

Evaluating the impact of an intensive education workshop on evidence-informed decision making knowledge, skills and behaviours: A mixed methods study

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Background

- Expectation among health professionals to use research evidence to inform practice, program, and policy decisions [evidence-informed decision making (EIDM)]
- Requires knowledge and skills which have been shown to be limited¹⁻⁴



- Systematic reviews have demonstrated small to moderate improvements in use of research evidence and patient outcomes with active interventions⁵⁻¹⁸
- Canadian Centre for Evidence-Based Nursing implementing an intensive, 5-day workshop since 2006



Aims

1. Does an intensive educational workshop
 - a. increase knowledge and skills for EIDM?
 - b. increase EIDM behaviours?

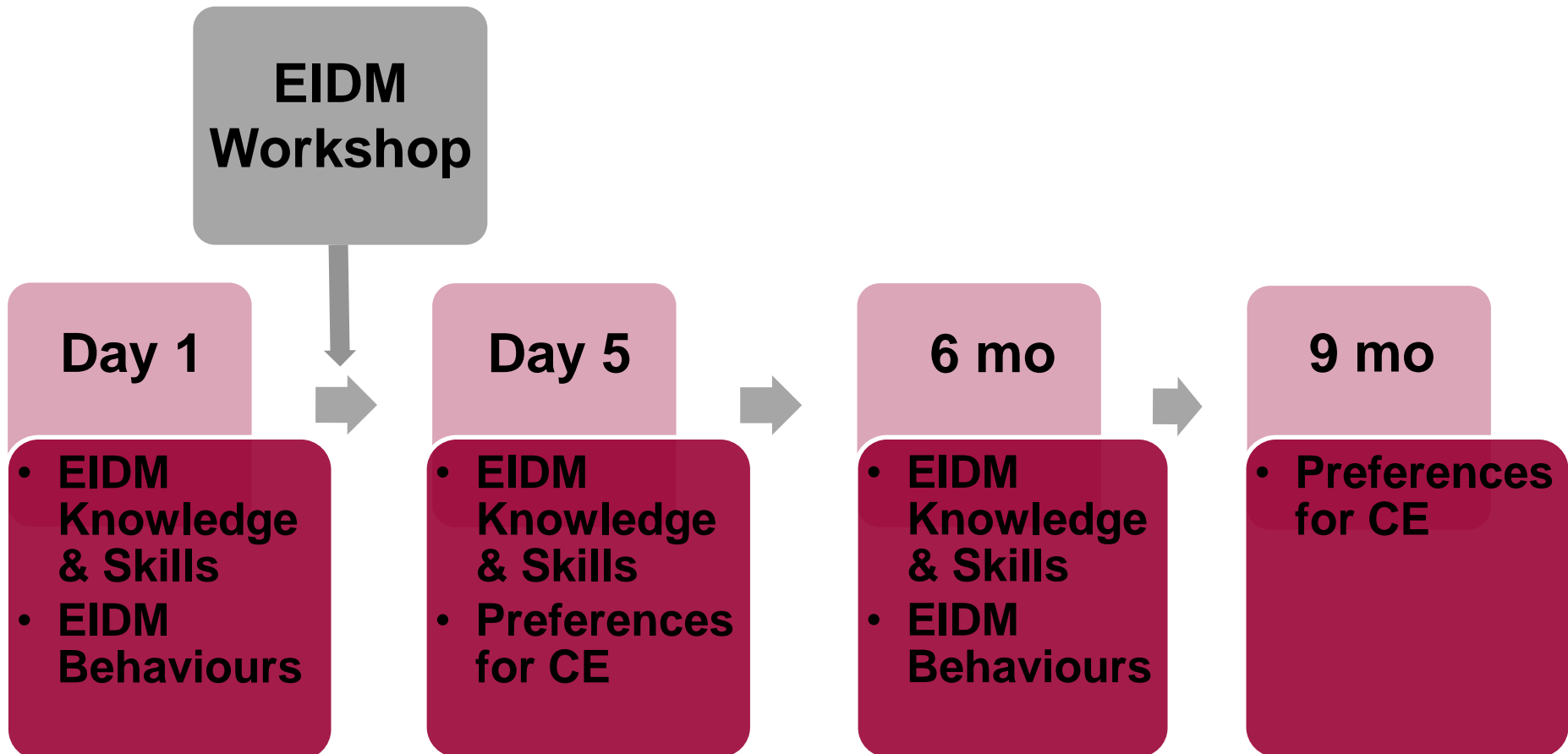
2. What are the continuing education (CE) preferences of participants attending an intensive educational workshop for sustaining EIDM knowledge, skills, and behaviours?



Methods

- Embedded mixed methods, longitudinal study design
- Convenience sample
- Quantitative data
 - EIDM Knowledge and Skills via EIDM Skills Tool
 - EIDM Behaviours via EBP Implementation Scale¹⁹
 - Preferences for CE via survey
- Qualitative
 - Preferences for CE via semi-structured interviews

Methods: Data Collection





Results: Sample

- Sample characteristics
 - N = 41
 - Average age 44.3 years
 - 99% female
 - 5 provinces across Canada
 - Public Health (56%), Academic (22%), Acute Care (12%)
 - RNs, MDs, Librarians



Results: EIDM

Knowledge & Skills

- Sig increase pre-test to post-test
 - Mean difference 5.6, 95% CI (3.7, 7.1)
- Sig increase pre-test to follow-up
 - Mean difference 3.7 , 95% CI (2.1, 5.3)
- Sig decrease from post-test to follow-up
 - Mean difference -1.9, 95% CI (-3.5, -0.3)

Behaviours

- Non sig increase from pre-test to follow-up
 - Mean difference 1.7, 95% CI (-3.7, 0.3)



Results: Continuing Education

- Willingness to participate throughout
- Preferences
 - Change in content needs
 - Need for educational outreach
 - Change in timing/interval
- Barriers/facilitators
 - Time
 - Geographic location
 - Congruence with employment responsibilities



Limitations

- Design
- Small sample size
- Lack of reliability for EIDM Skills Tool
- Self-report of EIDM Behaviours

Inspire •

Engage •

Lead •



Bottom Line

- 5 day, intensive workshop significantly increases EIDM knowledge and skills
 - Consider how meaningful the change in score is
- 5 day, intensive workshop did not increase self-reported behaviour
 - Similar finding to other work
- Explore ways to maintain gain in EIDM knowledge and skills
 - Consider preferences and barriers in designing continuing education



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