

**Walter Reed National Military Medical Center  
8<sup>th</sup> Annual National Capital Region Research Competitions**

**Evidence Based Practice – Quality Improvement (EBP-QI)**

**Application Guide**

The EBP-QI Award is to recognize projects that utilize an evidence-based practice or quality improvement model to improve some aspect of care delivery. All personnel (military, civilian, contractors); staff members, residents, fellows, graduate students, or administrators at any military command in the National Capital Region (NCR) are eligible and encouraged to submit a project. The deadline for submitting the nomination form, the abstract submission form, the abstract, and the applicant's CV to the Department of Research Programs Research and Innovation Month's email group: **"DHA NSA Bethesda WRNMMC Mailbox ResearchAndInnovationMonth,"** is **07 FEB 2016**. The award criteria are:

1. The project includes in its objective(s) some aspect of improved care delivery. Common aspects may include medication errors, falls, improved communication or other related topics.
2. The project utilizes graded peer-reviewed articles in the development of a PICO(T) based question for evidenced based practice (EBP) projects OR a clearly identified area of improvement using a PDCA format for quality improvement (QI) projects.
3. The project targets known areas in need of improvement (from the literature for EBP OR from hospital/unit data for QI projects).
4. The project thoughtfully analyzes current evidence (literature for EBP OR identified area of improvement for QI) in the context of the nominee's own setting.
5. The project outlines how lessons learned may be translated to the broader hospital setting or across institutions.
6. Applicants will need to provide documentation of a research/EBP/QI determination from the Department of Research Programs that was obtained prior to the initiation of the project.

Questions regarding the criteria may be directed to CDR Jason McGuire  
[jason.m.mcguire.mil@mail.mil](mailto:jason.m.mcguire.mil@mail.mil)

**\*\*\*All forms and documents can be found in the 8<sup>th</sup> Annual Research Competitions folder located on the intranet (SharePoint), in the Education Training & Research Directorate, Department of Research Programs, in the Research Education Services under "2016 Research and Innovation Month."\*\*\***

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**Task Checklist**

- ❑ Applicant starts on project during his/her training period or time stationed in NCR
- ❑ Applicant completes the requested paperwork, below, for the RAP award.
- ❑ **First Submission:** Applicant submits abstract submission material to the Department of Research Programs Research and Innovation Month’s email group at [dha.bethesda.wrnmcc.mbx.researchandinnovationmonth@mail.mil](mailto:dha.bethesda.wrnmcc.mbx.researchandinnovationmonth@mail.mil) with the subject line “Last Name, First Name, (Category)” – Example: [White, Ben (EBP-QI)] consisting of the following (Deadline: No later than **07FEB2016**):
  - Nomination Form (Page 3)
  - Abstract Submission Form (Page 4)
  - Abstract (Page 5)
- ❑ Applicant will be notified if their abstract is approved for the poster submission.
  - If the submission package is incomplete, the applicant may submit the missing material directly to the Research and Innovation Month’s email group with the subject line “Last Name, First Name (Category),” before 14FEB2016
- ❑ **Second Submission:** Submit a poster draft, Medical Graphic Arts Department (MGAD) work order form, BUMED Instructions for Permission form and a HIPAA Privacy Release form to MGAD for its production. MGAD points of contact are Mary-Ann Ayrandjian ([mary-ann.ayrandjian.civ@mail.mil](mailto:mary-ann.ayrandjian.civ@mail.mil)) and Shane Stiefel ([shane.m.stiefel.civ@mail.mil](mailto:shane.m.stiefel.civ@mail.mil)). (Deadline: **01 March 2016**).
- ❑ **NOTE: Please provide permissions for images/brands and any copyright information in poster submissions.**
- ❑ Pick up poster from MGAD upon email announcement.
- ❑ Display research poster at Poster Display Week. (**09-13 May 2016**)
- ❑ All presenters should be present at the assigned time of poster judging in the following attire: (**11 May 2016**)
  - Army: Class A Uniforms
  - Navy: Dress Blue Uniforms
  - Air Force: Dress Service
  - Federal Employees/Contractors: Formal Business Attire
- ❑ Winners in each category will be required to present at Research Symposium I/II. (**18 or 19 May 2016**)
- ❑ Winners will be required to be present at the award ceremony at Research Symposium II.

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**Evidence-Based Practice (EBP) Award Competition**

**Nomination Form**

**FROM:** Program Director

\_\_\_\_\_  
Name, Rank and Title

\_\_\_\_\_  
Name of Program

OR

\_\_\_\_\_  
Name, Rank, and Title

\_\_\_\_\_  
Department (of Self-Nominated Applicant)

**TO:** Chief, Department of Research Programs (WRNMMC)

**SUBJECT:** Nomination for EBP Award

**DATE:** \_\_\_\_\_

I request consideration for the 8<sup>th</sup> National Capital Region Evidence-Based Practice Award in the following category:

**Category**     **ORAL Presentation/Poster**  
**Nominee**     **Staff/Fellow**   OR    **Resident**   OR    **Nurse**   OR    **Other**

Nominee's Information

Name, Title \_\_\_\_\_

Duty assignment \_\_\_\_\_

Email addresses

Primary \_\_\_\_\_

Secondary \_\_\_\_\_

Phone numbers

Daytime/Evening \_\_\_\_\_

Pager Number/Cell \_\_\_\_\_

- My Curriculum Vitae is attached.  
 The submission abstract is attached.

\_\_\_\_\_  
SIGNATURE  
SELF-NOMINEE/DEPARTMENT

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**Evidence-Based Practice – Quality Improvement Award (EBP-QI)**

**Abstract Submission Form**

**Project Title** \_\_\_\_\_

**Author(s)** \_\_\_\_\_

\_\_\_\_\_  
Name, Title, Department

Please highlight which category this abstract will be judged as:

Evidence Based Practice      OR      Quality Improvement

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**Evidence Based Practice – Quality Improvement Award**

**Abstract**

**ABSTRACT Instructions:** One-page, Times New Roman, 12-point font

**INTRODUCTION**

**CASE DESCRIPTION**

**DISCUSSION**

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**Evidence Based Practice – Quality Improvement Award**

**Abstract Example**

The following is an abstract submitted by the 2015 EBP-QI Winner

**Introduction**

*The MICU Spotlight Journal (MSJ) was created as an avenue for nurses to read about evidence based projects (EBP) that their peers have either studied or implemented on the unit. The MSJ provides written continuing education by giving access to critical thinking enhancing case studies, and Critical Care of Registered Nurses (CCRN) practice questions. The “Healing Hands” section provides a holistic view of patients care from the patient’s perspective to enhance compassion and patient centered care. Peer initiated projects allow the opportunity for junior nurses to explore research, and become involved in journal review writing and EBP projects. The case study or pathophysiology review focuses on detailed disease processes experienced on the unit to encourage discussion and debriefing. The format of deciding the style of written education, article reviews, or case studies varies depending on the art of the writer. Creativity is encouraged as long as each piece is correctly referenced and relative to critical care. The MSJ has resulted in several Medical Intensive Care (MICU) nurses successfully obtaining their CCRN certifications, and encouraged the junior MICU nurses to begin studying. Results included improvement in nurse-physician communication by encouraging discussion of medical interventions and nursing implementations to allow for concise, timely treatment. The MSJ increased unit morale, emphasized nursing professionalism, encouraged patient advocacy, increased interest and knowledge of research, EBP, and lead discussions on proper changes needed in the unit for improving patient care.*

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## Evidence Based Practice – Quality Improvement

### Research Poster Example

Applicants should have the following topics present on the poster competition:

- Background
- Purpose/Specific Aims
- Methodology
- Results/Findings
- Conclusion
- References

(Additional subheadings under the METHODOLOGY section should reflect the framework/methodology used to guide the project. For example: “The Iowa Mode: or “The Five Steps of EBM” for EBP projects or “PDCA” or “FOCUS-PDCA” for QI projects)

The following is a picture of the 2015 winning EBP-QI research poster.

