Implementing Evidence-Based Practice through EBP Champions

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All clinicians would like to think that they are following best practice.

Many practices are based on past experience (Faiz 2003), tradition, trial and error and untested theories in the Maldives.
Explore the implementation of EBP into clinical practice in the Maldives health system, using Evidence-Based Champions
Evidence-based champion model

**Plan**
- Needs analysis
- Barriers
- Observations
- Facilitators for change
- Surveys
- E-learning
- Website

**Action Phase**
- Identifying Practices
- Developing EBP champions
- Flyers
- Practice changes
- Roles of Champion

**Reflection Phase**
- Feedback
- Observation
- Viber
- Email
- Observing Practice

**Observing Practice**
- Reflecting on the research process
- Meetings
- Networking

**Train and Education**
- Executive
- Stakeholder
- Focus group discussions
- Advisory groups
- Meetings
Developing Evidence-based Champions
Training for EBP champions
Establishing an interactive webpage

- History of evidence-based practice
- Steps involved in EBP
- Challenges and barriers
- Classifying and formulating EBP questions
- Identifying levels of evidence and different study designs
- Roles of EBP champion
- Critical appraisal
- Skills for database searching

Twenty clinicians volunteered to be EBP champions
Fourteen completed the three-day training
Identified areas of variations of practice
Getting started with Evidence-based Practice

1. Identify an area of practice

2. Practice guidelines exist
   - YES
     - Critically appraise them to determine if they are valid
     - Consider how they might be applied locally
   - NO
     - Collaborate with colleagues
     - Identify recurring uncertainties in area of practice
       - Translate single uncertainties into a focused, answerable question using PICOT acronym
ANALYSIS OF EVIDENCE BASED CHAMPION MODE
**KEY FINDINGS**

- Enhanced knowledge & positive attitude towards EBP
- Increased awareness and confidence in EBP champions
- Identified issues and implications involved in practice change
- Generated quality improvement activities
- Developed skills in data bases searching
- Build a network of clinicians
- Identified the roles of EBP champion
To recruit motivated staff

Incorporating EBP activities into every day practice

Access to information resources

Collaboration from other healthcare professionals

Identifying qualified candidates to fill current and future leadership roles

Level of authority in decision making
The Essential Implications: The things that make the difference for successful and sustained EBP champions

- Clear Ambition
- A research culture
- Regular training program
- Two-way collaboration
- Resources

- Allocated time
- Well-structured framework to guide practices
- Authority in decision making
- Recognition of EBP champion roles
Conclusion

- EBP champions are recognised as important step in the implementation of evidence based practice in the Maldives.

- Opportunity for clinicians to gain an understanding of evidence-based practice and identify areas of concern

- It is possible to sustained practice change using EBP champion model with a well structured framework, adequate mentorship and resources
Thank you