

## Quinte Health Care Best Practice Spotlight Organization Pre-Designate!



### Background

QHC is proud to be selected as a Best Practice Spotlight Organization (BPSO®) pre-designate. This designation from the Registered Nurses' Association of Ontario (RNAO) is in recognition of our commitment to excellence in the care that we deliver every day. It's a wonderful opportunity for us to focus on clinical practice and to spotlight the great things happening at QHC.

Best practice is evidence-based and involves addressing a clinical problem or question by examining the best available scientific research and then integrating that evidence with patient preferences and practitioner expertise (Canadian Nurses Association, 2018). RNAO Best Practice Guidelines (BPGs) are developed by expert teams of professionals in a rigorous process to provide comprehensive practice recommendations based on the best available research.

Our commitment to use evidence in our clinical practices will lead to improved patient outcomes, increased safety, and quality patient care; engaging with the program will help us achieve several strategic goals.

### What does it mean to be a BPSO® pre-designate?

BPSO®s are organizations designated by the RNAO that implement, evaluate and share lessons learned from the BPG implementation. QHC will spend 3 years as a pre-designate and when successful will receive the designation BPSO®. The purpose of BPSO® is to build strength in applying research and experiential knowledge to practice.

The BPSO® initiative at QHC consists of several best practice BPG implementation teams and a 'Task Force'. Each BPG team will work with Champions to implement and evaluate their BPGs; the teams include managers, staff, and Practice Leads, and could also include physicians and community members. The Task Force includes representatives from each BPG Project Team. We will report to the Chief Nursing Officer, and ultimately the board of directors.

We are passionate about the care we provide at QHC and proud to be part of this international program.

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## Which BPGs are we implementing?

The BPGs listed in the links below are being implemented at QHC.

1. [Assessment & Management of Pressure Injuries for the Interprofessional Team](#) – Organization wide
2. [Assessment & Management of Pain](#) – Emergency Departments
3. [Assessment & Care of Adults at Risk for Suicidal Ideation and Behaviour](#) – Mental Health and Emergency Departments
4. [Care Transitions](#) – Organization wide
5. [Person and Family-Centred Care](#) – Mat/Child unit and Mental Health
6. [Preventing Violence, Harassment and Bullying against Health Workers](#)- Organization wide
7. [Preventing Falls and Reducing Injury from Falls](#) – Organization wide

## BPSO® Champion Information

**Develop your skills, energize your career, and imagine the possibilities of being a Champion!**

### Champions can benefit from:

- **C**apacity building by learning and sharing knowledge and expertise
- **H**aving the opportunities to increase research-related skills and to develop leadership skills
- **A**mazing opportunities to bring positive change in QHC
- **M**embership in the QHC Champion Network
- **P**romoting, innovating and facilitating best practice approaches that align with QHC vision
- **I**nspiring and motivating your colleagues and organization towards evidence-based practice
- **O**pportunities to acquire skills and experience in leading evidence based practice
- **N**etworking and partnering with other champions and colleagues

## Champion Roles and Responsibilities

### Champion Role

A BPG Champion is an interprofessional team member; they are passionate about patient care improvement and actively promote, educate and inspire team members to implement change and evidence-based practices into every day care.

Activities include:

- Seek and create opportunities for supporting, role modeling and mentoring others to promote knowledge transfer within their clinical practice setting (e.g. support staff to understand evidence that supports the BPG recommendations)
- Provide expert clinical knowledge
- Facilitate two-way communication and dissemination of information to interprofessional staff and managers
- Motivate and influence staff to adopt evidence based practice (e.g., by using storytelling to

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illustrate BPG recommendations)

- Actively engage staff in ongoing learning strategies for sustainability
- Participate in evaluation of implementation initiatives (e.g. surveys) and in sustainability initiatives

## Responsibilities

- Seek expert level knowledge about the BPG (e.g., learn of evidence that supports the recommendation in the guideline)
- Practice reflective learning regarding application of the recommendations of the BPG
- Ensure staff are aware of your Champion role
- Participate in the BPG Champion Network to increase knowledge and skills as a Champion
- Be a strategic resource to QHC BPSO initiative in supporting and facilitating evidence based practice
- Commit to at least 2 years as a Champion and attend BPG meetings as required and as able
- Inform manager or BPG Lead if unable to continue as Champion

## Approximate Time Requirements

Time will be negotiated with Champions and managers depending on needs. Champions will:

- Attend Champion Training and professional development (up to 8 hours /year)
- Attend BPG team Champion meetings: up to 4 times per year (up to 8 hours/year)
- Attend relevant professional development opportunities (as necessary)
- Organize informal knowledge exchange activities (ongoing)
- Be a resource for colleagues (ongoing)

**For more information, and if you are interested in becoming a BPG Champion, please speak with your manager, professional practice representative, or contact BPSO® Leads listed below. The following application form is optional.**

BPSO Project Lead	BPG Leads:
BPSO Project Lead Terry Holland, Practice Coordinator x 2039 <a href="mailto:tholland@qhc.on.ca">tholland@qhc.on.ca</a>	Pressure Injuries - Laura Rogers x 2291
	Pain - Diane Smith x 2606
	Suicide Risk - Susan Murphy x 2111
	Care Transitions - Emily Notaro x 2427
	Person & Family - Centred Care – Jenn Faulkner x 2040
	Falls Prevention – John Remington x 2124
	Preventing Violence – Heather Leonard x 2987

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**BEST PRACTICE SPOTLIGHT ORGANIZATION  
Champion Initiative  
CALL FOR CHAMPIONS – Application FORM (optional)**

**ALL INTERPROFESSIONAL STAFF ARE WELCOME!**

**PART A: Information**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Unit/Area: \_\_\_\_\_ Designation: \_\_\_\_\_

**PART B:**

I am interested in being a Champion for the \_\_\_\_\_ Best Practice Guideline.

I would be an asset to the BPG team because:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Applicant’s Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Manager’s Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

(I am supportive of this staff becoming a Champion)

Please return form to your manager.  
Manager, please inform Terry Holland  
x 2039, [tholland@qhc.on.ca](mailto:tholland@qhc.on.ca)  
of all champion training.

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