

Remote Collaboration and Evidence-Based Care

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Assessment 4: Remote Collaboration and Evidence-Based Care

Optimizing CHF Care with EBP and Telemonitoring

Managing congestive heart failure (CHF) presents significant challenges in today's medical system, particularly for patients in remote or rural areas. Incorporating evidence-based practice (EBP) is crucial in developing a comprehensive treatment plan that considers medical and psychological components, as well as the patient's environment (Chan et al., 2020). In our video, we will introduce an empirically proven technique designed to mitigate adverse effects for a 65-year-old patient with CHF. The program will involve collaboration between healthcare professionals and remote outpatient follow-up (Speroni et al., 2020).

EBC Proposal

Based on the collaboration between Dr. Johnson and specialists, the evidence-based care plan for our CHF patient will incorporate medication therapy, including ACE inhibitors and diuretics, as recommended by the cardiologist to manage symptoms and enhance cardiac function (Speroni et al., 2020). Moreover, the integration of telemonitoring systems, as proposed by the nurse, aligns with evidence indicating that remote monitoring technologies can significantly improve CHF management by allowing timely interventions and potentially decreasing hospitalizations.

Discussing Relevant Evidence

The Stetler Model of Evidence-Based Practice serves as the guiding framework in developing the care plan. This model, initially created for research utilization and later refined for the evidence-based practice (EBP) paradigm, helps translate research into practice by ensuring that decisions are based on the best available evidence (Speroni et al., 2020). It emphasizes the critical evaluation of evidence, ensuring its relevance and applicability to the

patient's specific context. By incorporating findings from studies on communication strategies, mentorship in nursing practice, and remote monitoring technologies, the care plan comprehensively addresses the patient's complex needs. Additionally, the Stetler Model promotes interdisciplinary collaboration, which is crucial in remote settings, enhancing the integration of diverse expert inputs into a cohesive plan (Chan et al., 2020). This approach considers both internal factors, such as the characteristics of individual EBP users, and external factors, including organizational standards and research evidence, making the Stetler Model well-suited for practitioners skilled in EBP.

The proposed care plan also encompasses patient education on medication adherence and lifestyle modifications, as advised by the pharmacist. This strategy is backed by evidence showing that patient education and understanding of their condition and treatment plan are essential for enhancing health outcomes and safety. Regular virtual follow-up visits will allow for continuous assessment and adjustment of the care plan as needed, fostering a dynamic and responsive approach to the patient's changing needs.

Exploring Remote Collaboration

Remote collaborative care has both benefits and challenges. The advantages include real-time reference gathering from diverse experts, leading to more comprehensive and integrated patient care. However, challenges such as maintaining effective communication and ensuring that all team members understand the care plan's goals and strategies need to be addressed (Chan et al., 2020). These challenges can be overcome through structured communication strategies and regular team meetings, which help ensure clear and efficient communication among all members.

Conclusion

In conclusion, an integrated EBP framework, guided by the Stetler Model and incorporating telemonitoring technologies, is the optimal solution for our congestive heart failure patient. By addressing the medical and educational needs of the patient through the strengths of remote collaboration, this care plan is expected to significantly enhance safety and outcomes. Regular monitoring and adjustments to the care plan, based on the latest scientific evidence and facilitated by remote communication, will ensure the patient receives the highest-quality care tailored to his specific needs.

References

- Chan, E.-Y., Glass, G. F., & Phang, K. N. (2020). Evaluation of a Hospital-Based Nursing Research and Evidence-Based Practice Mentorship Program on Improving Nurses' Knowledge, Attitudes, and Evidence-Based Practice. *The Journal of Continuing Education in Nursing, 51*(1), 46–52. <https://doi.org/10.3928/00220124-20191217-09>
- Speroni, K. G., McLaughlin, M. K., & Friesen, M. A. (2020). Use of Evidence-based practice models and research findings in Magnet-Designated hospitals across the United States: National survey results. *Worldviews on Evidence-Based Nursing, 17*(2), 98–107.