



CNIN: Responding to nurses palliative care information needs

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Nurses and Evidence

Within nursing, as in other specialties, lies the ongoing challenge of maintaining currency of knowledge to facilitate evidence based practice. With a rapidly expanding evidence base, and palliative care information available from multiple sources how do nurses meet this challenge? Changing practice is inevitable when nothing is static.

CareSearch recognises the realities of nurses providing palliative care in different settings, with different patients and families, and alongside a diverse range of health professionals.

In identifying the challenges that nurses are faced with, a newsletter, CareSearch Nurses Information Newsletter (CNIN) has been created with the aim of helping to move evidence into use and closing evidence-practice gaps by identifying problems and providing solutions.

Why CNIN?

CareSearch brokers information and resources, and facilitates use of these in practice, helping nurses to stay up to date with palliative care.

The CareSearch Nurses Information Newsletter (CNIN) is one of a series of resources that CareSearch offers to facilitate best practice. The primary audience for CNIN is nurses working in palliative care or in associated areas such as community health or oncology. It aims to build confidence and capacity in understanding research and the concept of evidence based practice.

CNIN was introduced following feedback from nurses at the 2nd Palliative Care Nurses Australia Conference in Adelaide in 2008. They described a lack of confidence and understanding of evidence based practice concepts, as well as uncertainty about how to use web resources to solve real clinical issues.

Format

The newsletter is emailed on the third Wednesday of the month. Each newsletter links readers to a specifically written information sheet in each of three areas:

- Evidence Based Practice
- Clinical Uses
- CareSearch Page Profile

Each information sheet is a single page PDF that can be easily downloaded to a computer or printed. Each page includes links to online resources to further explore the issue. There are over 30 information sheets currently available.

About the Information Sheets

Clinical Uses

These sheets look at how to use CareSearch resources in clinical practice. This information can help clinicians to solve real problems via an online medium. Clinicians are linked to resources that are constantly being updated so that information being retrieved will always be current.

CareSearch Page Profile

With over 650 pages contained within CareSearch the 'page profile' in CNIN allows us to highlight some of the unusual or helpful pages that can easily be missed. Such pages include how to create a PubMed Topic Search, Indigenous resources in CareSearch and Web Based Learning.

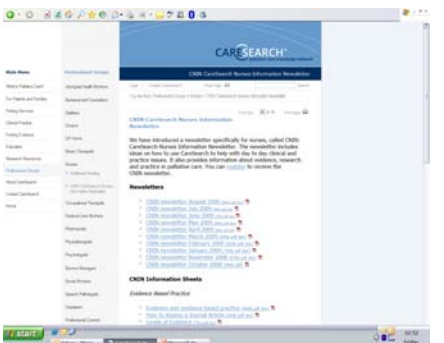
Evidence Based Practice

Evidence has become a very powerful driver in clinical practice. These sheets look at concepts and issues associated with developing and using evidence. They cover topics such as searching, study design and critical appraisal.



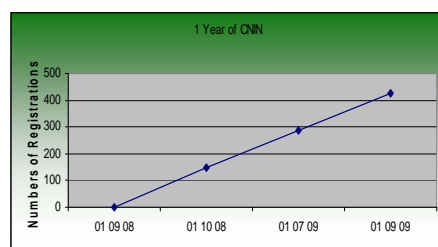
Finding CNIN Sheets

It is easy to register to have the monthly newsletter emailed to you. You can also go to the website to read or print the individual information sheets. All the information about CNIN can be found in the Nurses pages in the Professional Groups section of CareSearch.



Uptake

Feedback following the release of the first CNIN newsletter in October 2008 has been overwhelmingly positive. The newsletter has been disseminated via the Royal College of Nursing Australia. There has been a substantial growth in the number of people receiving the newsletter.



How can individual nurses implement evidence?

Feedback from the 2008 CareSearch survey showed that palliative care nurses are very interested in and committed to evidence and evidence based practice. However, not all nurses are able to use the internet at work to look for literature and evidence. Limited computers, organisational policies and workload can all prevent nurses from being able to access online information immediately.

There are different strategies that can be used to help spread information.

- Print the monthly newsletter and information sheets and leave them in the tea room
- Add CNIN to any suitable distribution lists for nurses
- Encourage others to think about new evidence by creating a journal club
- Print off the CNIN PDF information sheets and create a research folder for the work area

Conclusion

Nurses are expected to base their practice on the best available research evidence, and CNIN offers the knowledge and resources to support this. For nurses who may not be familiar or comfortable with research and evidence, or who don't have the knowledge and skills, CNIN can help to facilitate best practice palliative care.

For further information contact
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