

A Year of Best Practice

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We all know that time can fly by fast, but it never ceases to surprise and amaze us just how lightning fast that experience of time can really be. Though it only seems like yesterday, it was one year ago that we started on our Best Practice Spotlight Organization (BPSO) journey together with the goal of implementing four Best Practice Guidelines (BPGs) across the home and promoting the value of using evidenced based approaches in our everyday professional practices. The effort, work and dedication that has gone into this initiative have really been extraordinary, making our first year in the BPSO designation program

with the Registered Nurses' Association of Ontario (RNAO) a wonderful success!

Over the last year, our four BPG implementation teams have jumped right into their implementation work and began developing, trialling and evaluating new interventions to encourage evidenced-based practice change throughout the facility. Each team has seen their successes throughout the past year.

Implementation of the RNAO's BPG "Prevention of Falls and Fall Injuries in Older Adults," has mostly



been completed and is now moving into a sustainability phase. As a result of their efforts, the Perley Rideau is beginning to see a declining trend in the number of falls that residents are experiencing. Furthermore, a more standardized approach to assessing for fall injuries has been created, improving post fall care for residents.

The Painkillers, the BPG implementation team for RNAO's BPG "Assessment and Management of Pain", has also educated and brought new standardized tools for the team to use when assessing pain in residents. This is to ensure the assessments are more accurate and occurring more frequently. As a result, increased and/or unmanaged pain in residents is also decreasing.

The Responsive Behaviours team, responsible for implementing the RNAO's BPG "Dementia, Delirium and Depression in Older adults: Assessment and Care," has been working to improve the identification and approach to addressing behavioural and psychological symptoms of dementia, including education, revamping the behaviour mapping and Mini Mental Status Exam processes, and creating more individualized care plans for residents with dementia.

The Skin and Wound Team, who implements the RNAO's BPG "Risk Assessment and Prevention of Pressure Injuries," has had success in standardizing skin and wound assessments for residents to help prevent future pressure injuries as well as provide continued monitoring and treatment of existing wounds.

In addition to the intensive work around BPG implementation, the Perley Rideau has also had to ensure that they are meeting the BPSO program deliverables as well. The BPSO steering committee has met monthly to discuss BPSO implementation at the Perley Rideau and make decisions necessary to move the program forward. This includes discussions about strategies to engage various disciplines and teams in adopting best practices.

Best Practice Champions are the leaders in the BPSO project. The Perley Rideau has trained over thirty-four Best Practice Champions so far, which surpassed the requirements from the RNAO in year one! Perley Rideau staff want to become Champions in order to help implement best practices and see resident care improved. Champion training is led by the RNAO and teaches them the process of integrating best practices from a guideline into everyday best practice.

The RNAO also values knowledge exchange, meaning

that organizations, Champions and healthcare professionals should share their experiences and lessons learned with others. By sharing, and creating a network of healthcare professionals, we can expand the use of best practices and make it easier for others, and ourselves, to make practice changes that are sustainable and successful. We can improve the care of not only our residents, but those across Ontario, Canada and even the world. Over the last year, various Champions have presented our work to other facilities, on community webinars and at conferences, spreading awareness of the positive impact that the Perley Rideau team has had on healthcare outcomes. Furthermore, we have also connected with multiple mentors at other facilities to learn how to overcome implementation challenges with processes that have already been tried and have worked.

In conclusion, a lot of activity has occurred over the last year to create a culture of evidenced based practice and improve the care of our residents. As we enter year two of the BPSO program, we are currently on track to reach the BPSO designation that we are striving for. Thank you so much to the Perley Rideau community for working with the BPSO leaders in accepting, developing, utilizing and evaluating these continual changes and improvements. You are truly dedicated to the care that you provide. With all these achievements, it is no wonder that this past year slipped by quickly, like water from our hands. However, we still have two more years of work to do in order to become a BPSO designated facility. Since time can feel like it is flying faster than the speed of light, our two-year goals are not really that far out of sight.



Thank you to the Nursing Week planning committee for all their hard work to celebrate our nurses each and every day. Bravo!