

EPIC



Implementing Evidence-Based Practice

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Supporting communities to
give every child a Healthy Start.

Healthy Start EPIC Center

Objectives

- Develop a common understanding of what constitutes a rigorously tested or evidence-based practice.
- Describe examples of evidence-based practices with proven effectiveness that can be implemented in the 4 Ps of the Healthy Start Program.



Before Evidence-Based



Leeches!

John Snow

The Father of Epidemiology



John Snow



Surprising Recent Evidence

Birth Control Pills (BCPs) – Thought to be the best way to prevent unintended pregnancy



The CHOICE Project

- BCPs failed in 4.27% of women
- Longer-Acting Methods failed in only 0.27% of women



- Longer-Acting Methods 22X more effective!

Evidence-Based Practice

Evidence-based practice is the use of the best available evidence together with a provider's expertise and client's values and preferences* in making health care decisions.

*Important: May vary by region, culture, other demographics

How Do We Generate Evidence?

Randomized, controlled trials

- The gold standard
- For example, Nurse-Family Partnership

Observational/Epidemiologic studies

- For example, John Snow or The CHOICE Study



How Do We Generate Evidence?

First we ask the questions

- What are we trying to accomplish?
- How will we know that a change is an improvement?
- What change can we make that will result in an improvement?



Then



Levels of Evidence

I. **Evidence-based practices** – practices that have been rigorously evaluated and determined to be effective by experts in the field

- Have been peer reviewed
- Replicable in many settings
- Effects clearly linked to the practice and not other external factors



Levels of Evidence

II. Promising approaches – emerging or innovative practices that have been employed in the field/real world and are based on state-of-science knowledge of what works to improve outcomes

- Data is strong but not robust enough to support generalizable public health outcomes

Levels of Evidence

III. Expert guidelines, protocols, approved tools, etc.

- Based on consensus of authorities in the field
- Typically a compilation of evidence-based practice
- For example
 - The American Academy of Pediatrics
 - The Centers for Disease Control and Prevention (CDC)



Agency for Healthcare Research & Quality (AHRQ)

Mission – to produce evidence to make health care safer, higher quality, more accessible, equitable, and affordable, and to work within the US Dept of HHS and with other partners to make sure the evidence is understood and used



AHRQ continued..

Priority areas of focus

- Improve health care quality by accelerating implementation of patient-centered outcomes research
- Make health care safer
- Increase accessibility to health care
- Improve health care affordability, efficiency, and cost transparency



Implementing Evidence in the 4 Ps of Healthy Start

Preconception/Interconception

- Reproductive life planning
- Optimizing women's health, behaviors, and knowledge before pregnancy

Prenatal – from diagnosis of pregnancy to birth

Postpartum – infant/mother from birth to 6 mos.

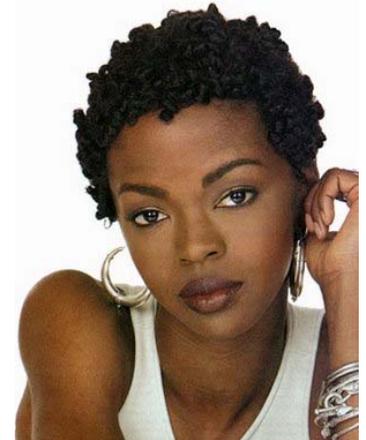
Parenting – baby/family from birth to age 2



Preconception/Interconception

CHOICES: A Program for Women about Choosing Healthy Behaviors

- Four 45-minute motivational interview sessions and one contraceptive counseling and provision visit over a 12-14 week period



Included in National Registry of Evidence-Based Programs and Practices



Prenatal

Text4Baby

- Free mobile information service using text messaging to promote maternal and child health
- Topics include prenatal care, nutrition, immunizations, breastfeeding, exercise, family violence, mental health, signs of labor, etc.



Included in “The CDC Guide to Strategies to Support Mothers and Babies”

Postpartum

Breastfeeding Support Evidence-Based Clinical Practice Guideline

- Evidence-based information to help nurses and lactation consultants
 - Promote breastfeeding
 - Evaluate factors that affect breastfeeding
 - Provide care and education for a successful breastfeeding experience



From National Institute for Children's Health Quality



Parenting

Legacy for Children

- Regular facilitated group meetings including mother-only time and mother-child time
- Mothers explore and develop goals for their child with mothers in similar circumstances; encouraged to work out best plan for their unique situation
- Includes one-on-one sessions with intervention specialists to assist mothers in helping children reach their goals



Evidence-Based, Developed by the CDC



The EPIC Plan

- Web site to provide a searchable database of model programs, toolkits, and other evidence-based practices organized into Preconception/ Interconception, Prenatal, Postpartum, and Parenting with subsets of key actions under each
- Training and TA on these practices provided where needed
- Study results achieved from these and innovative activities in Healthy Start programs in order to contribute to the evolving evidence for best practices in maternal/infant care



The Goal: a Healthy Start for Every Child

