Driving Evidence to the Bedside using Journal Clubs (JC)
Cheryl A. Lefaiver, PhD, RN
Advocate Christ Medical Center
Wendy Tuzik Micek

Problem
Nurses at the bedside are encouraged to use evidence to guide their practice, yet many are intimidated and may not have the skills to search for and evaluate published research.

Evidence
Rogers’ (2009) findings of an integrative review showed that JCs can effectively improve nurses’ research knowledge, dissemination of knowledge and the opportunity to implement evidence into practice.

Strategy
In a large Midwest medical center, a multipronged approach of education, demonstration and mentoring was implemented to increase the utilization of JCs. Education of how to search evidence and critique a research study was incorporated into existing structures: research workshops, Nursing Science Day and quarterly newsletter. Additionally, a 7.5 contact hour educational program was presented to APNs, the anticipated leaders of unit based JCs.

Practice Change
Specific instruments were developed including critique worksheets and journal summary forms. The JC leader used worksheets to organize live discussions and attendees used summary forms as preparation.

Evaluation
Measurement included a knowledge based evaluation of the APN program and record of the number of new and repeat JCs and attendance.

Results
Eleven APNs completed the program evaluation of research critique. Early adopters began to conduct JCs in their patient care units to evaluate the feasibility of critique and journal summary worksheets. The number of JCs has increased from 2 in 2008 to 5 in 2009 and 5 scheduled for 2010. Conducting and attending JCs has been added to the clinical ladder as an option for maintaining a clinical level; to support this, practice council chairs will be educated about developing JC skills.

Recommendations
Initiation of JCs throughout a large organization takes time and effort. Early adopters are crucial to build momentum and increase diffusion. Contact hour credit makes participation appealing.
Lessons Learned
APNs increase the likelihood of conducting successful JCs through accountability and mentoring. Leadership support for nurse attendance and incorporation of JC participation in the clinical ladder increased value for staff.

Bibliography