Assessment 1: Evidence-Based Patient-Centered Concept Map

Create a patient-centered concept map and write a 3-5 page narrative in which you explain the process and considerations that went into creating your concept map.

#### **Introduction**

Evidence-based practice is a key skill in the tool kit of the master's-prepared nurse. Its goal is to ensure that health care practitioners are using the best available evidence to ensure that patients are receiving the best care possible (Godshall, 2020). In essence, evidence-based practice is all about ensuring quality care.

In this assessment, you will apply evidence-based practice and personalized care concepts to ensure quality care and improve the health of a single patient. The concept map that you will create is an example of a visual tool that you can use for patient and family education.

##### **Reference**

Godshall, M. (2020). Fast facts for evidence-based practice in nursing(3rd ed.). Springer Publishing Company.

#### **Professional Context**

Concept maps are widely used in nursing care. They can be effective tools for organizing workload, prioritizing patient care strategies, and developing personalized care approaches. In addition to organizing care, they can aid in ensuring that the patient's care is individualized to not only their health conditions, but also their familial, cultural, and environmental situations.

#### **Scenario**

The purpose of a concept map is to visualize connections between ideas, connect new ideas to previous ideas, and to organize ideas logically. Concept maps can be an extremely useful tool to help organize and plan care decisions. By utilizing a concept map, a nurse can simplify the connection between disease pathways and emotional, cultural, socioeconomic, and personality considerations that impact a patient's health.

#### **Instructions**

Develop a patient-centered concept map for a chosen condition. This could be a disease, or a disorder based upon the best available evidence that has been individualized to treat your patient's health, economic, and cultural needs. Write a brief 3–5 page narrative that explains why the resources cited in the concept map and narrative are valuable and relevant. Describe how you incorporated the patient's individual culture, identity, abilities, and beliefs into the plan of care. Also, be clear about your specific communication strategies for relating information to the patient and their family.

The bullet points below correspond to grading criteria in the scoring guide. Be sure that your map and narrative address all of the bullets below, at minimum.

##### **Part 1: Concept Map**

Visit Healthy People 2030's [Browse Objectives](https://health.gov/healthypeople/objectives-and-data/browse-objectives) page and select a topic.

* Design a patient-centered concept map based upon the best available evidence for treating a patient's specific health, economic, and cultural needs.
  + Include objective and subjective assessment findings to support three nursing diagnoses.
  + Include interventions that will meet your patient’s individual needs.
  + Include measurable outcomes for each nursing diagnosis using SMART goals: (S)pecific, (M)easurable, (A)chievable, (R)elevant, and (T)ime-bound.

##### **Part 2: Supporting the Concept Map**

* Analyze the needs of a patient, and those of their family, to ensure that the interventions in the concept map will be relevant and appropriate for their beliefs, values, and lifestyle.
  + Explain how you incorporated the patient’s individual culture, identity, abilities, and beliefs into the plan of care.
  + Consider how your patient's economic situation and relevant environmental factors may have contributed to your patient's current condition or could affect future health.
  + Consider how your patient's culture or family should inform your concept map.
* Apply strategies for communicating with the patient and their family in an ethical, culturally sensitive, and inclusive way.
  + Explain how you will communicate the proposed interventions and evaluation plan in an ethical, culturally sensitive, and inclusive way. Ensure that your strategies:
    - Promote honest communications.
    - Facilitate sharing only the information you are required and permitted to share.
    - Enable you to make complex medical terms and concepts understandable to your patient and their family regardless of language, abilities, or educational level.
* Explain the value and relevance of the resources you used as the basis for your patient-centered concept map.
  + Explain why your evidence is valuable and relevant to your patient's case.
    - Include a critique of the resources you used and specify the level of evidence.
  + Explain why each piece of evidence is appropriate for the health issue you are addressing and for the unique situation of your patient and the family.
    - Include how the evidence was used to plan your interventions.
* Convey purpose of the assessment narrative in an appropriate tone and style, incorporating supporting evidence and adhering to organizational, professional, and scholarly communication standards.
  + Integrate relevant sources to support assertions, correctly formatting citations and references using APA style.

The suggested headings for your paper are:

* Patient Needs Analysis.
* Communication Strategies.
* Value and Relevance of Resources.

Example Assessment: You may use the following to give you an idea of what a Proficient or higher rating on the scoring guide would look like:

* [Concept Map Exemplar [DOCX]](https://courserooma.capella.edu/bbcswebdav/institution/NURS-FPX/NURS-FPX6011/220700/Course_Files/cf_NURS-FPX6011_concept_map_exemplar.docx).
* [Concept Map Narrative Exemplar [DOCX]](https://courserooma.capella.edu/bbcswebdav/institution/NURS-FPX/NURS-FPX6011/220700/Course_Files/cf_NURS-FPX6011_concept_map_narrative_exemplar.docx).

#### **Submission Requirements**

* **Length of narrative:** 3–5 double-spaced, typed pages. Your narrative should be succinct yet substantive.
* **Number of references:** Cite a minimum of 3–5 sources of scholarly or professional evidence that support your evaluation, recommendations, and plans. Current source material is defined as no older than five years unless it is a seminal work. Be sure you are citing evidence in both parts.
* **APA formatting:** Resources and citations are formatted according to current APA style.
* Please submit both your concept map and your narrative as separate documents in the assessment submissions area.
  + You must submit both documents at the same time. Make sure both documents are attached before submitting your assessment.

# Assessment 2: Evidence-Based Population Health Improvement Plan

Create a 5-7 slide PowerPoint presentation about an evidence-based population health improvement plan.

#### **Introduction**

Master's-level nurses need to be able to think critically about the evidence, outcomes data, and other relevant information they encounter throughout their daily practice. Often the evidence or information that a nurse encounters, researches, or studies is not presented in the exact context of that nurse's practice. A key skill of the master's-level nurse is to transfer evidence from the context in which it was presented and apply it to a different context in order to maximize the benefit to patients in that new context.

#### **Professional Context**

Master's-level nurses need to be able to think beyond the bedside. It is important to research, synthesize, and apply evidence that will result in improved health outcomes for the communities and populations that are part of your care setting. Improving outcomes at a community or population level, even incrementally, can create noticeably significant, aggregate health improvements for patients across all of a care setting.

#### **Scenario**

Your organization has created an initiative to improve one of the pervasive and chronic health concerns in the community. Some examples of possibilities for health improvement initiatives include type 2 diabetes, HIV, obesity, and communicable diseases. You will need to do your own research to gather and evaluate the relevant data for your chosen issue.

Once you have created a presentation for the initiative, you have been asked to present to a group of community stakeholders. The purpose of your presentation is to inform and enlist support for the initiative from your audience.

#### **Instructions**

The optional [Evidence-Based Population Health Improvement Plan Presentation Template [PPTX]](https://courserooma.capella.edu/bbcswebdav/institution/NURS-FPX/NURS-FPX6011/220700/Course_Files/cf_assessment_2_template.pptx) is provided to help you prepare your slides. If you choose to work without the template, consider referring to [Creating a Presentation: A Guide to Writing and Speaking](https://media.capella.edu/coursemedia/nurs-fpx4050element17324/wrapper.asp) and [Guidelines for Effective PowerPoint Presentations [PPTX]](https://lat.strategiced.com/redirect?linkid=3639).

The suggested headings for your presentation are:

* Community Data Evaluation.
* Meeting Community Needs.
* Measuring Outcomes.
* Communication Plan.
* Evidence.

In your presentation, you will:

* Evaluate the environmental and epidemiological data about your community so that you can determine a population health issue within a chosen community.
  + Identify the relevant data. This can be communicated in a table or chart.
  + Describe the major population health issue suggested by the data within your community.
  + Explain how environmental factors affect the health of community residents.
  + Identify the level of evidence, validity, and reliability for each source.
* Develop an ethical health improvement plan with outcome criteria that addresses the population health issue that you identified in your evaluation.
  + Consider the environmental realities and challenges existing in the community.
  + Include interventions that will meet community needs.
  + Address potential barriers or misunderstandings related to various cultures prevalent in the community.
  + Propose criteria that can be used to evaluate the achievement of the plan's outcomes for your population health improvement.
    - Explain why your proposed criteria are appropriate and useful measures of success.
* Explain how you plan to apply strategies for communicating with community stakeholders and community members in an ethical, culturally sensitive, and inclusive way about the development and administering of your population health improvement plan.
  + Identify the community stakeholders that are relevant to your Evidence-Based Population Health Improvement Plan.
  + Develop a clear communication strategy that is mindful of the cultural and ethical expectations of colleagues and community members regarding data privacy.
  + Ensure that your strategy enables you to make complex medical terms and concepts understandable to members of the community regardless of disabilities, language, or level of education.
* Explain the value and relevance of the resources you used as the basis for your population health improvement plan.
  + Explain why the evidence is valuable and relevant to the community health concern you are addressing.
  + Explain why each piece of evidence is appropriate and informs the goal of improving the health of the community.
* Communicate the Evidence-Based Population Health Improvement Plan in a professional, effective manner that encourages the community stakeholders to implement and sustain change.
* Integrate relevant sources to support assertions, correctly formatting citations and references using APA style.

#### **Submission Requirements**

* **Length of submission:** 5–7 slides. Balance text with visuals. Avoid text-heavy slides. Use speaker's notes for additional content.
* **Font and font size:** Appropriate size and weight for a presentation, generally 24–28 points for headings; no smaller than 18 points for bullet-point text. Use a suitable professional typeface, such as Times or Arial, throughout the presentation.
* **Number of references:** Cite a minimum of 3–5 sources of scholarly or professional evidence that support your evaluation, recommendations, and plans. Current source material is defined as no older than five years unless it is a seminal work.
* **APA formatting:** Resources and citations are formatted according to current APA style.

# Assessment 3 Instructions: Implementing Evidence-Based Practice

Create a poster presentation to communicate an implementation plan to bridge the gap between the evidence you will research and clinical practice. You will then record audio of no more than five minutes presenting your poster.

#### **Introduction**

Master's-level nurses need to be able to think critically about the evidence, outcomes data, and other relevant information they encounter throughout their daily practice. Often the evidence or information that a nurse encounters, researches, or studies is not presented in the exact context of that nurse's practice. A key skill of the master's-level nurse is to transfer evidence from the context in which it was presented and apply it to a different context in order to maximize the benefit to patients in that new context.

#### **Professional Context**

Master's-level nurses understand the importance of utilizing evidence-based practice in their healthcare setting. The challenge is bridging the gap between the evidence and clinical practice. "This is the way we've always done it," is a common response and may not indicate evidence-based practice is being utilized. Furthermore, when a practice problem is identified, what are the steps to communicate the need for change with the interprofessional team?

One way to communicate the need for quality improvements, as well as your plans for achieving specific changes, is through a presentation poster. This type of communication tool is used both in the workplace and at professional and academic conferences. Being able to convey the essence and value of a project in a compelling and succinct way is a valuable skill, and it is vital within the constraints of a single poster.

#### **Scenario**

You have been asked to give a poster presentation based around your work and research on a clinical problem in your practice setting. The purpose is to lay out the evidence and a potential implementation plan to your colleagues in order to bridge the gap between the evidence and the practice to improve the quality and outcomes of care.

#### **Instructions**

Identify a clinical problem in your work setting and develop an implementation plan to carry out your evidence-based practice proposal using a poster presentation. You may use the [Poster Presentation Template [PPTX]](https://courserooma.capella.edu/bbcswebdav/institution/NURS-FPX/NURS-FPX6011/220700/Course_Files/cf_assessment_3_template.pptx) to help structure and organize your assessment submission.

Your Implementation Plan should include the following:

* Background on the clinical problem.
* PICOT question.
* Stakeholders that will be impacted.
* Action plan for implementation.
* Potential barriers to project implementation.
* Baseline data that will be needed to evaluate outcomes.
* Search strategy and databases used.
* Summary of the evidence with a critical appraisal of its quality.

The bullet points below correspond to the grading criteria in the scoring guide. Be sure that your poster presentation addresses all of them.

* Develop a PICOT question for a chosen clinical problem.
  + Include a graphic that is relevant to the clinical problem.
  + Provide a background on the clinical problem identified.
* Outline an action plan to implement the EBP project that includes:
  + The recommended practice change.
  + Proposed timeline for implementation.
  + The tools or resources that will be needed to support the project.
* Identify the stakeholders and potential barriers to project implementation.
  + Who are the stakeholders that will be impacted?
  + What are the potential barriers, such as a lack of knowledge, time, skill level, motivation, or resources that could impact project implementation?
* Propose outcome criteria to evaluate the evidence-based practice project.
  + How will outcomes be measured?
  + How do your outcomes align with the Quadruple Aim?
* Evaluate the evidence that supports the need for practice change.
  + In the notes section of your poster presentation:
    - Describe your search strategy and databases that were used.
    - Summarize your findings with a critical appraisal of the quality and relevance of your resources.
* Convey purpose of the poster presentation in an appropriate tone and style, incorporating supporting evidence and adhering to organizational, professional, and scholarly communication standards.
  + Integrates relevant and credible sources of evidence to support assertions, using current APA style.

If you choose not to use the provided template, there are templates in PowerPoint or on the Internet that can help you get a start designing your poster.

Before starting to record your presentation make sure you have:

* Set up and tested your microphone and headset using the installation instructions provided by the manufacturer. You only need to use the headset if your audio is not clear or high quality when captured by the microphone.
* Practice using the equipment to ensure the audio quality is sufficient.
* Consult [Using Kaltura](https://lat.strategiced.com/redirect?linkid=4533) for guidance on how to record your presentation and upload it in the courseroom.﻿
* Microsoft PowerPoint also allows you to record your narration with your slides. If you choose this option, simply submit your presentation to the appropriate area of the courseroom. Your narration will be included with your stories.
* Remember to practice delivering and recording your presentation multiple times to ensure effective delivery.

Note: If you require the use of assistive technology or alternative communication methods to participate in this activity, please contact Disability Services at [DisabilityServices@Capella.edu](mailto:DisabilityServices@Capella.edu) to request accommodations.

#### **Submission Requirements**

* **Font and font size:** Appropriate size and weight for a presentation, generally 24–28 points for headings; no smaller than 18 points for bullet-point text. Use a suitable professional typeface, such as Times or Arial, throughout the presentation.
* **Length of presentation:** No more than five minutes.﻿
* **Number of references:** Cite a minimum of 3–5 sources of current scholarly or professional evidence that support your evaluation, recommendations, and plans. Current source material is defined as no older than five years unless it is a seminal work.
* **APA formatting:** Resources and citations are formatted according to current APA style.