Application of the Iowa Model for Evidence Based Practice: A Corner Piece in the Puzzle of a Research Project on Guided Imagery and Perioperative Pain Management in Spinal Fusion Patients

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The Iowa Model for Evidence Based Practice
• Provides a systematic pathway to guide nurses in the research decision making process
• Clinical trigger “drives” the model: clinical question, problem, or knowledge inquiry
• If literature review finds limited or insufficient evidence to guide practice, decision to conduct research or continue current practice is made

Institutional Support-Shared Governance Model
• Relation-Based Care Model instituted at Luther Midelfort
• Creates an environment which promotes collaboration and improvement of care inquiry
• Research committees- department and institutional level
• Assist with research design

Institutional Review Board Process
• Preliminary prerequisites investigated
• Research proposal and additional forms and information sent for review
• Expedited and full review required

Clinical Trigger
• What more can be done to help control pain and anxiety?
• Complementary treatment form sought

Institutional Support-Shared Governance Model

Clinical Trigger

Institutional Support-Shared Governance Model

Patient Recruitment
• N=30 Lumbar Spinal Fusion patients
• Randomized sample
• Experimental Group listens to Guided Imagery before surgery and at least twice daily during hospital stay
  • Guided imagery CD - Produced by Diane Tusek
  • Control group- usual care
• Measures: pain scale, anxiety scale, distance walked with Physical Therapy, and narcotic use

Project Oversight
• Ensure patient privacy and confidentiality
• Organize and implement logistical components of study
• Daily interaction with staff, encouraging involvement through interactive feedback process

Data Collection and Evaluation
• Elicit assistance from UW Eau Claire statistician

Research Dissemination
• Further poster presentations at completion of project
• Publication possibilities

Staff Education
• Multiple departments
  • Office staff
  • Hospital staff
  • Surgicenter
  • PACU
  • Neuro/Peds/Trauma

Data Collection and Evaluation

Luther Midelfort
Mayo Health System

University of Wisconsin
Eau Claire