

The Pathway to Best Practice



David H. Keast



Heather L. Orsted

What is best practice? In 1996, Sackett¹ defined evidence-based medicine as “the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients [that] involves integrating individual clinical expertise with the best available external evidence from systemic research.” Kitson, Harvey and McCormack² in 1998 wrote that best practice combined the best available evidence with patient risk factors but also took into account available resources. They pointed out that for successful implementation, the evidence needed to be scientifically robust, the environment had to prepare for change and the change process had to be facilitated.

Best practice guidelines, also sometimes called clinical practice guidelines, are systematically devel-

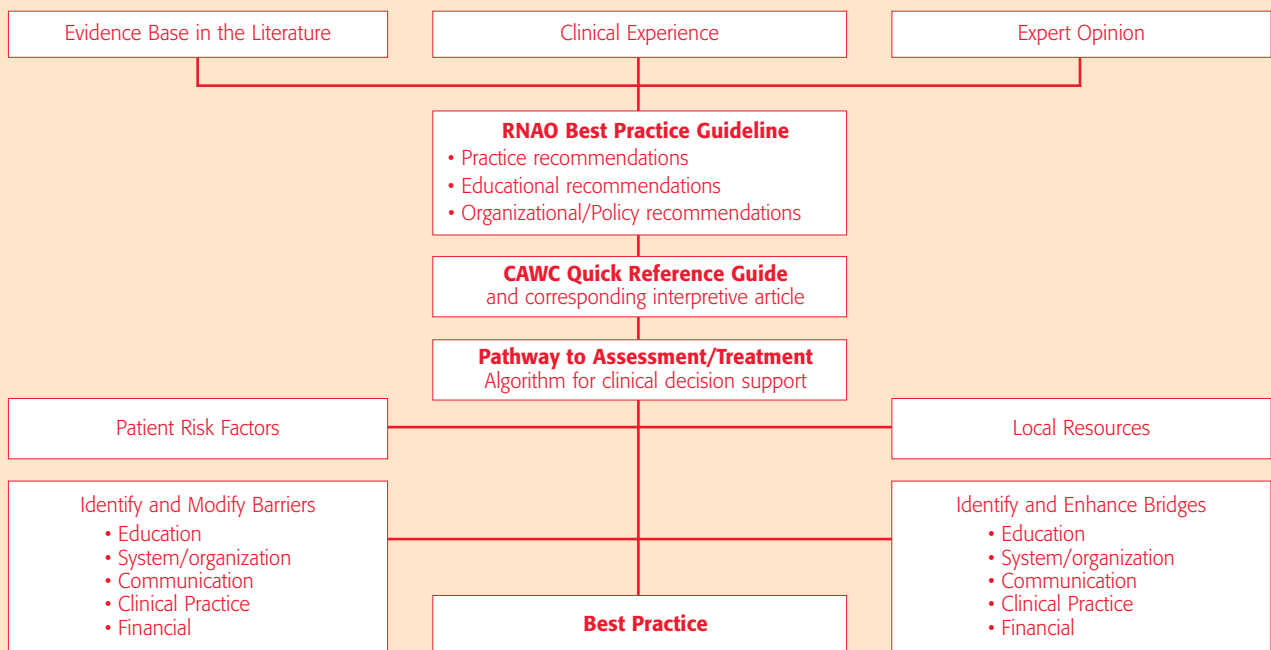
oped statements to assist practitioner decisions about appropriate health care for specific clinical circumstances. They combine evidence, experience and opinion to improve patient care by reducing inappropriate variations in practice and promoting the delivery of high quality, evidence-based health care.³ Algorithms are graphic maps that visualize the major cognitive components required to resolve a problem. They act as clinical decision-making frameworks that assist in implementing best practice guidelines. Guidelines form the framework for practice in supporting policy and procedure recommendations.

In 2000, the Canadian Association of Wound Care (CAWC) published best practice recommendations relating to wound bed preparation and the prevention and management of pressure ulcers, diabetic foot ulcers and venous leg ulcers.

These were not intended to be clinical practice guidelines but a distillation of existing guidelines into a succinct practice article and bedside enabler (the Quick Reference Guide, or QRG)—backed up by the existing articles, research and guidelines for more in-depth information. Since that time, the Registered Nurses’ Association of Ontario (RNAO) has obtained stable long-term funding from the Ministry of Health and Long-Term Care in Ontario to undertake a rigorous nursing guideline development and maintenance process. Though the RNAO is a nursing body, their guidelines were developed with inter-professional and patient guidance and advice. Additionally, the RNAO utilizes the AGREE Instrument (www.agreecollaboration.org) to support a best practice approach to guideline development.

FIGURE 1

The Pathway to Best Practice



The CAWC board decided to create regional teams to review and update the previously developed recommendations in the context of the RNAO Best Practice Guidelines. The updated articles and QRGs could then serve as practice enablers that would help to interpret these guidelines for the multiple health-care professionals involved in the management of chronic wounds. Each article takes the practice-enabling statements and discusses their relationship to the corresponding RNAO guidelines as well as additional resources from the literature to enhance and support an interprofessional approach. To further enable practice, each QRG is related to a Pathway to Assessment and Treatment, which provides an algorithm to guide clinical decision-making.

To implement best practice at the bedside, clinicians and their facilities must now integrate these evidence-supported practice, educational, organizational and policy enablers with specific patient risk factors and locally available resources to develop specific wound-care plans. To accomplish this, the bedside clinician must be supported in an environment that breaks down barriers of communication, education, practice and resource-related issues. Barriers to best practice must be identified and modified, and bridges to best practice must be identified and enhanced. This is an active process that requires a receptive environment supported by administrators, the allocation of appropriate resources and the co-operation of the interprofessional team members. The entire process is summed up

in Figure 1.

As we often say, "You know best practice, but are you doing it?" ☹


Guest Editors David Keast, MSc, MD, FCFP, and Heather L. Orsted, RN, BN, ET, MSc

References

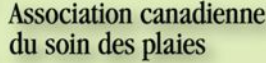
1. Sackett DL, Rosenberg WMC, Gray JAM, Haynes RB, Richardson WD. Evidence-based medicine: What it is and what it isn't. *British Medical Journal*. 1996;312:71-72.
2. Kitson A, Harvey G, McCormack B. Enabling the implementation of evidenced-based practice: A conceptual framework. *Quality in Health Care*. 1998;7:149-158.
3. Orsted HL, Campbell KE, Keast DH. Clinical practice guidelines, algorithms and standards: Tools to make evidence-based practice available and user friendly. In Krasner DL, Rodeheaver GT and Sibbald RG, (eds.). *Chronic Wound Care: A Clinical Source Book for Healthcare Professionals*, Third Edition. Wayne, PA: HMP Communications. 2001:209-217.

David H. Keast, MSc, MD, FCFP, is at Parkwood Hospital, St. Joseph's Health Care, London, Ontario. He is President of the CAWC.

Heather L. Orsted, RN, BN, ET, MSc, is a past president of the CAWC. She is a co-director of the University of Toronto's International Interdisciplinary Wound Care Course and has made major contributions to wound-care education both nationally and internationally.



Canadian Association of Wound Care



Association canadienne du soin des plaies

Education and YOU

The CAWC is continually offering educational initiatives to support best practice:

1. The annual CAWC **National Conference**, held late fall each year.
2. The CAWC **Seminar Series**, offered regionally every spring.
3. **Wound Care Canada**, bridging the gap between research and practice—available free to any clinician in Canada.
4. The CAWC online **Boutique**, supporting your clinical practice and educational programs. You can purchase sets of digital images on CD; monofilaments for testing neuropathy; *Chronic Wound Care*, Third edition; and more.

L'éducation et VOUS

L'ACSP offre sans cesse des initiatives éducatives pour soutenir une meilleure pratique :

1. Le **congrès annuel** de l'ACSP, qui a lieu tous les ans à l'automne.
2. La **série de séminaires** de l'ACSP, offerte tous les printemps à l'échelle régionale.
3. La revue **Wound Care Canada**, établit des liens entre la recherche et la pratique—et est gratuite pour tous les cliniciens au Canada.
4. La **boutique** en ligne de l'ACSP, au soutien de votre pratique clinique et des programmes éducatifs. Vous pouvez acheter des ensembles d'images numériques sur CD; des monofilaments pour l'analyse de la neuropathie; *Chronic Wound Care*, 3^e édition; et plus encore.

Visit www.cawc.net to find out more about CAWC educational initiatives!
 Consultez www.cawc.net pour en savoir plus sur les initiatives éducatives de l'ACSP!