

Abbott Northwestern Hospital  
Nursing Department

Do you have a question?

For more information, contact  
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Evidence-Based Practice  
Fellowship Program



## Evidence-Based Practice Fellowship Program

Evidence-based practice is the  
*“integration of the best evidence  
available, nursing expertise,  
and the values and preference  
of the individuals, families  
and communities who are served.”*

SIGMA THETA TAU  
INTERNATIONAL, 2003



ABBOTT  
NORTHWESTERN  
HOSPITAL  
*Allina Hospitals & Clinics*

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The Abbott Northwestern Hospital Evidence-Based Practice Fellowship is a 12 month program in which a staff nurse is partnered with an advanced practice nurse (APN) to address a relevant nursing practice question.



*Is there any difference between knee-high and thigh-high graduated compression stockings for DVT prevention?*

*Does music as a therapy have any impact on pain and anxiety in patients who have undergone a spine procedure?*

*What is the best tool to measure alcohol withdrawal in intubated critical care patients?*

### *The Program*

The program includes classroom instruction, one-to-one mentorship with an APN and integration of the evidence-based practice change into nursing care. Participants will get 8 hours per month within their work agreement for the duration of the fellowship period.

### **Classroom instruction includes presentation on:**

*What is evidence-based practice?*

*What is the difference between research and evidence-based practice?*

*How do you formulate a question?*

*How do you conduct a literature search?*

*How do you critically review the literature?*

### *Applicant Criteria*

#### **Candidates for this program must:**

- have 2,500 hours of clinical experience in an acute care setting at Abbott Northwestern and a work agreement of 0.6 or greater
- be informal leaders among peers
- have distinguished clinical performances
- plan to stay at Abbott Northwestern until project is complete
- identify a relevant clinical nurse practice question

A bachelor's degree preferred for candidates of this program.

Evidence-based practice projects and/or research must be completed within 12 months with an opportunity to reapply for a second 12-month appointment.



*“This fellowship has helped me see that I can influence the care that is provided here in a positive way.”*

– Gerry Sjoblom, RN, H4100 CV-ICU

### *Fellowship Expectations*

Once accepted into the program, participants are expected to attend all classroom sessions and come prepared to discuss assignments. Regular meetings with the unit manager and the assigned mentor are required. At the close of the project, fellows will disseminate results to colleagues at Abbott Northwestern and submit a poster, oral presentation and/or publication at a local and/or national nursing conference.

### *Application Process*

Applications for this program will be made available mid-May 2009. To apply for the Evidence-Based Practice Fellowship Program, visit the Abbott Northwestern Nursing Communication Site on the AKN. Click on “Research” to download the necessary forms. Nurses will also need to submit a letter of support from their patient care unit manager, a letter of agreement from an advanced practice nurse and a letter from a peer.

**Application Due Date:** July 6, 2009

**Participation Notification:** July 31, 2009

**Fellowships Begin:** September 2009

**Applications should be submitted to Sue Sendelbach at internal zip 11404.**