



Canadian  
Nurses Foundation

Fondation des infirmières  
et infirmiers du Canada



Nursing Best Practice Research Unit

Unité de recherche sur les pratiques exemplaires  
en soins infirmiers

## RNAO BEST PRACTICE GUIDELINES REQUEST FOR FULL RESEARCH PROPOSALS

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**ENDING DATE: MARCH 1, 2010**

### **Sponsored by:**

**Canadian Nurses Foundation, Nursing Care Partnership program**

The Canadian Nurses Foundation (CNF) and the Nursing Best Practice Research Unit (NBPRU) are continuing their partnership to build additional research capacity and fund projects in the area of best practice guidelines. We are requesting full research proposals from interested and eligible health care organizations across Canada to conduct research on the **uptake and impact** of the Registered Nurses' Association of Ontario (RNAO) nursing best practice guidelines (BPG) on nursing practice, patient/client and/or community outcomes.

CNF's Nursing Care Partnership program (Canadian Health Services Research Foundation grant) provides matched funding for this initiative. Based on scientific merit and potential for impact, up to three (3) projects will be awarded approximately \$30,000 each, conditional on matched funding being identified by the applicant organizations.

## **BACKGROUND**

### **Canadian Nurses Foundation**

CNF was created in 1962 to build nursing research capacity in Canada. Affiliated with the Canadian Nurses Association, CNF builds and sustains diverse partnerships with organizations and individuals to promote increased funding to advance nursing knowledge through the provision of research grants, awards, and scholarships.

In 1999, the Federal government allocated \$25 million over 10 years to support nursing research. The Nursing Care Partnership (NCP) is one program of the Nursing Research Fund (NRF). This program provides operating grants for research projects that address nursing care issues and have potential for impact on nursing practice. NCP defines nursing care research or clinical nursing research as ***research that is practice-based or that will provide the groundwork for future practice-based studies***. CNF administers the NCP through co-sponsorships with organizations.

## **Nursing Best Practice Guidelines Program**

The *Registered Nurses' Association of Ontario (RNAO)*, through funding from the Ontario Ministry of Health and Long-Term Care, leads a multi-year program to develop, implement, evaluate and disseminate nursing best practice guidelines. Each guideline has been developed by an expert panel and is based on rigorous academic research.

### **Clinical Guidelines**

The Clinical Nursing Best Practice Guidelines component was launched in November of 1999 and has, to date, developed forty-two (42) guidelines, a “Toolkit” for implementing clinical practice guidelines and an Educator’s Resource Kit for integrating guidelines in educational curriculum and staff development as well as other BPG specific implementation tools and fact sheets for the public (See Appendix A for complete list of guideline titles). The published guidelines are disseminated using a multi-pronged approach including marketing, a formal Best Practice Champions network, Best Practice Spotlight Organization initiative, demonstration projects, publications and presentations, and more.

### **Healthy Work Environment Guidelines**

The Healthy Work Environment guidelines were launched in August 2003, and complement the clinical BPG program. Details of the program and achievements to date can be found at [www.rnao.ca/bestpractices](http://www.rnao.ca/bestpractices). The 7 healthy work environment guidelines provide a sound context for implementation of the clinical guidelines. Topics include leadership, collaborative practice, staffing and workload, cultural diversity, professionalism, and workplace health safety and well-being. Full titles are listed in Appendix A.

In March of 2005, the RNAO and the University of Ottawa’s School of Nursing partnered and launched the Nursing Best Practice Research Unit (NBPRU), building on their previous work on evaluation of over 20 clinical guidelines. The NBPRU is a unique network and collaboration between researchers, educators, professional associations, health care organizations, policy makers and students for the purposes of research, dissemination, exchange and transfer. Researchers successful in the CNF research award competition will be invited to apply for membership to the NBPRU. The NBPRU provide members with opportunities for dissemination of research project findings through its website and other communication strategies. The Unit also produces an Annual Report, which lists all the current best practice guidelines related research projects and publications that have been undertaken by members within the year. To access a copy of the 2008/2009 NBPRU Annual Report as well as information on how to become a member of the Unit applicants are urged to visit the website at [www.nbpru.ca](http://www.nbpru.ca).

## **REQUEST FOR PROPOSAL**

1. The Canadian Nurses Foundation, in collaboration with the Nursing Best Practice Research Unit, invites proposals from Canadian health care organizations and schools of nursing to conduct research on the uptake and impact of one or more RNAO guidelines on practice, patient/client, community, and/or system outcomes. Applicants must select one or more of the clinical guidelines produced by RNAO (See appendix A).

2. The selected applicant organizations are encouraged to work collaboratively with the Nursing Best Practice Research Unit in order to build on the evaluation experience of the Unit with respect to the use of previously developed evaluation measures, instruments, or methodology as well as guideline implementation and uptake strategies.
  - a. Applicants are also encouraged to make use of the resources available through the Nursing Best Practice Research Unit and RNAO when developing proposals for submission.
  - b. Applicants are encouraged to make use of healthy work environment guidelines in developing their research about implementing clinical nursing best practice guidelines.
3. Up to \$30,000 will be made available to each applicant recommended by CNF for funding, based on merit review. Proposals will be reviewed and rated by the NCP Merit Review Panel based on scientific merit and potential impact. The merit review process is detailed on the CNF website [www.cnf-fiic.ca](http://www.cnf-fiic.ca) under Nursing Care Partnership / Best Practice Guidelines. The applicant organization must at minimum *match the awarded funding*.
4. The Principal Investigator (s) is/are expected to manage the project from start to finish with additional staff as required. The principal investigator (who may be from a school of nursing) will be the on-going liaison with the Nursing Best Practice Research Unit. While the fund supports novice researchers, research teams are encouraged to include at least one experienced PhD prepared investigator.
5. Proposal Budgets should reflect only costs directly related to research (e.g., laboratory materials and supplies, hiring research/technical assistants and related travel). The purchase of necessary equipment is permitted. Stipends for research trainees (e.g., graduates students, post-doctoral fellows) are allowed. Funds may not be used as salary for the grantees or for indirect costs of research (e.g., library, heat and light, office furniture, overhead, administrative charges and fees). NCP does not fund the costs of program delivery, incremental or otherwise. As long as the costs are direct costs of research, applicant organizations may contribute to cash, in-kind or a combination of the two.
6. The research study must commence no later than September 1, 2010 and be completed no later than August 30, 2011. Proposals may be extended with prior approval only to February 28, 2012.

**The Nursing Best Practice Research Unit will, at minimum, commit to:**

1. Providing access to published and electronic guidelines.
2. Provide expert consultation on the relevant guideline(s) as well as guideline implementation, uptake and evaluation.
3. Enable access to implementation resources and experience researchers.

**Instructions to Applicants:**

- ◆ Use the [accompanying application form](#) to develop and submit your proposal.
- ◆ It is mandatory that you register your intent to submit by February 5th 2010 by emailing a brief statement including your name, organization and contact information to [hsabourin@cnf-fiic.ca](mailto:hsabourin@cnf-fiic.ca) 613 237-2159 ext. 250.

**Deadline for submission of full proposal: March 1, 2010**

**Inquiries may be directed to:**

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## Appendix A “RESOURCES”

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INTERNATIONAL AFFAIRS AND  
BEST PRACTICE GUIDELINES PROGRAMS

### NURSING BEST PRACTICE GUIDELINES & RESOURCES

Select documents are also available in French

#### Clinical Published Guidelines

- Promoting Continence using Prompted Voiding – **revised 2005**
  - Favoriser la continence par le déclenchement de la miction \*(Available on web site only)
- Prevention of Constipation in the Older Adult Population – **revised 2005**
  - Prévention de la constipation chez les personnes âgées \*(Available on web site only)
- Prevention of Falls and Fall Injuries in the Older Adult – **revised 2005**
  - Prévention des chutes et des blessures associées chez la personne âgée \*(Available on web site only)
- Risk Assessment and Prevention of Pressure Ulcers – **revised 2005**
  - Évaluation du risque et prévention des lésions de pression
- Toolkit: Implementation of Clinical Practice Guidelines – **revised 2002**
  - Trousse sur la marche à suivre: mise en place des lignes directrices pour la pratique clinique
- Client Centred Care – **2002, revised supplement 2006**
  - Soins axés sur les besoins du client
- Establishing Therapeutic Relationships – **2002, revised supplement 2006**
  - Établissement de la relation thérapeutique
- Crisis Intervention – **2002, revised supplement 2006**
- Strengthening/Supporting Families through Expected and Unexpected Life Events – **2002, revised supplement 2006**
- Enhancing Healthy Adolescent Development - **2002**
- Assessment and Management of Pain – **2002, revised supplement 2007**
  - Évaluation et prise en charge de la douleur
- Assessment and Management of Stage I to Stage IV Pressure Ulcers – **2003, revised 2007**
  - Évaluation et traitement des lésions de pression de stades 1 à 4
- Integrating Smoking Cessation into Daily Nursing Practice – **revised 2007**
  - La cessation du tabagisme: integration dans la pratique quotidienne des soins infirmiers
- Breastfeeding Best Practice Guidelines for Nurses – **2003, revised supplement 2007**
- Screening for Delirium, Dementia and Depression in Older Adults - **2003**
- Adult Asthma Care Guidelines for Nurses: Promoting Control of Asthma – **2004, revised supplement 2007**
- Reducing Foot Complications for People with Diabetes – **2004, review supplement 2007**

- Réduction des complications des plaies du pied chez les diabétiques
- Assessment and Management of Venous Leg Ulcers – **2004, review supplement 2007**
- Caregiving Strategies for Older Adults with Delirium, Dementia and Depression – **2004**
- Promoting Asthma Control in Children – **2004, review supplement 2008**
- Assess & Device Selection for Vascular Access – **2004, review supplement 2008**
- Best Practice Guideline for the Subcutaneous Administration of Insulin in Adults with Type 2 Diabetes - **2004**
  - Administration de l'insuline par voie sous-cutané chez les adultes qui ont le diabète de type 2\* (Available on web site only)
- Nursing Care of Dyspnea: The 6th Vital Sign in Individuals with Chronic Obstructive Pulmonary Disease (COPD) - **2005**
- Assessment and Management of Foot Ulcers for People with Diabetes - **2005**
  - Évaluation et traitement des plaies du pied chez les personnes atteintes de diabète \*(Available on web site only)
- Primary Prevention Strategies for Childhood Obesity - **2005**
- ***Care and Maintenance to Reduce Vascular Access Complications – Revised 2009***
- Interventions for Postpartum Depression - **2005**
- Educator's Resource: Integration of Best Practice Guidelines - **2005**
- Stroke Assessment Across the Continuum Care - **2005**
- Woman Abuse: Screening, Identification and Initial Response - **2005**
  - La violence faite aux femmes : Dépistage, identification et intervention initiale \*(Available on web site only)
- Nursing Management of Hypertension - **2005**
- ***Oral Health: Nursing Assessment and Interventions – Revised 2009***
- Assessment and Care of Adults at Risk for Suicidal Ideation and Behavior
- ***Supporting Clients on Methadone Maintenance Treatment – Revised 2009***
  - Le soutien de la clientèle recevant des traitements d'entretien à la methadone \*(Available on web site only)
- ***Ostomy Care and Management – Revised 2009***
- ***Decision Support for Adults Living with Chronic Kidney Disease – Revised 2009***
- CD: Best Practice Guidelines Program/Programme des Lignes directrices sur les pratiques exemplaires en soins infirmiers, Volume IV
- DVD: Making It Happen - the Nursing Best Practice Guidelines Project : Shaping the future of nursing
- DVD: Oral Care For Residents with Dementia
- DVD: Oral Care for Xerostomia, Dysphagia and Mucositis

#### **HWE (Healthy Workplace Environment) Published Guidelines**

- Developing and Sustaining Nursing Leadership - **2006**
  - Développement et pérennisation du leadership infirmier
- **Collaborative Practice Among Nursing Teams – 2006, revised 2009**
  - Les soins en collaboration au sein des équipes d'infirmières
- **Embracing Cultural Diversity in Health Care: Developing Cultural Competence – 2007, revised 2009**
- Professionalism in Nursing – **2007**
  - Professionnalisme en soins infirmiers
- Developing and Sustaining Effective Staffing and Workload Practices – **2007, revised 2009**
- Workplace Health, Safety and Well-Being of the Nurse – **2008**

➤ *Preventing and Managing Violence in the Workplace - 2009*

**Condensed Guidelines for Personal Digital Assistants (PDAs)**

- Assessment and Management of Stage I to IV Pressure Ulcers:  
<http://www.rnao.org/pda/ulcer>
- Client Centred Care:  
<http://www.rnao.org/pda/client>
- Crisis Intervention:  
<http://www.rnao.org/pda/crisis>
- Developing and Sustaining Nursing Leadership:  
<http://www.rnao.org/pda/lead>
- Integrating Smoking Cessation into Daily Nursing Practice:  
<http://www.rnao.org/pda/quit>
- Methadone Maintenance Treatment  
<http://www.rnao.org/pda/add>
- Prevention of Constipation in the Older Adult Population:  
<http://www.rnao.org/pda/cons>
- Promoting Continence Using Prompted Voiding:  
<http://www.rnao.org/pda/void>
- Risk Assessment and Prevention of Pressure Ulcers:  
<http://www.rnao.org/pda/risk>
- Caregiving Strategies for Delirium, Dementia and Depression  
<http://www.rnao.org/pda/dddc>
- Screening for Delirium, Dementia, and Depression in Older Adults:  
<http://www.rnao.org/pda/ddds>
- Assessment and Management of Pain:  
<http://www.rnao.org/pda/pain>
- Stroke Assessment Across the Continuum of Care:  
<http://www.rnao.org/pda/stroke>
- Adult Asthma Care Guidelines for Nurses  
<http://www.rnao.org/pda/asthma>
- Supporting and Strengthening Families Through Expected & Unexpected Life Events  
<http://www.rnao.org/pda/fam>
- Collaborative Practice Among Nursing Teams  
<http://www.rnao.org/pda/team>
- Prevention of Falls and Fall Injuries in the Older Adult PDA Guideline  
<http://www.rnao.org/pda/falls>

- Woman Abuse: Screening, Identification and Initial Response  
<http://www.rnao.org/pda/wabuse>
- Nursing Management of Hypertension Self Assessment Tool  
<http://www.rnao.org/pda/hyp>
- Nursing Care of Dyspnea: The 6th Vital Sign in Individuals with Chronic Obstructive Pulmonary Disease (COPD)  
<http://www.rnao.org/pda/copd>
- Best Practice Guideline for the Subcutaneous Administration of Insulin in Adults with Type 2 Diabetes  
<http://www.rnao.org/pda/insulin>
- Primary Prevention of Childhood Obesity  
<http://www.rnao.org/pda/obesity>
- Interventions for Postpartum Depression  
<http://www.rnao.org/pda/postpartum>
- Establishing Therapeutic Relationships  
<http://www.rnao.org/pda/relationship>
- Assessment and Device Selection for Vascular Access  
<http://www.rnao.org/pda/vad>

Eleven of the PDA guidelines are available in French.

- Évaluation et traitement des lésions de pression de stades 1 à 4  
<http://www.rnao.org/pdafrench/ulcers>
- Soins axés sur les besoins du client:  
<http://www.rnao.org/pdafrench/client>
- Intervention en situation de crise:  
<http://www.rnao.org/pdafrench/crisis>
- La cessation du tabagisme : intégration dans la pratique quotidienne des soins infirmiers :  
<http://www.rnao.org/pdafrench/quit>
- Prévention de la constipation chez les personnes âgées:  
<http://www.rnao.org/pdafrench/cons>
- Favoriser la continence par le déclenchement de la miction  
<http://www.rnao.org/pdafrench/void>
- Évaluation du risque et prévention des lésions de pression:  
<http://www.rnao.org/pdafrench/risk>
- Stratégies de soins pour le délire, la démence et la dépression :  
<http://www.rnao.org/pdafrench/dddc>
- Dépistage du délire, de la démence et de la dépression chez les personnes âgées:  
<http://www.rnao.org/pdafrench/ddds>

- Évaluation et prise en charge de la douleur:  
<http://www.rnao.org/pdafrench/pain>
- Évaluation des accidents vasculaires cérébraux tout au long du continuum des soins:  
<http://www.rnao.org/pdafrench/stroke>

### **HEALTH EDUCATION FACT SHEETS**

- Gaining Control of Your Pain
  - Maîtriser sa douleur
- Incontinence: Breaking the Silence
  - L'incontinence: Rompre le silence
- Constipation: Prevention is the Key
  - La Constipation: La prévention est maître
- Putting Patients First
  - Placer les patients à l'avant-plan
- Reduce Your Risk for Falls
  - Réduire les risques de chute
- Taking the Pressure Off: Preventing Pressure Ulcers
  - Soulager la pression: Prévention des lésions de pression
- Understanding Crisis
  - Pour comprendre les crises
- Deciding to Quit Smoking
  - Prendre la décision de cesser de fumer
- The Goal in Asthma Control
  - Objectif: Le contrôle de l'asthme
- Recognizing Delirium, Dementia and Depression
  - Comment reconnaître de délire, la démence et la dépression
- Taking Care of your Legs
  - Prendre soin de vos jambes
- Breastfeeding – The Best Start
  - L'allaitement maternel: Pour le meilleur départ possible
- Chronic Obstructive Disease (COPD) – Helping You Breathe Easier
  - Bronchopneumopathie chronique obstructive (BPCO) – Pour vous aider à mieux respirer
- Caring For Persons with Delirium, Dementia and Depression
  - Le soin des personnes souffrant de délire, de démence ou de dépression
- Diabetes & You
  - Le diabète et vous
- You and Your IV
- Healthy Eating & Physical Activity: Healthy Habits That Last A Lifetime
- Reducing the Risk of Hypertension

**Guidelines and Health Education Fact Sheets and other program related materials can be ordered and/or downloaded for FREE at [www.RNAO.org/bestpractices](http://www.RNAO.org/bestpractices).**

For additional information and resources, visit the NBPRU website at [www.nbpru.ca](http://www.nbpru.ca).