

**NURS-FPX4025 Assessment 4 Presenting Your PICOT Process Findings to Your
Professional Peers**

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NURS-FPX4025: Research and Evidence-Based Decision Making

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Presenting PICOT Process Findings to Professional Peers

Disseminating evidence-based findings to professional peers is a vital component of the evidence-based practice process. Sharing findings with colleagues promotes the adoption of effective practices and fosters a culture of evidence-based care. This paper presents the content and narrative for a peer presentation summarizing a PICOT process focused on fall prevention among hospitalized older adults, communicating the clinical problem, the evidence gathered, the proposed intervention, and the implications for practice.

Clinical Problem and PICOT Question

Patient falls among hospitalized older adults are a persistent and serious safety concern, leading to injury, prolonged hospitalization, and increased costs. Falls are among the most common adverse events in hospitals, and older adults are particularly vulnerable due to factors such as impaired mobility, medication effects, and cognitive changes. Addressing this problem is a priority for improving patient safety.

The PICOT question guiding this inquiry asks whether, in hospitalized adults aged 65 and older, the implementation of hourly nursing rounds compared with standard care reduces the incidence of falls over a three-month period. This focused question directs the search for evidence and clarifies the intervention being considered. Framing the problem clearly for peers establishes the relevance and urgency of the inquiry.

Communicating the clinical problem effectively is essential to engaging peers. By presenting data on the frequency and consequences of falls, the presentation establishes the significance of the problem and motivates colleagues to consider the proposed intervention. This clear framing sets the stage for presenting the supporting evidence and the proposed solution.

Summary of the Evidence

The evidence gathered through a systematic search supports proactive nursing rounds as an effective fall-prevention strategy. Studies demonstrate that hourly rounding, during which nurses proactively address patients' needs for toileting, positioning, and comfort, reduces fall rates by decreasing unassisted patient movement (Mitchell et al., 2019). By meeting patients' needs proactively, hourly rounding reduces the likelihood that patients will attempt to move on their own and fall.

Systematic reviews reinforce that multifactorial interventions, including rounding, are among the most effective approaches to fall prevention in hospital settings. The convergence of evidence from multiple studies strengthens confidence in the effectiveness of hourly rounding. Presenting this evidence to peers includes describing the search strategy, the quality of the studies, and the consistency of the findings, which builds confidence in the proposed intervention.

Communicating the evidence clearly and accurately is essential to a credible presentation. By explaining how the evidence was gathered and appraised, the presentation demonstrates the rigor of the evidence-based process and establishes the trustworthiness of the findings. This transparency helps peers understand and trust the basis for the proposed intervention, supporting their engagement and buy-in.

Proposed Intervention and Implications

Based on the evidence, the proposed intervention is the implementation of structured hourly nursing rounds on the unit. The presentation outlines how the intervention would be

operationalized, including staff training, documentation, and accountability measures. Describing the practical details of implementation helps peers understand how the intervention would work and what would be required to put it into practice.

The presentation also addresses anticipated benefits, such as reduced falls, improved patient satisfaction, and enhanced teamwork. By highlighting these benefits, the presentation makes a compelling case for adopting the intervention. Engaging peers in discussion about implementation challenges and solutions fosters buy-in and shared ownership of the practice change, increasing the likelihood of successful adoption.

Highlighting the implications for patient safety and the nursing role underscores the value of the initiative. The proposed intervention not only improves patient safety but also empowers nurses to take a proactive role in preventing falls. By framing the intervention in terms of its benefits for patients and its alignment with the nursing role, the presentation motivates peers to support and adopt the practice change.

Engaging Peers and Promoting Adoption

Effective peer engagement is essential to translating evidence into practice. The presentation should invite questions, encourage discussion, and address concerns, creating a collaborative atmosphere in which peers feel ownership of the proposed change. When peers are actively engaged, they are more likely to support and adopt the intervention.

The presentation should also anticipate and address potential barriers to adoption, such as concerns about workload or skepticism about the evidence. By acknowledging these concerns and proposing solutions, the presentation demonstrates that the intervention is feasible and that

the team is prepared to support its implementation. This proactive approach to addressing barriers strengthens peer buy-in.

Finally, the presentation should emphasize the shared goal of improving patient safety. By framing the intervention as a collective effort to protect patients, the presentation appeals to the professional values that motivate nurses. This shared sense of purpose fosters collaboration and commitment, supporting the successful adoption of the evidence-based practice change.

Conclusion

Presenting PICOT process findings to professional peers is essential for translating evidence into practice and fostering a culture of evidence-based care. By clearly communicating the clinical problem, the supporting evidence, and the proposed hourly rounding intervention, the presentation builds peer engagement and supports implementation. The transparent, evidence-based approach establishes the credibility of the findings and motivates peers to support the change.

Effective dissemination of evidence empowers nursing teams to adopt practices that improve patient safety and outcomes. By engaging peers, addressing barriers, and emphasizing the shared goal of patient safety, the presentation promotes the adoption of evidence-based practice. This dissemination is a vital component of the evidence-based practice process, ensuring that effective interventions are translated into improved care for patients. Ultimately, the ability to communicate evidence persuasively to colleagues is what allows a single nurse's inquiry to improve care across an entire unit or organization.

References

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