

Precision Implementation Approach™ for Evidence-Based Perinatal Mental Healthcare

Workshop Description

This hands-on pre-conference workshop will guide participants through the most challenging step of any practice improvement – that of implementing a change. Perinatal mental healthcare occurs across complex health systems in which translating research to provide evidence-based care is complex. This application oriented workshop will use interactive learning to develop skills, for hands-on use of tools and resources to create success. Learn to use The *Iowa Model Revised: Evidence-Based Practice to Promote Excellence in Health Care* as your map for navigating the pot holes (places you get stuck), hazards (things you don't see coming) and roadblocks (barriers) in making a change using the EBP process. Design EBP evaluation for local data to drive a Precision Implementation Approach™. Apply *Diffusion of Innovations Theory* to create a four-phased implementation plan for a sustainable EBP change that improves care for mothers and infants in your practice setting. Course content is intended for anyone interested in making a change in practice and would benefit psychiatrists, psychologists, other practitioners, researchers, doctoral students and faculty. Participants will receive a copy of *EBP in Action: Strategies, Tools and Tips* as part of the workshop attendance. Implementation resources will be provided both during and following the pre-conference.

Objectives:

- Describe how to apply the Iowa Model of EBP to improve perinatal mental health
- Develop an implementation plan using strategies for adoption and sustainability of evidence-based practice changes that improve clinical and operational outcomes
- Describe considerations for optimizing the organizational infrastructure to promote delivery of evidence-based care for mothers and infants
- Use an evidence-based practice book with strategies, tools, and resources to promote effective implementation

Registration Fee

\$220

Target Audience

- Researchers
- Psychiatrists, psychologists
- Community leaders

Presented by

Laura Cullen, DNP, RN, FAAN

Laura Cullen leads Evidence-Based Practice at University of Iowa Hospitals and Clinics. Among her many accomplishments, she is most proud of the many clinicians she has mentored and staying application oriented. Laura's work has led to innovation in practice; improved patient safety; reduced nosocomial events; improved patient, family and staff satisfaction; reduced hospital LOS and costs; and transformation of many organizations' EBP infrastructure. She has

published widely and presented nationally and internationally. Laura has a regular EBP column in the *Journal of PeriAnesthesia Nursing* and is on the editorial board of the *American Journal of Nursing* and the grant review panel for the DAISY Foundation. She has received multiple awards and her work supported numerous awards for the nursing department.

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Kirsten Hanrahan, DNP, ARNP, CPNP-PC,

Kirsten Hanrahan is the Director of Nursing Research and Evidence-Based Practice (EBP) for the University of Iowa (UI) Hospital and Clinics and a pediatric nurse practitioner at UI Stead Family Children's Hospital. She is a primary investigator for studies related to pediatric intensive care unit pain management, parent distraction for procedural pain, and an evaluation of a children's hospital healing environment. Dr. Hanrahan has authored evidence-based guidelines and implemented multiple EBP changes in the clinical setting. She has numerous publications, national and international presentations, and was named one of Iowa's 100 Great Nurses.

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