

Nurse Maudie

Evidence Based Practice

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Leading the way in community care.

Is your clinical practice evidenced based?

What is Evidence Based Practice EBP?

The practice that involves making clinical decisions on the best available evidence, with an emphasis on evidence from disciplined research

The impact of chronic venous leg ulcers: a systematic review

- **Objective:** Chronic venous leg ulcers are common, intractable and often recurrent, but care tends to be wound focused, potentially overlooking the significant impact the condition has on patients' lives. A systematic review was undertaken to explore the factors that impact on the quality of life of patients with chronic venous leg ulceration.
- **Method:** Eligible articles published between 1990 and 2013 were identified via electronic searches of research databases (MEDLINE, CINAHL, BNI, EMBASE, PsycINFO, AMED and HMIC, Cochrane Collaboration database and Google Scholar).
- **Results:** There were 23 studies (11 qualitative and 12 quantitative) that met the inclusion criteria. There were then the subject of a full review. The qualitative studies were collapsed into four core themes: physical, psychological, social implications and the nurse–patient relationship. The quantitative studies were grouped according to the tool applied. The review demonstrated that chronic venous leg ulcers impact negatively upon all areas of daily living. Pain, exudate, odour and the impact on mobility were daily challenges. The ability to engage with everyday functioning was restricted either owing to the ulcer, the dressing or to a self-imposed isolation in response to the impact of symptoms. Depression and low mood were common and yet, despite this, some studies reported that participants remained hopeful.
- **Conclusion:** Studies suggest that chronic venous leg ulceration negatively affects the quality of life of the patient and that such issues receive inadequate attention during current consultations. If such negative implications are to be effectively addressed, key issues need to be considered during every consultation.
- **Declaration of interest:** This study was funded by West Midlands Strategic Health Authority. The authors have no conflicts of interest to declare.





Type of research

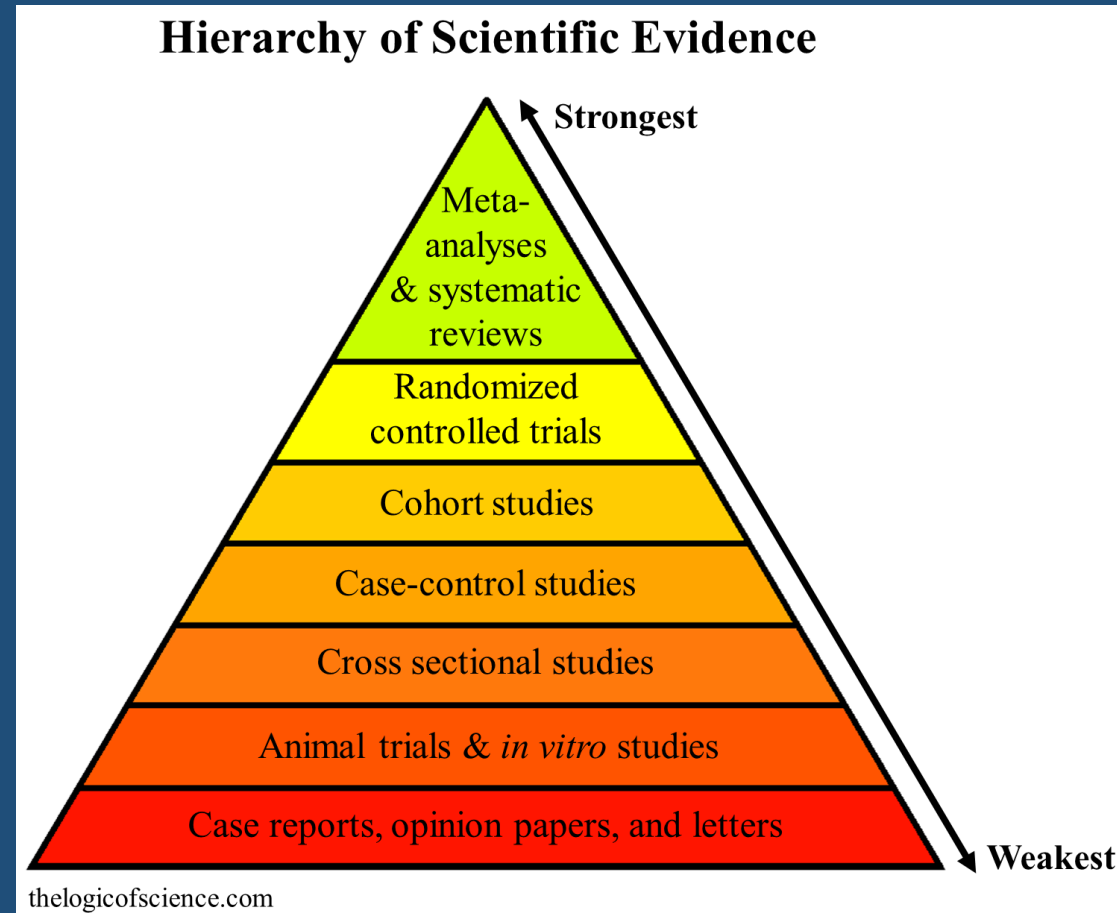
Quantitative



Qualitative



Hierarchy of evidence



Randomised controlled trials

- Who conducted the research?
- Animal, people, in-vivo or in-vitro
- Size of the study
- Randomisation
- Were arms of study equal
- Blinding/non blinded
- Were all patients accounted for?
- Is your population similar to that of the study
- Number needed to treat NNT



Systematic reviews

- Synthesis of results related to a research question
- Usually RCT's
- Using peer reviewed SR - Cochrane systematic reviews
- Check for rigor – what studies were included



Other types of studies

Cohort studies

- Group of patients identified
- Patients are followed up at a later time

Cross-sectional studies

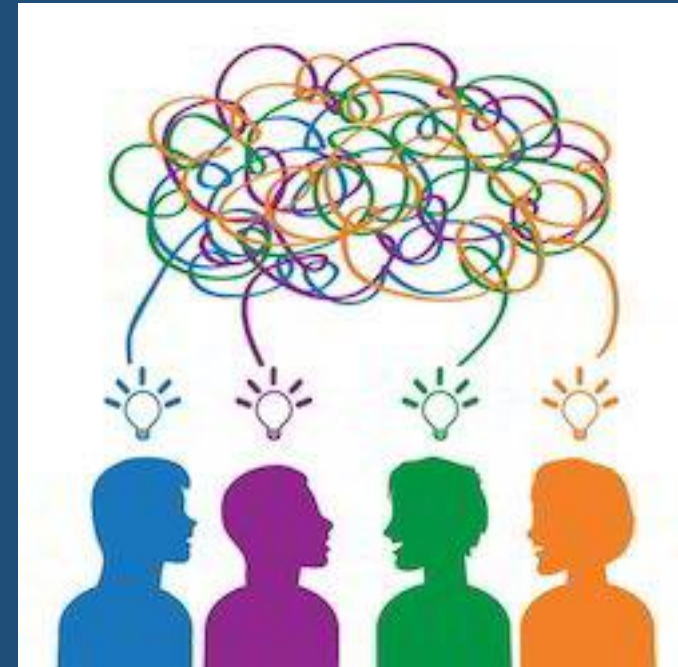
- A patient group are looked at at one point – prevalence study
- Provide a snapshot of a population

Case controlled studies

- Select a group of patients with a disease eg VLU
- Compared to group of patients without the disease
- Retrospective study

Qualitative studies

- Provides insights into a problem
- Opinions
- Interviews
- Focus groups
- Emerging themes
- Eg the lived experience with a leg ulcer



Who has time to assess research?



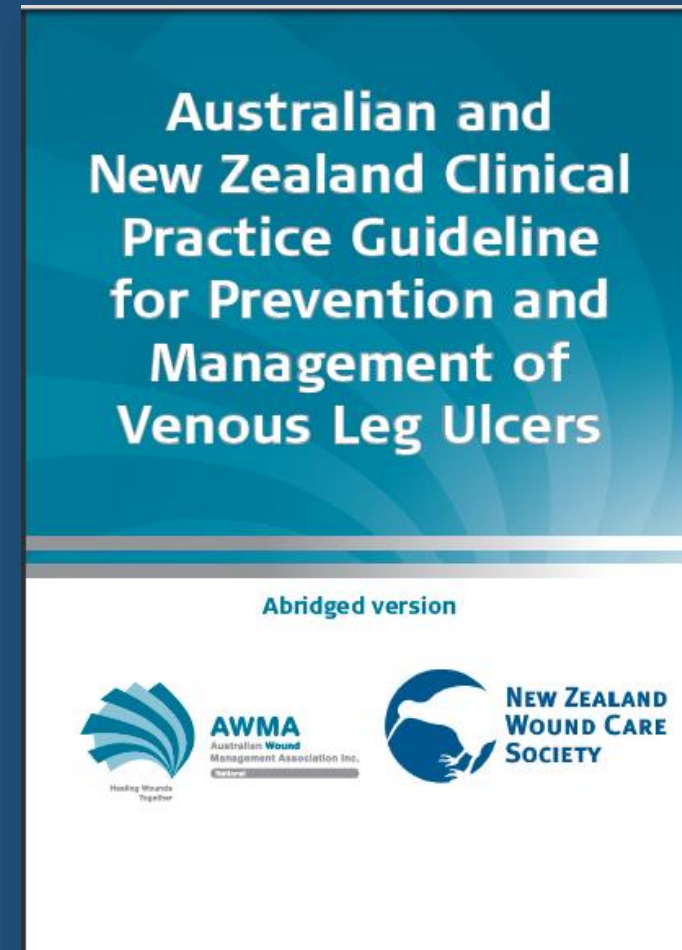
Where does your evidence come from?

- That's the way we do it here
- That has worked before so
- I picked this up on a seminar
- Mr Google or You tube
- In a peer review journal
- The company representative
- Local guidelines
- Clinical practice guidelines
- Reviewed the literature



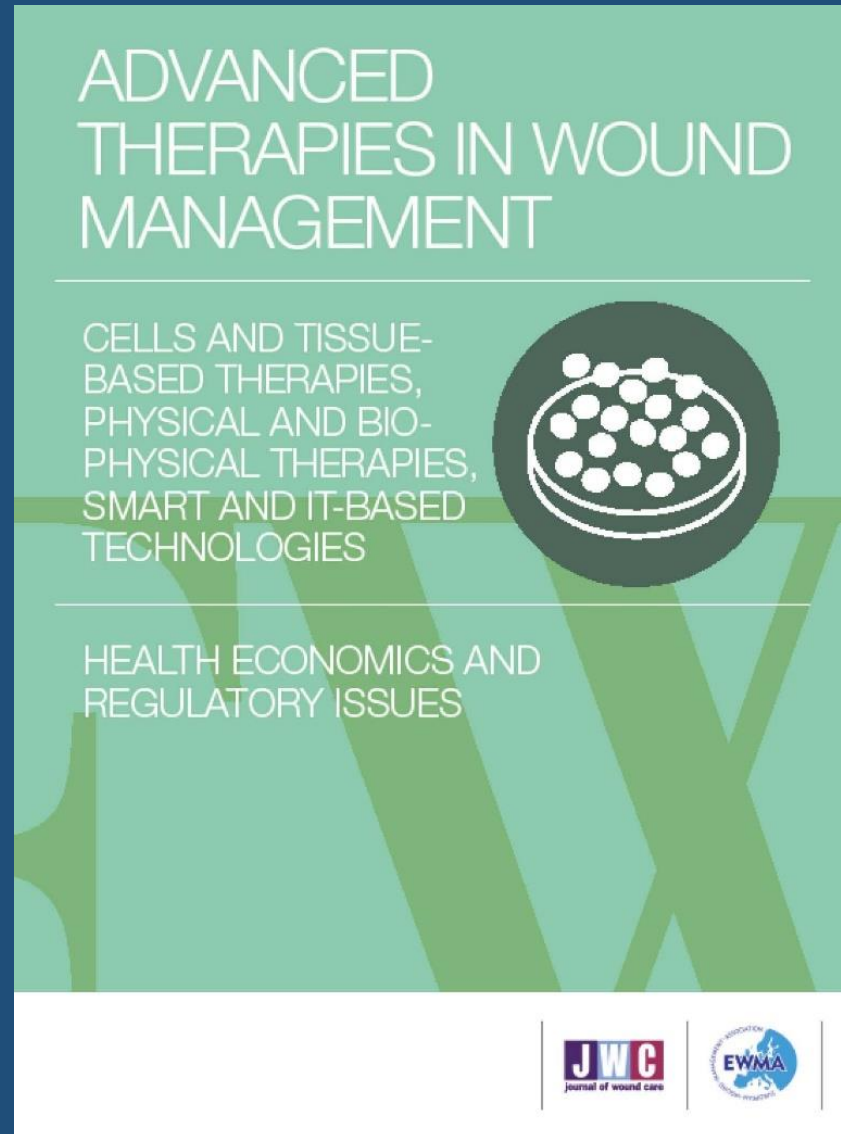
Venous Leg Ulcer Guideline

- Expert team from AWMA and NZWCS
- Reviewed best evidence: systematic reviews RCTs
- Recommendations
- Practice points
- Full , abridged versions
- Flow chart and pt literature



Expert opinion

- Consensus documents
- Based on expert opinion
- Review and discuss clinical experiences and the scientific evidence where this is available
- Check for peer review



Where does clinical judgement and innovation fit?



Clinical practice does not stand still



Summation

- There is no one way to keep up-dated
- Question practice
- Use your resources – journals, guidelines, expert clinicians,
- Use your clinical judgement wisely
- We aware of what you don't know
- Remain open minded – question and challenge

References

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