Evidence Based Practice
Walking the Walk!!

Hampstead Rehabilitation Centre & Primary Health Care
Central Adelaide Local Health Network
Presenter
Rebecca Pearl
Clinical Practice Consultant
CALHN Rehabilitation
BPSO Clinical Lead
Background

• Hampstead Rehabilitation Centre
• Central Adelaide Local Health Network
• Northfield South Australia
• 104 funded Rehabilitation beds
  – Stroke
  – Medical
  – Orthopaedic, Amputee & Burns
  – Brain Injury
  – Spinal Cord Injury
  – Outpatients
  – Outreach teams
Talking the Talk

• What have we been doing?
  – Historical practice
  – Quality Improvement strategies
  – Audits
  – Data Collection
  – Working Groups

• What has worked?
  – Planning
  – Implementation

• What hasn’t worked quite so well?
  – Monitoring
  – Evaluating
  – Sustaining
Insanity- Doing the same thing over and over again and expecting different results.

-Albert Einstein
We need sustained practice improvements that.............

- Deliver effective care based on current evidence
- Reduce variations in care
- Achieve excellence in care delivery by exceeding quality assurance standards
- Encourage innovation
- Eliminate interventions that don’t improve outcomes
- Create environment that enables clinical excellence
We have the imperatives......

• Restructure of Central Network
• Combined Rehab Centre with Primary Health Care Services
• Evidence for ACHS National Standards
• Look at service & practice delivery
• Organisational inconsistencies
We have the will...
We need a way to proceed...

• Skilled clinicians searching for a better way to deliver quality outcomes

• Limited Resources for Practice Improvement
Timing was right, we found a way forward......
BPSO Program offers.....

• Structure and tools to.............
  – Implement Clinical Practice Guidelines
  – Promote a culture of Research
  – Monitor, Evaluate and Sustain EBP
  – Empowering staff with knowledge
  – Create an environment that facilitate knowledge translation into practice
  – National/International comparison/benchmarking
Why RNAO BPSO?

- Proven methodology for implementation, monitoring, evaluation & sustainability of BPG’s.
- A change management framework that is proven
- Sustaining enabled by BPG champion network(s)
- Program vision aligns with our strategic imperatives
- Program offers mechanisms to evaluate and compare internationally - NQuIRE
- RNAO Accredited by the ICN as a designated ICNP Research & Development Centre
ANMF (SA Branch) have been endorsed by the RNAO as the Australian Host of the BPSO program.

In South Australia SA Health are collaborating with the ANMF (SA Branch) to provide funding and support to two public sector sites to achieve international RNAO BPSO designation.

HRC/PHC applied through an application process agreeing to meet RNAO criteria and a 3yr BPSO candidacy contract established Sept 2012.
HRC/PHC is Australia’s FIRST BPSO!!!
What have we done so far

• 10 Key Champions attended two BPSO learning institutes hosted by ANMFS

• Provided required knowledge to guide and structure our plan for successful implementation.
Establishing the foundation.....

• Gap Analysis
• BPSO Multi-D Steering Committee
• Select BPG’s (practice priorities)
• Stakeholder analysis
• Environmental Assessment
• Communication Plan
• Project Plan
• Risk Plan
• Joined BPSO International Network (Communities)
HRC/PHC Practice Improvement Priorities

1. Client Centred Care
2. Promoting Safety: Alternative approaches to the use of Restraints
3. Supporting & Strengthening Families through expected & unexpected life events
Successes so far......

• Launched BPSO program
• Engaged frontline staff
• Engaged the Multi-Disciplinary Team
• Champions workshops commenced 31\textsuperscript{st} May 2013
• Awarded Premiers Scholarship
Frontline Staff are engaged