

Research and Evidence-Based Practice: New Knowledge, Innovations & Improvements

KP nurses at all practice levels are encouraged to engage in practice scholarship (EBP) and research scholarship to improve the delivery and quality of care. A variety of resources are available for all to integrate scholarship and scientific literacy into the way of being at local facilities and regional programs. By offering these resources and information to local and regional investigators and project leads, the program seeks to elevate Research & EBP activities in pursuit of professional nursing practice and Magnet® excellence.

Resources

Investigators and project leads have access to a variety of resources to facilitate project success. These resources are also available on the NCAL Research & EBP Teams Channel

- The *NCAL Nursing Research & EBP Teams channel*
 - An overview and description of common EBP models
 - Project approvals before starting a project
 - Project approvals before publishing or presenting outside of KP NCAL
 - *Human Subject Research Determination Form Template* for EBP projects and research not involving humans
 - *Completing the Human Subjects Research Determination Form* guidance document
 - FAQ: Research and EBP, IRB, RDO, approvals, training
 - Guidance on publishing in scientific journals
 - A repository of *NCAL Seminar Series* presentations
 - Internal and external training opportunities
 - Branded presentation templates and poster templates
- The *NCAL Research & EBP Leads* distribution list to receive program information and invitations
- *NCAL Virtual Office Hours*
 - Recurring every last Friday of the month from 10-11am for investigators, project leads, students, and Research & EBP Leads to discuss their project and ask questions.
- 1:1 consultation. Reach out to the Research and Innovation Academy – site on the Nurse Scholar Academy website: scholarsacademy.kp.org
- *NCAL Seminar Series*
 - Recurring every third Friday of the month from 10-11am
- *Stretch@KP*
 - An organizational talent pool that offers free project resources across all KP regions
 - Visit <https://stretchatkp.force.com>
- Software from KP-IT <https://kp.service-now.com>
 - IBM SPSS (free install; license required)
 - SAS (free install)
 - Tableau (free install)
 - EndNote citation management (license)

KP Libraries

- KP Libraries Critical Appraisal Subject Guide
<https://kplibraries.libguides.com/criticalappraisal>
- Local librarians who can assist with forming a PICOT question, searching, appraising, and synthesizing the scientific evidence
- A large catalogue of scientific journals via the KP Libraries, including high-impact nursing journals
- KP Libraries Training

The Institutional Review Board (IRB) and Research Determination Office (RDO)

- IRB approves human subjects research
- IRB resources
 - IRBnet.org application portal (use the *IRBnet User Guide* on IRB website)
 - IRB website: <https://wiki.kp.org/wiki/display/irb> for guidance documents
 - NCAL IRB contact: KPNC.IRB@kp.org
- RDO determines that EBP/QI project does not fall under federal regulations for human subjects research
- RDO resources
 - Use the *Human Subjects Research Determination Form Template* and *Completing the HSRD Form* guidance document on the NCAL Nursing Research Teams Channel
 - NCAL RDO contact: KPNC-RDO@kp.org

Toolkits

A variety of toolkits and guidelines are available for researchers and EBP leads to support project management, literature search, evidence appraisal, and publishing. All resources are available for free either internally or externally.

- NCAL Nursing Research & EBP Project Action Plan (on Teams channel under Files)
- KP Libraries Toolkits and Subject Guides
 - KP Libraries Critical Appraisal Toolkit
https://kplibraries.libguides.com/ld.php?content_id=51508894
 - KP Libraries Evidence Based Practice Guide <https://kplibraries.libguides.com/ebp> (EBP toolkit, EBP process, evidence pyramid)
- Joanna Briggs Foundation
 - Critical Appraisal toolkits <https://joannabriggs.org/critical-appraisal-tools>
- Cochrane Foundation
 - Handbook for systematic reviews <https://training.cochrane.org/handbook/current>
 - GRADE handbook for evidence appraisal
http://gdt.guidelinedevelopment.org/central_prod/design/client/handbook/handbook.html

- Cochrane Risk of Bias 2.0 assessment tool
<https://sites.google.com/site/riskofbiastool/welcome/rob-2-0-tool?authuser=0>
- *Equator Network Guidelines*: Reporting study results in Health Sciences Research
 - <https://www.equator-network.org> Please also see the guidance documents for publishing in the Teams channel
 - Publishing guidelines for EBP and Quality Improvement projects: *Standards for Quality Improvement Reporting Excellence (SQUIRE)*; Evidence reviews - PRISMA guidelines; Data Science/Predictive Models - TRIPOD guidelines; Clinical Trials - CONSORT guidelines; Qualitative research - SRQR guidelines

Training

Listed below are internal and external training opportunities and the training requirements for investigators submitting an IRB application.

- Access to three on-demand Research & EBP courses in HealthStream
<https://www.healthstream.com/hlc/kp> (on KP network or use PingID for remote access)
 - NCAL Conducting Nursing Research & EBP:
 - An introductory module (~45 minutes) that teaches to the IRB and getting a project started
 - NCAL Introduction to Nursing Research & Methodology
 - Offers ~3 hours of curriculum addressing basic scientific concepts and research methods
 - NCAL Nursing Research: Expanding Your Understanding
 - Offers ~3 hours of additional coursework in research methods and project management
 - Recommend completion of above courses first
- Book a KP Library Appraisal Training <https://kplibraries.libwizard.com/f/training>
- CITI training (for IRB applications)
 - Select "Kaiser Permanente" as your affiliation
 - Human Subjects Protection: Biomedical Human Subjects Protection, or
 - Human Subjects Protection: Social-Behavioral-Education Human Subjects Protection (for non-interventional research, such as data-only or survey design)
 - Conflict of interest for research that is not federally funded or
 - Conflict of interest for research that is federally funded
- KP Learn (for IRB applications)
 - HIPAA for research training (KP Hawaii training)
- Cochrane Evidence Essentials training
- Writing for Professional Journals Training
 - University of Utah - 12 module course (free)
 - Please visit <https://utah.instructure.com/courses/306223/modules>

Project Approvals

Before starting a project, the NCAL Nursing Research & EBP Program recommends seeking the following approvals. Approvals should be captured via email and saved as pdf. Please note that IRB or RDO project approvals are required before starting a project, and many scientific journals and conferences will require IRB/RDO approval to publish or present findings.

Approvals for single-site research studies

- Obtain approval from the direct supervisor, the facility's Nursing Professional Development Director (NPDDC), the department leader(s) of the project setting and follow any additional local approval practices
- Inform your local Research & EBP council, if present
- Seek approval from the Local Research Chair (TPMG), Department Chief (TPMG), Physician in Chief (TPMG), and the Service Area Manager
- Submit your proposal to the Institutional Review Board (IRB); see information below

Approvals for single-site EBP projects

- Obtain approval from the direct supervisor, the facility's Nursing Professional Development Director (NPDD), and the department leader(s) of the project setting
- Inform your local Research & EBP council, if present
- Follow any additional local approval practices
- Submit your proposal to the Research Determination Office (RDO); see information below

Approvals for regional or multi-site research or EBP projects

- Please contact Ifeoma I. Nnaji, DNP, RN, RN-BC, NE-BC at ifeoma.i.nnaji@kp.org to discuss the project and recommended regional approvals.

Approvals before publishing or presenting outside KP NCAL

- For projects using or reporting on KP processes, KP data, KP participants, or other KP-related information, the project lead should seek agreement with their direct supervisor. The supervisor may defer/delegate/escalate the decision based on the nature of the project or its findings.
- Leads of regional or multi-site projects should contact the NCAL Research & EBP program to discuss the appropriate regional approvals.
- For projects that do not use or report on anything KP-related (e.g., editorials, reviews), the project lead does not need to seek agreement, but should still consider informing their direct supervisor.

The KP NCAL Institutional Review Board (IRB) and Research Determination Office (RDO)

Research studies: The NCAL Institutional Review Board (IRB) reviews, approves and monitors all biomedical and behavioral research involving human research participants. Only the IRB can allow the inclusion of employees as participants in research studies. Under NCAL IRB regulations, employees are considered a "vulnerable population". Investigators must use the IRBnet application portal to submit their application. Research application types include Exempt, Expedited/Minimal Risk, Greater than Minimal Risk.

EBP projects: The NCAL Research Determination Office (RDO) approves projects that do not meet the federal definition of "Human Subjects Research", that is they either do not involve humans or are intended to evaluate an existing intervention (EBP or QI) rather than produce new generalizable knowledge (research). EBP leads must complete the *Human Subjects Research Determination Form* and submit it to the RDO. A guidance document and form template are available on the NCAL Nursing Research & EBP Teams Channel under Forms > Guidance documents > EBP Research Determination.