

Clinical Practice Project (CPP) Research: Module 3

Assignment Objectives:

- Extend academic experience into areas of nursing practice interest, working with new ideas, issues, organizations, and individuals.
- Demonstrate the ability to think and act critically and creatively about nursing practice issues.
- Develop analytical and ethical leadership skills necessary to address and help solve these issues.
- Utilize evidence based research and demonstrate proficiency in written and communication skills.

Assignment Instructions:

This week you are going to respond to the last questions that will help you complete your project, discuss EBP and further research, and identify stakeholders and resources. Lastly, you will give an overall update of your project.

Last week you answered the following questions:

1. What are the scope, duration, and history of the problem?
2. What data is available to describe the problem?
3. What are the implications of the problem?
4. How does/will your selected organization support your topic?

This week you should be able to answer the following questions:

1. What are the gaps in the existing data?
2. What types of additional research might be useful?
3. Who are your stakeholders?
4. What are you needed resources?

In the template below you will answer the last several questions above. Your answers should be based on supporting evidence. You may need to review the information from your EBP course. Be attentive to the instructions and remember you are professional nurses; writing and thought processes should be indicative of scholarly writing.

This week's assignment is the first of five assignments to complete your Clinical Practice Project (CPP). Each weekly assignment will build upon the last one. It is very important that you follow the directions carefully and review your teachers document/grading rubric for comments so that you can improve each week.

To complete this assignment type in the boxes below, the boxes will expand as you type. Be sure to save your document frequently. Points will be deducted for incomplete work, spelling/grammar errors, lack of thought and use of abbreviations. All content must be in your own words, not directly quoted; however you must provide supportive details by using in text citations (**Journal Article references** at the end of the form-please see your rubric for an explanation of refereed Journals). This assignment is worth 25 points...be sure your work reflects 25 points.

Change the FONT to **red** to highlight your revisions from the module two template.

Student Name		Date:
Jennifer Rubrecht		7/7/19
Project Topic:		QSEN Competency: (example, Patient-centered Care)
Delaying a newborn’s initial bath until 12-24 hours old		Evidence-Based Practice
<p>QSEN Definition: Define your QSEN Competency in your own words (paraphrase) using the QSEN.org web site>competencies>graduate KSAS, (example: for competency Patient-Centered Care the definition on the web site is <i>Recognize the patient or designee as the source of control and full partner in providing compassionate and coordinated care based on respect for patient’s preferences, values, and needs</i>—take this information then write your definition in your own words (paraphrasing, remember to cite the QSEN site).</p>		
<p>Delaying an infants initial bath to promote skin protection and breast feeding, as well as reducing the risk for hypoglycemia.</p>		
<p>List two Knowledge/Skills/Attitudes (KSAs)- use two each (Knowledge/skills/attitudes) from the QSEN.org web site which are listed under your chosen competency that you think will help you to meet your selected competency. Then write your KSAS in your own words (paraphrasing/editing related to your specific project —remember to cite the QSEN site).</p>		
Knowledge	Skills	Attitudes

<ol style="list-style-type: none"> 1. Identify efficient and effective search strategies to locate reliable sources of evidence that support the theory of delaying an infant’s bath by 12-24 hours of age 2. Demonstrate knowledge of health research methods and processes and describe evidence-based practice to include the components of research evidence, clinical expertise, and family/parent issues. 	<ol style="list-style-type: none"> 1. In such a knowledge, Clinical questions do arise and the identifying of the effective searches, the techniques of effective strategies are employed to answer the questions that come with the delaying of the first bath. 2. For such knowledge, application of new health research strategies in partnership with fellow nurses or new knowledge under the same theory that adhere to the rules and guidelines and that also respect the parent and family’s preferences. 	<ol style="list-style-type: none"> 1. Value for development of search skills for the research on delaying of the infants first bath and help locate evidence for the best practice to achieve desired results. 2. Value the significance of the parents role when implementing such new policy to decrease potential issues such as hypoglycemia.
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Discuss Health Care Organization (this is not the facility/organization where you are implementing your project, may be a nursing organization, or any organization which sets standards, conducts research, or publishes evidence based literature in relation to your topic) that will help support your project. Discussion should include the mission/values of the organization (in your own words). Provide citations and references (no direct quotes).

Health Care Organizations exist in an environment of people, organizations, industries and sectors of society, such as hospitals, home care, clinics and more (Richardson, 2015). CAPP is an international certification organization for Childbirth Educators and Lactation Educators. This organization is built on using evidence based practice in pregnancy and neonatal health and assisting healthcare employees in educating patients on the best and most safe practices available to the care of the new parents child as it applies to feeding, bathing, safe sleep, etc.

Global Objective: the purpose of a global objective is to provide a vision for your overall project-what are you developing and implementing-what is your expected impact on patient outcome? It should be broadly stated-in one sentence. (Do Not Use Any Abbreviations)

At the end of this project, I will have developed an educational protocol and policy for delaying an infant’s initial bath until 12-24 hours of life in order to promote breast feeding, skin protection, maintain stable healthy vital signs and decrease risk for hypoglycemia.

Project Objectives: Now your global objective should be broken down into more focused steps. Be sure your Project Objectives support your Global Objective! How will you achieve your global objective? Be specific. Write 4 Project Objectives...objectives should start with an action verb! (Do Not Use Any Abbreviations) For example; Research on...Develop a tool/guide/protocol/policy/process to...Develop and present education to staff on new tool...Implement new tool on ___number (the number should be adequate to meet your minimum of 1-2 log hours in direct patient contact) of patients to improve (how will your project impact patient outcomes)...

1. Research on statistics and implications regarding the evidence-based research on delayed bathing.
2. Meet with pediatricians to discuss their thoughts and personal experiences regarding this new policy.
3. Implement a new tool to revise and write policies and procedures to reflect on the evidence based practice.
4. Review results of the discussed research and present new policy to management and staff members.

Possible Steps to Assist Me in Completing My Project: List at least 4 steps in your project
(Do Not Use Any Abbreviations)

Week I hope to accomplish by:
Provide hopeful completion date

1. Collect all related work items and research
2. Build on the word from earlier sections and refine implementation
3. Design and conduct the policy.
4. Choose appropriate settings for staff education that will be needed to incorporate the practices.

Complete by 6/25/19
Complete by 7/12/19
Complete by 7/15/19
Complete 7/20/19

Direct patient engagement: Describe in a one or two sentences how you will provide direct engagement in your project and how this will impact patient outcomes. Be specific.

I will discuss benefits of delayed infant bathing to new mothers upon admission to the labor and delivery unit. By doing so I will educate them on the benefits of a bath at 12-24 hours of age vs 2-4 hours of age as our unit currently does now and explain to them how their new infant's blood sugars and vital signs can be directly impacted and that it may also aid in assisting breast feeding.

What are the scope, duration and history of the problem? Write 3-4 paragraphs related to your selected problem. Provide supportive detail. Give supportive data from facility, community, state, or national data to explain why you feel this is an issue. Your paragraphs should be professionally written, single spaced with APA formatted citations and references.

Historically, newborn neonates would have their first bath 2-4 hours after birth. This was thought to promote both mother and child hygiene and to reduce chances of contracting nosocomial infections. However, studies beginning in the mid-90s suggested otherwise. Studies conducted at the time showed that delayed bath after birth could have some potential benefits. Further studies on the issue demonstrated that delaying bath for 12-24 hours had certain benefits which had not been known earlier. According to DiCioccio and Ady (2019), delaying the first bath for above 12 hours significantly improved breastfeeding among infants. In 2012, the World Health Organization (WHO) issued its first guideline recommending that bathing should be delayed until 24 hours after birth, and where this was not possible due to cultural practices, bathing should be delayed for at least 6 hours. Another study conducted by DiCioccio and Ady (2019) showed that while it has been standard practice for decades to whisk newborns off to a bath within the first few hours of their birth, waiting to bathe a healthy newborn 12 or more hours after birth increased the rate of breastfeeding exclusivity during the newborn hospital stay.

After delaying the first bath, the study showed that exclusive breastfeeding rates increased from 59.8 percent before the intervention to 68.2 percent after the intervention. Other than improving breastfeeding, delaying bathing a newborn for 12 hours or more after birth was shown to help in stabilizing blood sugar especially after losing the placenta which they used to access glucose and nutrients prior to birth. By bathing the child within the first 12 hours of birth before they adjust to their new environment, Liberth and Fontana (2018) note that this tends to cause excessive crying and stress which triggers the release of stress hormones. When this happens, the baby's blood sugar tends to get depleted, leading to hypoglycemia quickly. Delaying birth enables the baby to adjust to their new environment and get used to breastfeeding before subjecting them to a bath. Delaying bath was also proven to promote skin protection of the newborn and to maintain vital signs such as temperature and breathing rate.

Despite the benefits associated with delayed first bath for a newborn, Smith and Shell (2017) note that a number of birthing facilities continue to subject newborns to bath within their first 2-4 hours. While there are instances where bathing of a newborn is recommended especially if the mom is HIV positive or has hepatitis to limit transmission to others who come in contact with the baby, bathing should be delayed for the first 12 hours to 24 hours. Despite this, several studies show that bathing of healthy newborns is common across the world, especially for cultural practices. This continues to pose several risks to the newborn baby who runs the risk of hypoglycemia, reduced breastfeeding and bonding with the mother, and risk the baby to bacterial invasion. This makes it necessary to conduct training to health care workers and mother on the benefits of delayed bathing of newborns.

Who does your problem affect? Write 1-2 paragraphs discussing individuals, communities, etc. that are affected by this problem. Remember to include all parties that are affected. Your paragraph(s) should be professionally written, single spaced with APA formatted citations and references (there is a reference textbox at the end of this form. Use it for your references).

Delayed first bath after delivery has been proven to have numerous benefits to the newborn. For years, most delivery facilities and hospitals would advocate for the birth of the newborn within the first three hours after birth. As such, newborn babies are the most affected population by failure to delay their first bath after delivery. **With that being said, hospitals are also effected when a bath is not delayed as the discussed health issues can arise, thus causing longer hospital stays and extensive medical care to be provided in order to aid the infant to proper health.** Bathing a newborn baby within the first few hours of birth tend to cause excessive crying due to a sudden change of environment. This causes them to cry excessively thus causing stress and leading to hypoglycemia. DiCioccio and Ady (2019) further note that the rate of breastfeeding reduces significantly after bathing a newborn infant a few hours after birth. Mothers to the newborn child are also another population affected by the practice of subjecting the child to bathing within the first hours after birth. As the primary caregivers of the child, the new mothers are likely to find it hard to manage the child within the few hours following their first birth. Often, bathing the child within the first three to four hours cases excessive crying, distress, and stress on the child. The new mother, especially first-time mothers, might have an extremely hard time managing the child hours after the bath. Failure to breastfeed following bathing might also contribute to psychological distress the new mother experiences.

Your selected organization: (remember this is not the facility/organization where you are implementing your project, may be a nursing organization, or any organization which sets standards, conducts research, or publishes evidence based literature in relation to your topic) How does this organization support your topic? Some things to consider when researching...Have they advocated? Do they support financially? Are they involved in research to support your topic? Do they use it as part of accreditation requirements? Write 1-2 paragraphs. Your paragraph(s) should be professionally written, single spaced with APA formatted citations and references (there is a reference textbox at the end of this form. Use it for your references.)

For the purposes of implementing the evidence-based practice exercise, I chose to partner with CAPP. CAPP is an international certification organization for Doulas, Childbirth Educators and Lactation Educators founded in 1998. The primary role of the organization is to certify perinatal professionals. The organization has been at the forefront of advocating for an increased number of trained perinatal professionals through the provision of excellent training opportunities. The organization also offers personal and professional growth opportunities as well as supporting the right of families to make informed choices about pregnancy, childbirth, postpartum period, and breastfeeding. CAPP achieves this through using evidence-based information in practice as well as promoting partnership and support among different health care professionals (CAPP, n.d). With both international and regional representative, CAPP will be critical in making this project success due to its experience in advancing breastfeeding the other childbirth-related practices based on available evidence.

What are the implications of the problem? What will happen or not happen if the problem is not resolved? Write 1-2 paragraphs discussing the implications with supporting details (information from your selected organization and/or health care facility would be important here). Your paragraph(s) should be professionally written, single spaced with APA formatted citations and references (there is a reference textbox at the end of this form. Use it for your references).

Over the past decade, great steps have been made towards reducing the rate of infant death worldwide. This has been done through the promotion of evidence-based practices such as exclusive breastfeeding and mother-to-child bonding through practices such as mother and child skin contact. Delaying bathing of a newborn baby for above twelve hours, has, on the other hand, been attributed to promoting child-mother bonding, breastfeeding, and reducing the risk of the child becoming hypoglycemia. Delaying bathing for a newborn child has also been demonstrated to promote skin health and the maintenance of appropriate vital signs. As a result, failing to practice delayed bathing poses newborn children to various health issues, including hypoglycemia, poor breastfeeding, and poor health signs. This is also likely to impact normal vital signs of health in a newborn negatively. If not controlled as recommended, subjecting a child to bath 2-4 hours after birth can increase the risk of infant death.

Plan of Action: Plan of Action: In the space below outline your plan of Action. Remember your plan of action should assist you in meeting your global and project objectives; therefore, they must be linked. Your plan of action can include your action steps from week one or they may have changed. In either case, list your action steps (that you have already completed and planned steps) and provide a one paragraph (per action step) explanation supporting this action. You should have a minimum of four action steps (no more than five), this means you should have a minimum of four paragraphs and no more than five. Your actions steps should have supportive details (references). Your paragraphs should be professionally written, single spaced with APA formatted citations and references (there is a reference textbox at the end of this form. Use it for your references).

The first step towards the development of the evidence-based policy that will guide the teaching program will be the collection of academic and evidence-based research work. This will be derived from different educational materials which discuss the topic to greater lengths and which help inform recent developments in the area of study.

The next step towards the implementation of the plan will be to develop a teaching booklet which will be used to guide the implementation of the project. The policy guide will identify the information to be taught, who will be taught, and how this will be conducted. This ensures that the teaching process is well- mapped out prior to the beginning of the process.

The next step will involve the dissemination of the teaching material to target groups and population. To ensure wide distribution, the organization offering support (CAPP) will play a critical role in disseminating information to registered members globally. The use of the organization, which has a broader acceptance in the delivery of health care services makes it easy to ensure that the material reaches a wider target population.

Other than distributing the teaching material, the next step will involve choosing appropriate settings for staff education that will be needed to incorporate the practices and conducting training on the topic. Providing education and training help supplement the use of educational materials. This ensures that systems and programs which are geared towards the implementation of the evidence-based practice are established.

Proposed Solution: Write 2-3 sentences describing your proposed solution to your problem. Remember that your solution should be linked to your global and project objectives. Your proposed solutions should have supportive details (references), professionally written, single spaced with APA formatted citations and references (there is a reference textbox at the end of this form. Use it for your references).

Bathing a newborn child within the first 2-4 hours has been demonstrated to pose various health challenges to the child while delaying bathing by 12-24 hours has been shown to promote bonding between the mother and the child, promote breastfeeding, decrease the risks of hypoglycemia, promote healthy skin, and vital signs (Liberth & Fontana, 2018). The current project involves the development of an interactive educative material which will be used to educate both mothers and health caregivers on the importance of delayed bathing among newborns.

What are the gaps in the existing data? Write 1-2 paragraphs related to your selected problem. Your paragraph(s) should be professionally written, single spaced with APA formatted citations and references (there is a reference textbox at the end of this form. Use it for your references). You may need to look back at your Evidence-based Nursing Textbook for some help.

Scholars often delve into studies that seek to address various issues of interest to contemporary society, with the aim of improving health status and level of comfort among people. Based on already conducted studies on bathing newborns immediately after birth, there is sufficient evidence to indicate that bathing children some twelve hours after birth is the ideal practice from a health perspective. This confirmed, the primary issue that researchers have not quite determined is the optimal period that caregivers ought to wait prior to bathing the newborn between the twelve and twenty-four hours (DiCioccio and Ady, 2019). In particular, a 12-hour difference is too much time difference, which makes it important that research be conducted to reduce the range within which the caregivers ought to operate. Notably, most individuals take the time to interact and bond with the child after birth with limited consequences experienced in terms of the child's health status (Phillips, 2013).

What types of additional research might be useful? Write 1-2 paragraphs discussing additional research that describes individuals, communities, other issues etc. that are affected by your topic. Your paragraph(s) should be professionally written, single spaced with APA formatted citations and references (there is a reference textbox at the end of this form. Use it for your references). Be sure the research relates to your problem.

Much of the research studies in this case has focused on the health consequences of the wait time before a child can have his or her first birth. However, it would be important if people could gain more understanding on further issues that communities find important in making their decisions on when to have their child take the first bath. For instance, Smith and Shell (2017) note that professional caregivers continue to give their children their first bath about three hours after birth. This is irrespective of their professional knowledge of existing research that suggests that waiting for about 24 hours would be most appropriate in addition to the WHO directive that caregivers wait for at least twelve hours where culture dictates a fast approach to the process (Medves & O'Brien, 2004). With research into various cultural views that influence the time that children take their first bath, it could be possible to win the support of other cultures that may have been opposed to waiting that long based on the presentation of an alternative cultural perspective. Based on the medical benefits of waiting, it could be necessary to evaluate different approaches through which to win the support of people with opposing views on such beneficial measure. I feel it could also be beneficial to speak with new mothers individually and discuss why they waited and utilized the delayed bathing for their child and why another family decided to receive it sooner.

Identify Stakeholders: Write 1-2 paragraphs identifying the key stakeholders to your problem with supporting examples. Individuals or groups that are directly or indirectly influenced by the problem or solution are the stakeholders. In some cases the stakeholders are obvious; however in some cases stakeholders can be developed. Your paragraph(s) should be professionally written, single spaced with APA formatted citations and references (there is a reference textbox at the end of this form. Use it for your references).

Despite having minimal cognition levels, children form a primary beneficiary on issues related to timing of the first bath. In particular, they would experience the difficulties and health issues associated with exposure to low temperature and stress experienced as they undergo the bath process (Varda & Behnke, 2000). It would be appropriate to have them familiarize appropriately with the environment before finally exposing them to the stress associated with the foreign water environment. Additionally, the parent would be a key stakeholder, considering that if the child is unable to breastfeed as necessary, then it could experience health complications that could put stress on the mother. Therefore, it would be ideal to consider such critical stakeholders in the development of any solutions or interventions involving the first bath. More so, where the parent is knowledgeable enough of these healthcare research findings, then it would be necessary that the healthcare professionals consult the parent's opinion regarding the practice. Lastly, the hospital and its staff members are also stakeholders as they are the ones delivering the time, care, and knowledge needed for such procedures.

List needed resources: A successful change agent will identify all available resources. Resources include money, time, connections, and those resources which help you to meet your objectives. You may list your resources, but explain why the resource is needed and how these resources will help support your change.

One of the most important resources for the project is financial capital. In particular, there will be cases of interaction with pediatricians and other professional caregivers who may not necessarily be located within the same environment. Therefore, there will be need for financial resources to acquire the necessary information that will form the basis if the intervention measures herein used as the basis for investment in the necessary change.

Secondly, time will be an important resource for implementation of the change process, to guarantee that all the necessary are onboard with the resolutions made (Grol & Grimshaw, 2003). In any case, as long as the partners are well aware of the measures necessary to achieve desired outcomes, they would be more inclined to aid in the implementation process of the desired change more than would be the case if they lack the necessary time to understand recommendations made.

Additionally, a supportive leadership is needed in order to effectively make this change. The entire unit forming a leadership and embracing the change is key in order to properly educate and train fellow staff members and ensure that it is carried out appropriately.

Project Update: Write 2-3 paragraphs discussing your project progress. Include in your discussion how your QSEN competency and KSAs are supporting your project and if your global and project objectives are close to being met. You do not need citations or references; however this should be professionally written.

So far, the project process has included the identification of critical resources necessary for the development of ideal resolutions to address the problems at hand. In particular, the resources determined in relation to the study point to the importance of the resolutions on first baths for children having an impact on the child's welfare, with the stakeholders affected being primarily the parent and the child. Therefore, any resolution herein would support QSEN competencies by addressing patient-centered care, while at the same time being based on healthcare service provision skills and abilities. In essence, the progress made in the research study has a high potential for positive implications in healthcare practice by addressing some of the primary issues of concern to stakeholders in the healthcare industry. With further studies and interaction with professionals in healthcare, it will be possible to appropriately deal with health issues experienced by children due to too much haste in bathing them.

I have been able to meet more with families and sit down to discuss the benefits of delayed bathing and the new up-coming policy change our facility is implementing. These new mothers have given me much insight on why they too agree with the delayed bath or why they decline it based off of their personal beliefs or prior education on the topic. Meeting with clinical supervisors, pediatricians, and fellow co workers has been essential to my project to gain perspectives and support for the implementation of this new policy. I feel that I have made great stride in my project and that I am close to finalizing my goals.

Work with Mentor this week: In 2-3 paragraphs discuss activities with your Mentor (Preceptor) for this project so far. Include positive and negative thoughts, what was helpful and what information or activity would have been helpful. No citations or references are needed; it should still be professionally written.

My mentor has been essential when it comes to my project. She has taken time out of her day to sit down with me for multiple hours and assists with providing knowledge and research to aid me in my project while also giving me insight on the risks and benefits I may have over looked.

I have not discovered anything negative with our time except for making time. We work opposite shifts and both have families to attend to, however, she understands the importance of this project not just from a schooling stand point but that she believes this is an important policy that needs to be implemented in our facility to improve the health of the infants we care for.

Log update: Begin typing documentation on your Clinical Log, provide here a brief explanation of time you have completed this week-you will need to document on your clinical log in addition to the templates, this update does NOT take the place of completing your required log. This is a non-graded item.

-- **Do not include:** Orientation off the Unit, Observation, writing or researching papers/assignments, Lunch or Break time.

-- **Do include:** A total over the course includes a *Minimum* of 3 hours with preceptor, *Maximum* of 6 hours on research of topic, a *minimum* of 1-2 hours in direct patient engagement and the remainder- 10-11 hours in implementation of your project, Total of 21 true hours.

Type	Date	Time (ex: 1:00pm-2:0 0pm)	Total Time Spent (ex: 1 hour)	Description (describe specifically what you did in one or two sentences)
Preceptor (a minimum of 3 hours is required for the course)	7-2-19 7-3-19	0730-0830 1700-1800	2	Discussed implementation of this policy into our facility and my discussions with management/co workers on their support of this.
Research on topic (a maximum of 6 hours is allowed for the course)	7-1-19	2130-2330	2	Researching gaps within my project and finalizing details needed to complete this policy.
Direct Patient Engagement Time (a minimum of 1-2 hours, Specify number of patients)	7-5-19	2245-2315	0.5	I met with a new mother who had delivered 2 hours prior and we discussed her beliefs on why a new born should wait for a new bath and what her culture practiced as she was from another country.
Implementation (the remainder should be spent in implementation)	7-3-19 7-4-19 7-6-19	1900-2100 1230-1400 1600-1730	5	This was a big week for me in regards to implementing my project. I sat down with supervisors, management, pediatricians, and co workers to gain support and insight on instilling this new policy/practice into our care.
Total Time spent this week (by the end of the course you should spend at least 21 true hours)	Total for this week = Continue to work on your log and submit your completed log in the week 5 submission area			

References (double-space and use correct APA format)
This should include references from Week 1 and 2

CAPPA. (n.d). About. Retrieved from <https://www.cappa.net/about>

DiCioccio, H. L., & Ady, C. M. (2019). Delaying the Initial Newborn Bath to Improve Exclusive Breastfeeding. *Journal of Obstetric, Gynecologic & Neonatal Nursing*, 48(3), S148. doi: 10.1016/j.jogn.2019.04.245

Grol, R., & Grimshaw, J. (2003). From best evidence to best practice: effective implementation of change in patients' care. *The lancet*, 362(9391), 1225-1230.

Liberth, M., & Fontana, J. (2018). Benefits of Delayed Bathing. *Journal of Obstetric, Gynecologic & Neonatal Nursing*, 47(3), S30-S31. doi: 10.1016/j.jogn.2018.04.060

Medves, J. M., & O'brien, B. (2004). The effect of bather and location of first bath on maintaining thermal stability in newborns. *Journal of Obstetric, Gynecologic, & Neonatal Nursing*, 33(2), 175-182.

Smith, E. & Shell, T. (2017). Delayed Bathing: ICEA Position Paper. *International Childbirth Education Association*.

Phillips, R. (2013). The sacred hour: Uninterrupted skin-to-skin contact immediately after birth. *Newborn and Infant Nursing Reviews*, 13(2), 67-72.

Varda, K. E., & Behnke, R. S. (2000). The effect of timing of initial bath on newborn's temperature. *Journal of Obstetric, Gynecologic, & Neonatal Nursing*, 29(1), 27-32.