

# 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

Joseph Kirst, RN UW-Eau Claire Graduate Student  
Emily Geissler, RN UW-Eau Claire Graduate Student

**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**

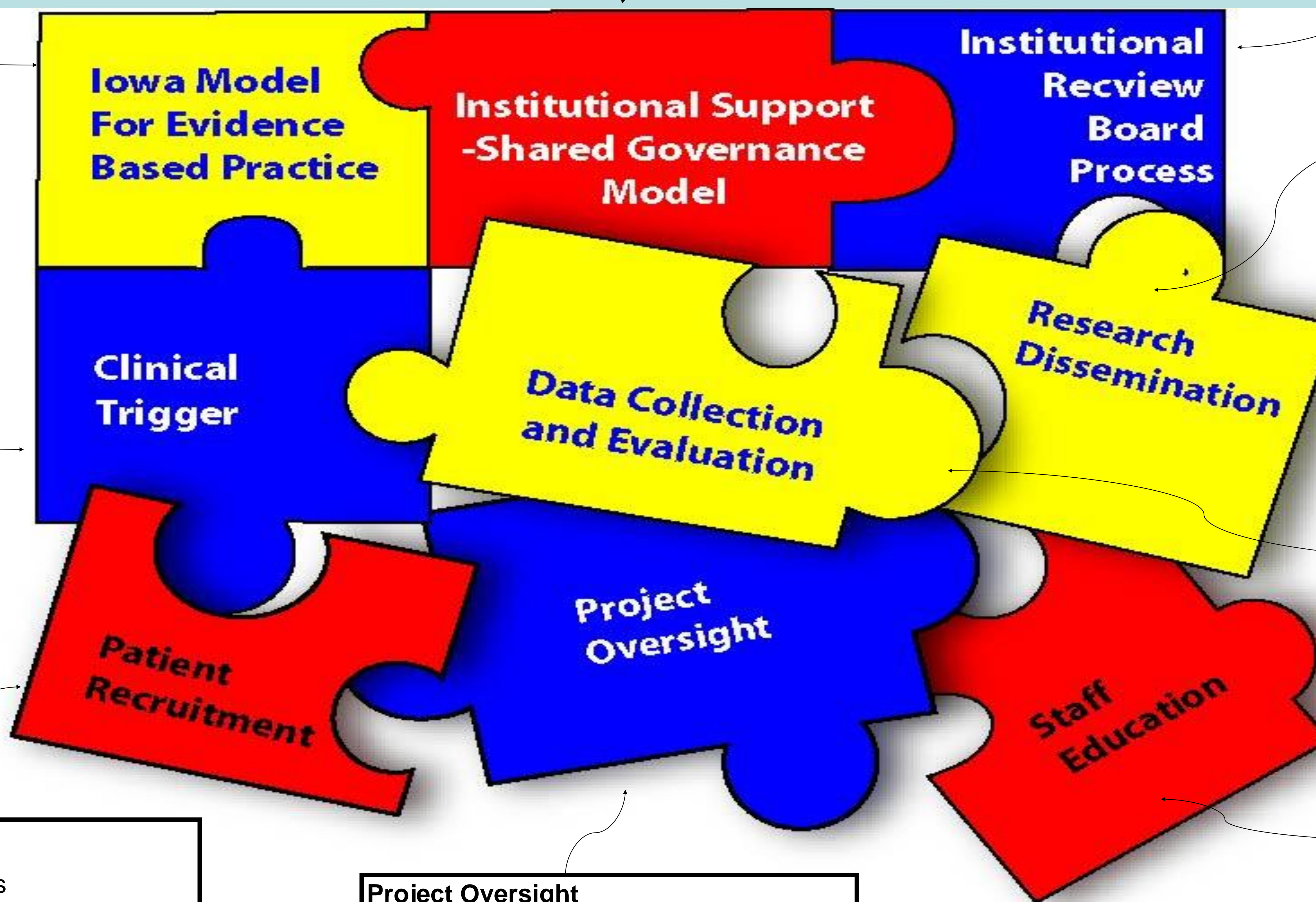
- Preliminary prerequisites investigated
- Research proposal and additional forms and information sent for review
- Expedited and full review required

**Clinical Trigger**

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

**Research Dissemination**

- Further poster presentations at completion of project
- Publication possibilities



**Data Collection and Evaluation**

- Elicit assistance from UW Eau Claire statistician

**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

**Staff Education**

- Multiple departments
  - Office staff
  - Hospital staff
    - Surgicenter
    - PACU
    - Neuro/Peds/Trauma