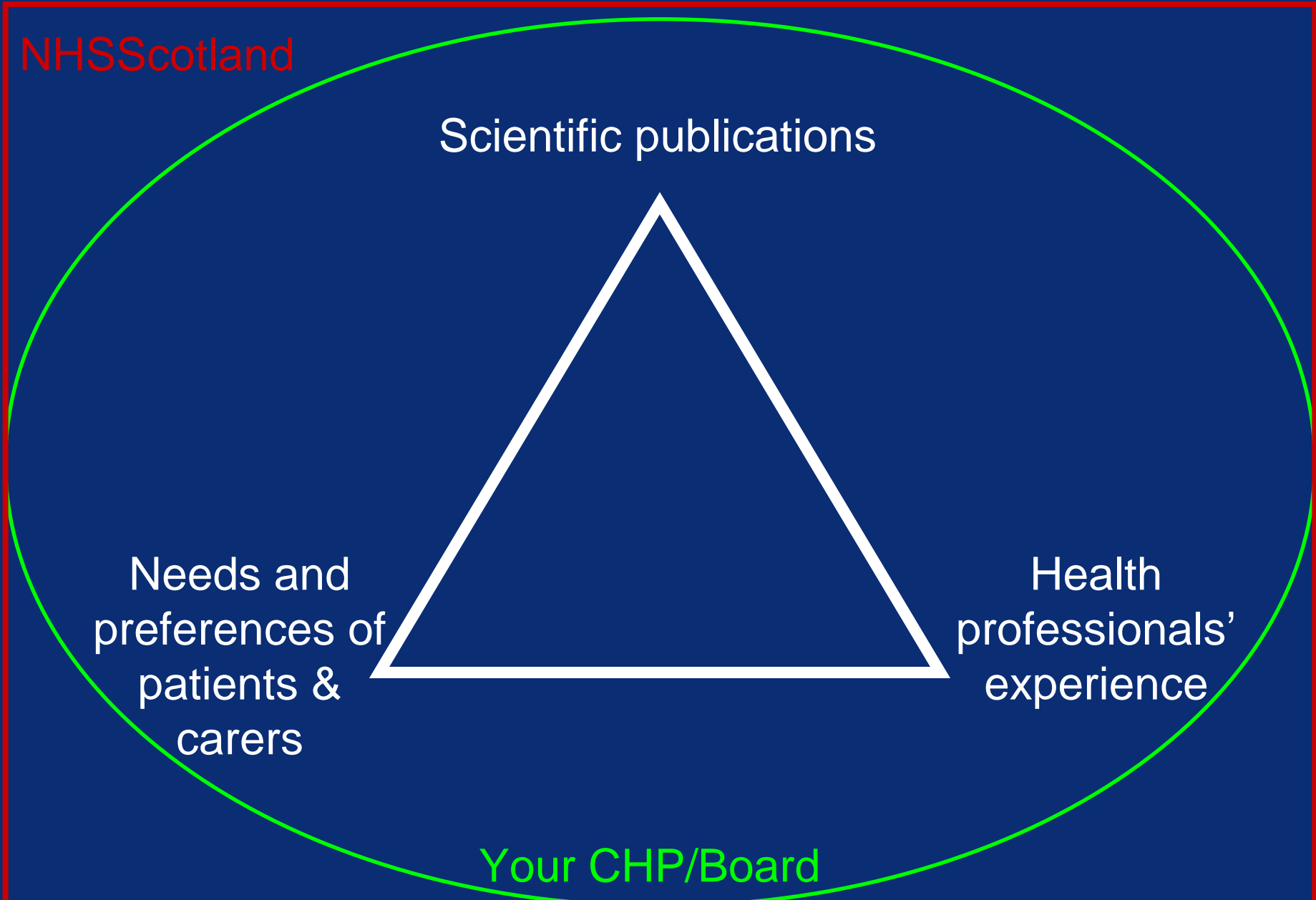
NHSScotland

Scientific publications

Needs and preferences of patients & carers

Health professionals' experience

Your CHP/Board



What question(s)?

- Define
 - Population
 - Intervention(s)
 - Comparator (setting: current Scottish practice)
 - Outcome
- Refine

Gathering the evidence

Scientific publications

- Systematic literature searches using databases on eLibrary
 - OVID, Embase, Medline
 - British Nursing Index
 - CINAHL (Cumulative Index of Nursing & AH Literature)
 - PsycINFO
 - Cochrane Library, Clinical Evidence
 - Nursing and Allied Health Comprehensive Collection

Gathering the evidence

Scientific publications

- International websites
 - SHOW, SIGN,
 - Professional websites
 - Kings Fund, NICE, others....

Gathering the evidence

- Search for systematic reviews first
- Limit publication date to pick up recent articles?
- Selection by title/abstract for relevance

Judging the scientific evidence

Critically review articles

- Content of publication
 - Overview of systematic reviews
 - Systematic review
 - Primary study
 - Narrative review

Judging the evidence

Critical appraisal of quality

- Checklists to assess any potential biases and validity of conclusions
 - study design
 - conduct of study
 - method of analysis
 - reporting of results
- e.g. Methods for development of NICE public health guidance, March 2006, sections 3.2, 4.2

Judging the evidence

- Extract information
 - Design, setting, population, outcomes
 - Difficulties in implementation
- Comment on applicability of setting/population (FFA)
- Synthesize statistically by meta-analysis or in words
- Discuss other issues such as
 - policy frameworks/targets
 - issues of access, equity, ethics
 - ***other evidence***

Gathering all the evidence

Health professionals' experience

- From
 - Reports
 - Websites
 - Professional magazines
 - Local/national enthusiasts
- Knowledge
 - What has worked well
 - Pitfalls and difficulties
 - Real world experience

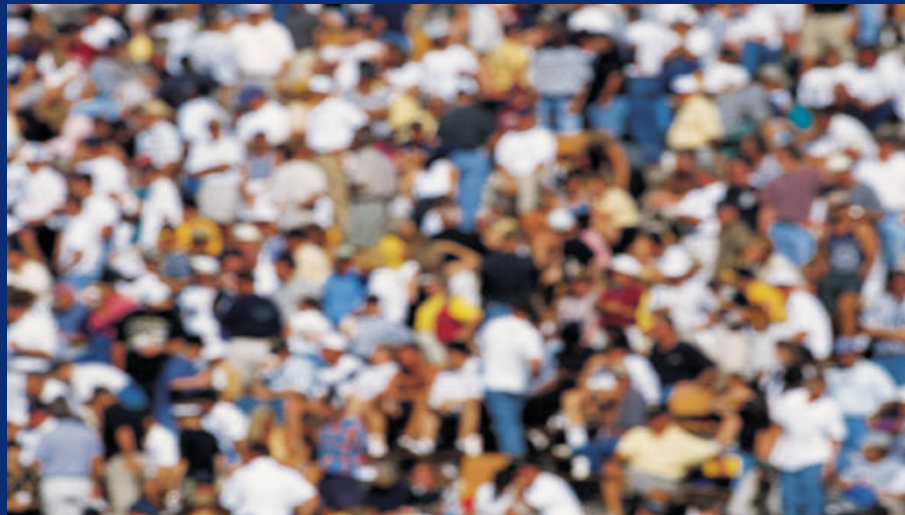
Patients

expectations

interests

experience

ethnicity



values

age

beliefs

location

roles

hopes & dreams

education

medical history

Gathering all the evidence

Needs and preferences of patients and carers

- Surveys
- Studies of patient experience
 - focus groups
 - interviews

Summarising the evidence

- Bring all the evidence together
- Discuss issues (in a multidisciplinary framework)
- Make transparent value judgements
- Create recommendations

Making the case for implementation

- Evidence based demonstration of impact on health outcomes, improving health or reducing inequalities
- Identify the change in practice required taking account of equality and diversity issues
 - Methods
 - People (staffing, training)
 - Infrastructure (equipment, processes, pathways)
 - Communication to patients
- Finance
 - Identify additional resources required
 - Show good value for money

Implementation

Plan, Do, See, Act (systematically)

- Plan: In an evidence-based systematic way
- Do: Implement on small scale (pilot)
- See
 - Audit outcomes (administrative & patient related)
 - Performance indicators (to demonstrate impact – earlier return to work, fewer medications, fewer bed days)
- Act: Learn from experience: refine & expand

An example

Patient Self Referral: A Guide for Therapists
Lesley Holdsworth and Valerie Webster
(Allied Health Professions Series, 2006)

- Know your population
- Know your service
- Be clear about what you are trying to achieve
- Court critical friends
- Demonstrate impact

Delivery Framework for Adult Rehabilitation

5 key actions including

- SEHD/NES/NHS QIS/research consortia to develop a Managed Knowledge Network to facilitate effective access to the knowledge and evidence base for rehabilitation and the sharing and generation of new knowledge
- Rehabilitation research consensus event to explore gaps in current literature and make recommendations for the future

Rising to the challenge

- Empowering professionals to use evidence
 - Sharing knowledge
 - Improving practice
-
- ***How can NHS Quality Improvement Scotland (all units) assist the Allied Health Professions?***