Evidence-Based Proposal Using ARCC Model

Evidence-Based Proposal in Application of ARCC Model

Conceptual models or frameworks are created to guide the design and implementation of approaches in making evidence-based practice decisions to improve the quality of care. The Evidence-Based Advancing Research and Clinical Practice Through Close Collaboration (ARCC©) Model provides an organized conceptual framework in the implementation and sustainability of EBP in the healthcare institution to achieve a quality outcome. In the ARCC© model, cognitive-behavioral theory (CBT) is used to guide behavioral change in individual clinicians toward EBP. CBT emphasizes the connection of a person’s social and environmental factors that influence the person's thought, learning skills, emotions, and understanding (Melnyk & Fineout-Overholt 2015, p. 290). The study of Melnyk, Fineout-Overholt, Giggleman, and Choy (2016) mentioned the barriers in the implementation of EBP such as lack of EBP knowledge and skills, lack of organizational and administrative support, lack of EBP mentor, lack of belief and values of EBP, less authority to make a change in practice. Elimination or lessened the barriers in the implementation of EBP promote to achieve the goal. This concept of change applies to my study that ensures the safety and quality of the health care service to the patient. Some patients arrived in the post-anesthesia care unit, complaining of being so cold, as evidence by the temperature of less than 97° Fahrenheit, shivering, and cold skin.

The book of Melnyk and Fineout-Overholt (2015) mentioned that the organizational change is the first step in this model, that involves planning and applications of changing behavioral, psychological, and structural in the pursuit of implementing evidence-based practice (EBP). The study of Yoo, Kim, Kim, Kim, and Ki (2019) stated that an organization needs to cultivate a culture that strengthens and supports the nurse's values and beliefs on EBP to achieve the goal of EBP implementation. Once the organizational assessment is done, EBP mentors need to establish. Practitioners who work directly with point-of-care staff to implement EBP and have the equipped knowledge and skills in individual behavior and organizational change strategies to facilitate changes in clinician behavior and spark sustainable changes in organizational culture (Melnyk & Fineout-Overholt 2015, p. 292). Part of the proposal the perioperative team must have two EBP mentors, one for operating room and one for pre and postoperative unit to meet the goal of embracing the culture of EBP by providing the team with resources, education, and training in order to achieve a culture of EBP. Emphasizing the importance of EBP in the practice, its safety features to patient and practitioner can create a huge impact to motivate practitioners to embrace the culture of EBP (Yoo, Kim, Kim, Kim, & Ki, 2019).

Implementation of EBP is a series of workshops, training, and education to build a culture and environment of EBP. Strict compliance with the policy and procedure is necessary to meet the goal. The ensure the sustainability of EBP implementation compliance has to be regularly monitored.

Conclusion:

Organizational assessment is necessary to provide the researcher with a better view of the issues that need to be addressed. The utilization of ARCC is a great tool in changing the culture and environment of EBP. Proper application of the framework in the process of changing the practice requires consistency, compliance, and monitoring to achieve the goal.

References

American Psychological Association. (2010). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC: Author.

Daresh, J. C. (2004). *Beginning the assistant principalship: A practical guide for new school administrators*. Thousand Oaks, CA: Corwin.

Herbst-Damm, K. L., & Kulik, J. A. (2005). Volunteer support, marital status, and the survival times of terminally ill patients. *Health Psychology*, *24*, 225-229. doi:10.1037/0278-6133.24.2.225

U.S. Department of Health and Human Services, National Institutes of Health, National Heart, Lung, and Blood Institute. (2003). *Managing asthma: A guide for schools* (NIH Publication No. 02-2650). Retrieved from http://www.nhlbi.nih.gov/  
health/prof/asthma/asth\_sch.pdf