

Sigma Theta Tau International's 29th International Nursing Research Congress

Arcc: An Evidence-Based System-Wide Model for Implementation and Sustainability of Evidence-Based Practice

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Abstract Summary: This presentation will describe the Advancing Research and Clinical practice through close Collaboration (ARCC) Model, which is an evidence-based system-wide model for advancing and sustaining evidence-based practice in hospitals and healthcare systems. Evidence to support the relationships in the model and its outcomes will be highlighted.

Background: Although evidence-based practice (EBP) has a large body of research to support its positive effects on healthcare quality, patient outcomes, costs and clinician empowerment, it is not consistently implemented in healthcare systems across the globe. Barriers continue to persist in healthcare systems, including misperceptions that EBP takes too much time, inadequate EBP knowledge and skills in clinicians, nurse leader/manager resistance, and cultures that continue to focus on "this is the way it is done here." Multiple models of EBP exist, however, the majority of them are EBP process models and are not models that guide system-wide implementation and sustainability of evidence-based care.

Aim: The purpose of this presentation will be to describe the development and body of evidence to support the use of the Advancing Research & Clinical practice through close Collaboration (ARCC) Model for system-wide implementation and sustainability of EBP.

Methods: Evidence from multiple studies that have supported the positive effects of the ARCC Model on clinicians' EBP beliefs, EBP Implementation and job satisfaction as well as patient outcomes will be synthesized and highlighted.

Findings: Results of multiple studies indicate that EBP mentors, typically advanced practice nurses who work with point of care providers to implement evidence-based care, have been a key strategy in the ARCC model that has influenced positive clinician, healthcare, and patient outcomes.

Implications for Practice and Future Research: In order to advance and sustain EBP, hospitals and healthcare systems should create a critical mass of EBP mentors as a key strategy in implementing the ARCC Model. Future research should further explore what specific characteristics of EBP mentors are most predicative of positive clinician, healthcare and patient outcomes.

Title:

Arcc: An Evidence-Based System-Wide Model for Implementation and Sustainability of Evidence-Based Practice

Symposium

Keywords:

ARCC Model, EBP Mentors and Evidence-based Practice

References:

Melnyk, B.M., Fineout-Overholt, E., Giggie, M., & Choy, K. (2017). A Test of the ARCC© Model Improves Implementation of Evidence-Based Practice, Healthcare Culture, and Patient Outcomes. *Worldviews on Evidence-Based Nursing*, 14(1), 5-9.+ DOI: 10.1111/wvn.12189

Melnyk, B.M., & Fineout-Overholt, E. (2015). *Evidence-Based Practice in Nursing & Healthcare: A Guide to Best Practice* (3rd edition). Philadelphia, PA: Wolters Kluwer/Lippincott, Williams & Wilkins

Melnyk, B.M. (2012). Achieving a high-reliability organization through implementation of the ARCC model for systemwide sustainability of evidence-based practice. *Nursing Administration Quarterly*, 36(2), 127-35. PMID: 22407205

Abstract Summary:

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Content Outline:

Objectives: After the presentation, the participant will be able to:

Describe the major components of the ARCC Model

Discuss findings that support the positive effects of the ARCC Model on a variety of outcomes.

Content Outline:

1. The importance of EBP in achieving improvements in healthcare quality and patient outcomes.
2. Description of the ARCC Model, including the process through which it positively impacts clinician and patient outcomes.
3. Synthesis of evidence to support the ARCC Model and its outcomes.
4. Implications for practice and future research.

First Primary Presenting Author

Primary Presenting Author

Bernadette Mazurek Melnyk, PhD, RN, CPNP/PMHNP, FAANP, FNAP, FAAN

The Ohio State University

College of Nursing

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Newton Hall

Columbus OH

USA

Professional Experience: I have created an evidence-based practice model (ARCC) in acute and community settings. As well, I have co-edited a book on EBP "Evidence-Based Practice in Nursing & Healthcare. A Guide to Best Practice and have published numerous articles on evidence-based practice. I have also co-edited a book on Intervention Research titled: Designing, Conducting, Analyzing and Funding Intervention Research. A Practical Guide for Success. I also co-edited a book on child and adolescent mental health entitled: A Practical Guide to Child and Adolescent Mental Health Screening, Early Intervention, and Health Promotion. I am editor to the journal, Worldviews on Evidence-based Nursing. In addition, I have led national and international initiatives in evidence-based practice. Improving practice and patient outcomes through the use of evidence is central to my work as a researcher, educator and practitioner.

Author Summary: Bernadette Mazurek Melnyk – recognized nationally/globally for her research-based and innovative approaches to a wide range of health care challenges – is Vice President for Health Promotion, University Chief Wellness Officer, and Professor and Dean of the College of Nursing at The Ohio State University. Also a professor of pediatrics and psychiatry at OSU's College of Medicine, Dr.

Melnik's expertise spans evidence-based practice, intervention research, child and adolescent mental health, and health and wellness.

Any relevant financial relationships? Yes

Relationship	Description of Potential Conflict
Consultant	Lecture nationally/internationally at universities and healthcare organizations on EBP, Health/Wellness, Child & Adolescent Mental Health, Intervention Research. Receive travel expenses and honoraria
Book Intervention Research	Co-editor of a book on Intervention Research. I receive honoraria.
Books on EBP	co-editor of three books on Evidence-based Practice for which I receive honoraria.
Book on Mental Health	Co-editor of a book on Child/Adolescent Mental Health Screening, Early Intervention and Health Promotion. Receive honoraria.
Journal Editor	Editor of Worldviews on Evidence-Based Nursing. I receive an honorarium.
Business for workshop trainings at hospital	part-owner of COPEforHOPE which does training workshops and disseminates the COPE Program for hospitals.
Business Consulting Company	co-owner of ARCC, LLC a consulting company that works with healthcare systems on improving quality of care through EBP
Business Cognitive-based Skills-building program	owner of COPE2THRIVE, a company that disseminates my COPE Healthy Lifestyle and Mental Health Programs

Signed on 12/08/2017 by *Bernadette Melnik*