

Reunión de la CICAD con Universidades de las Américas sobre el Fenómeno de las Drogas desde la Perspectiva de Evidencia Científica

# COLLABORATIVE PROGRAM IN NURSING RESEARCH BASED ON THE EVIDENCE OF COSTA RICA



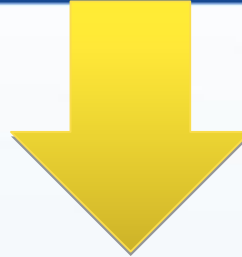
Dra. Ligia Rojas V.  
M.Sc. Mabel Granados



12-14 de septiembre, 2012



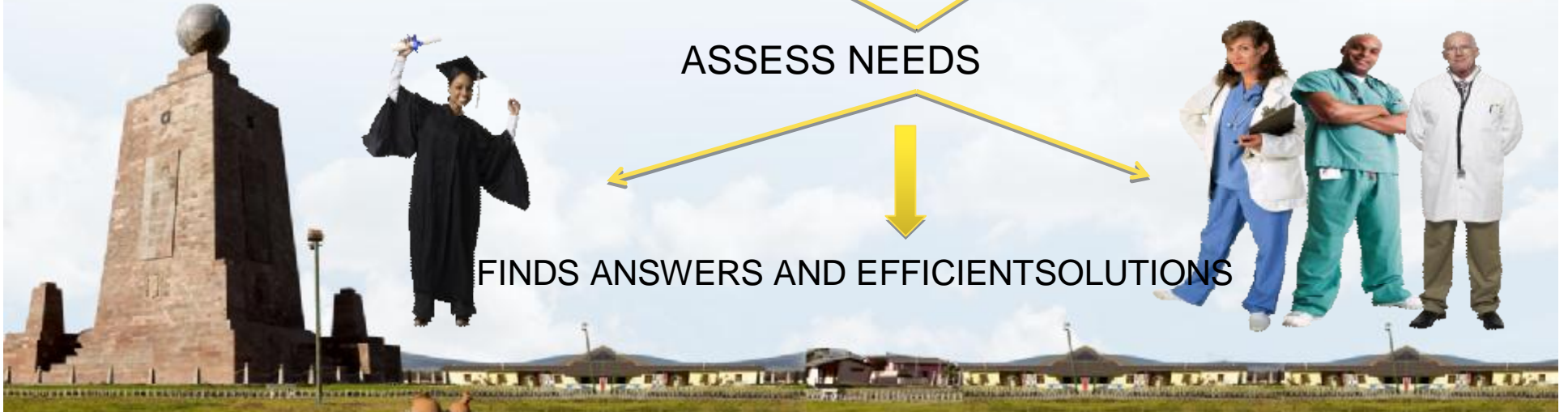
# PROGRAM



## ASSESS NEEDS



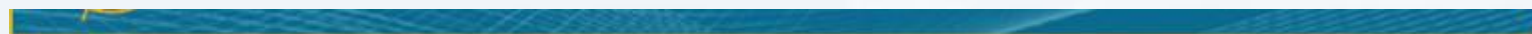
## FINDS ANSWERS AND EFFICIENT SOLUTIONS





# PROGRAMA CIEBE-CR

The Iberoamerican Cochrane Centre and  
the Iberoamerican Cochrane Network





## RESULTS



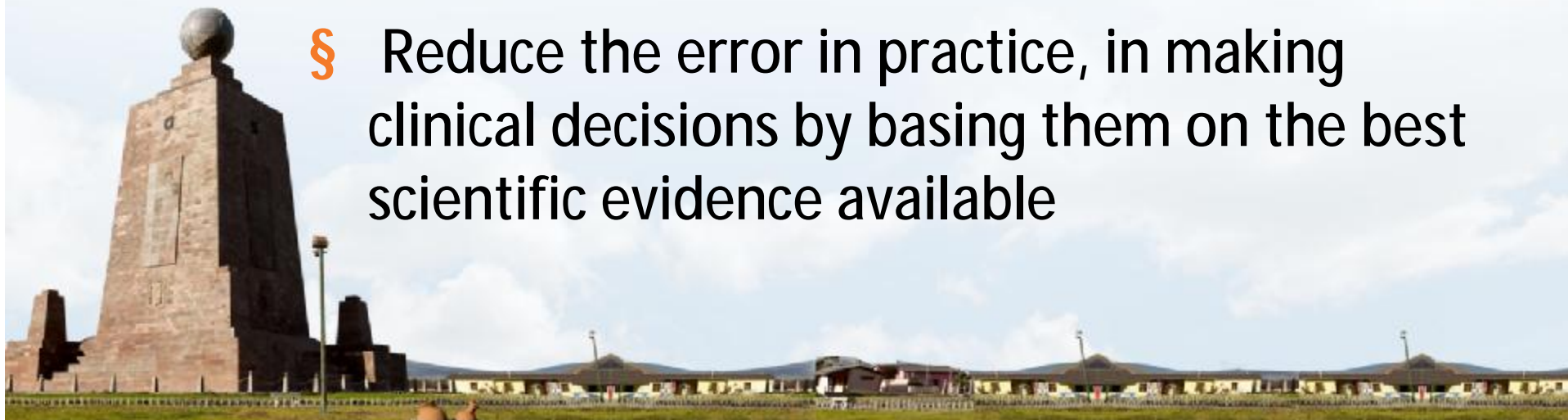
Consequential in the efficiency and effectiveness of the generating nuclei of scientific evidence from the systematic review, primary research, adaptation or development of clinical practice guidelines and training on clinical practice based on scientific evidence





## ESSENTIAL WORK

- § Increase updated knowledge with the professionals of health.
- § Increase quality care.
- § Reduce the error in practice, in making clinical decisions by basing them on the best scientific evidence available

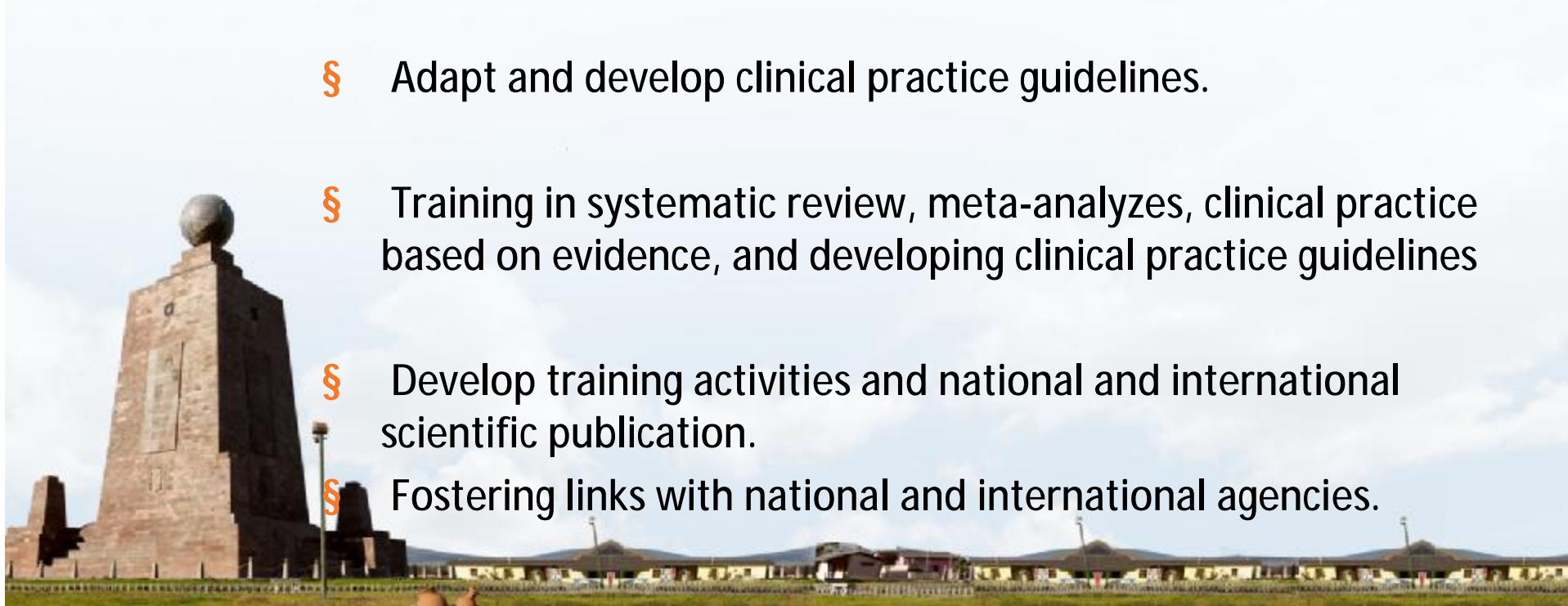






# OBJECTIVES

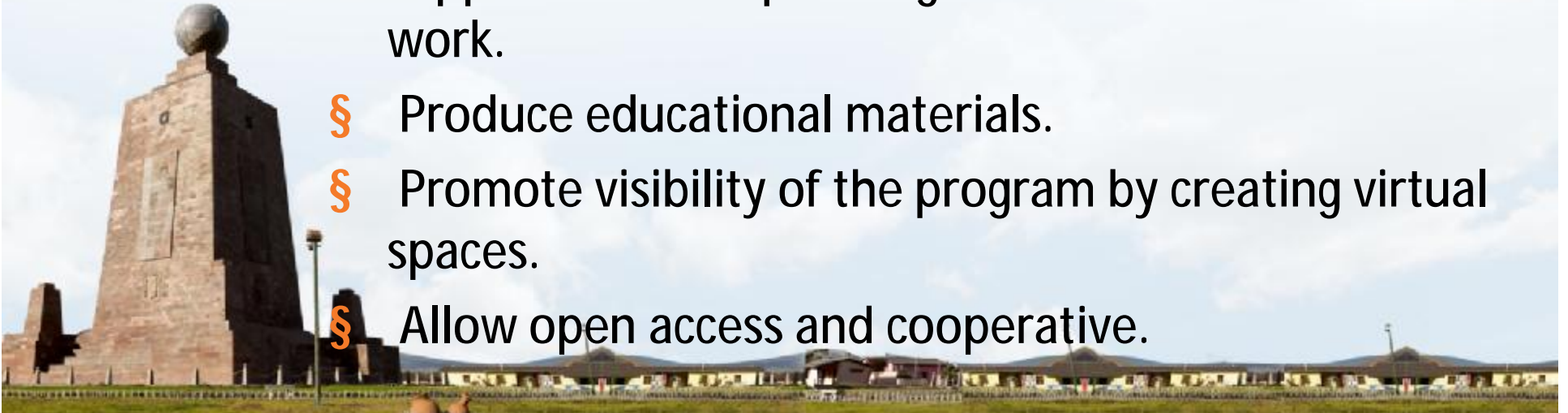
- § . Prepare (develop), making available (spread) and maintain (update) systematic reviews on topics of interest in health.
- § Adapt and develop clinical practice guidelines.
- § Training in systematic review, meta-analyzes, clinical practice based on evidence, and developing clinical practice guidelines
- § Develop training activities and national and international scientific publication.
- § Fostering links with national and international agencies.





## Objectives

- § Collaborate and promote good communication, involving and supporting people with different backgrounds, experiences and different origins.
- § Continuous updating of scientific information, support and incorporating new studies and core work.
- § Produce educational materials.
- § Promote visibility of the program by creating virtual spaces.
- § Allow open access and cooperative.



# ORGANIZATIONAL STRUCTURE



CORE TEAM  
10 RESEARCHERS

UCR - CCSS

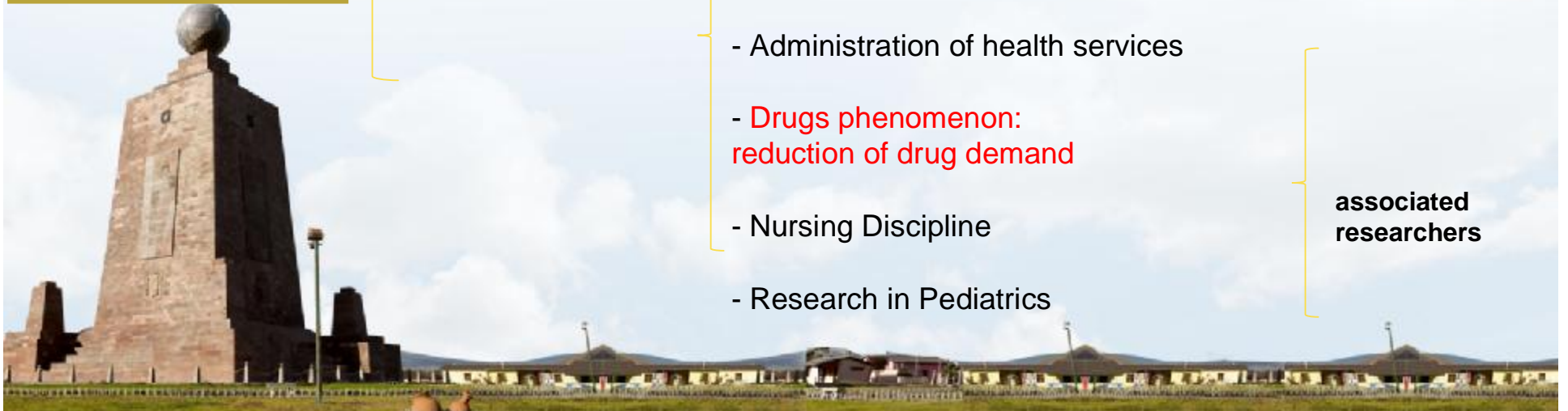
Overall coordination

Technical team

nuclei generators

- Sexual and Reproductive Health
- Older Persons
- Administration of health services
- **Drugs phenomenon:  
reduction of drug demand**
- Nursing Discipline
- Research in Pediatrics

associated  
researchers

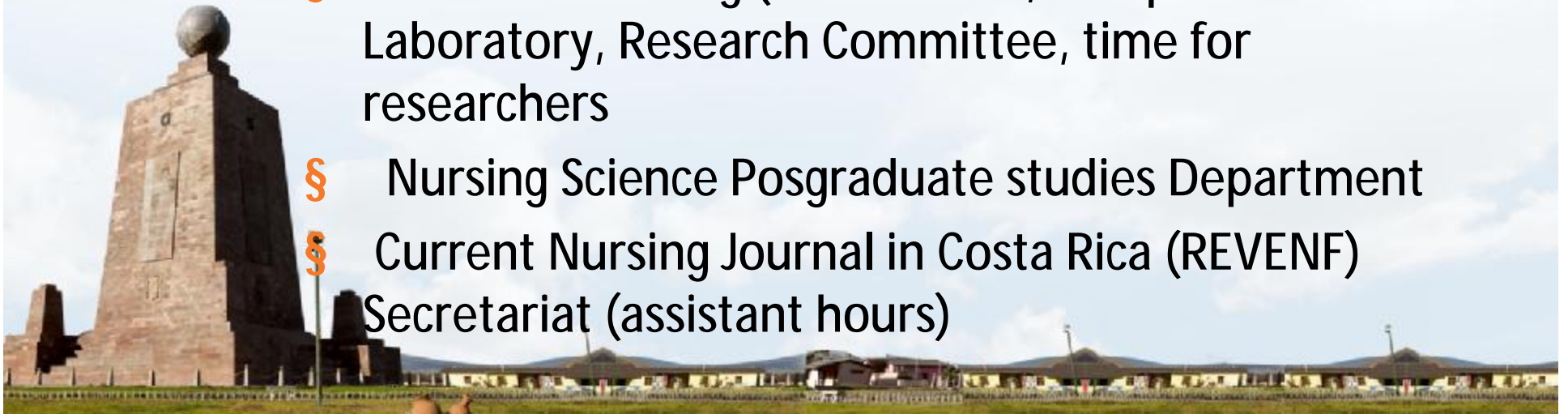






## LOGISTICS SUPPORT AND DIVULGATION

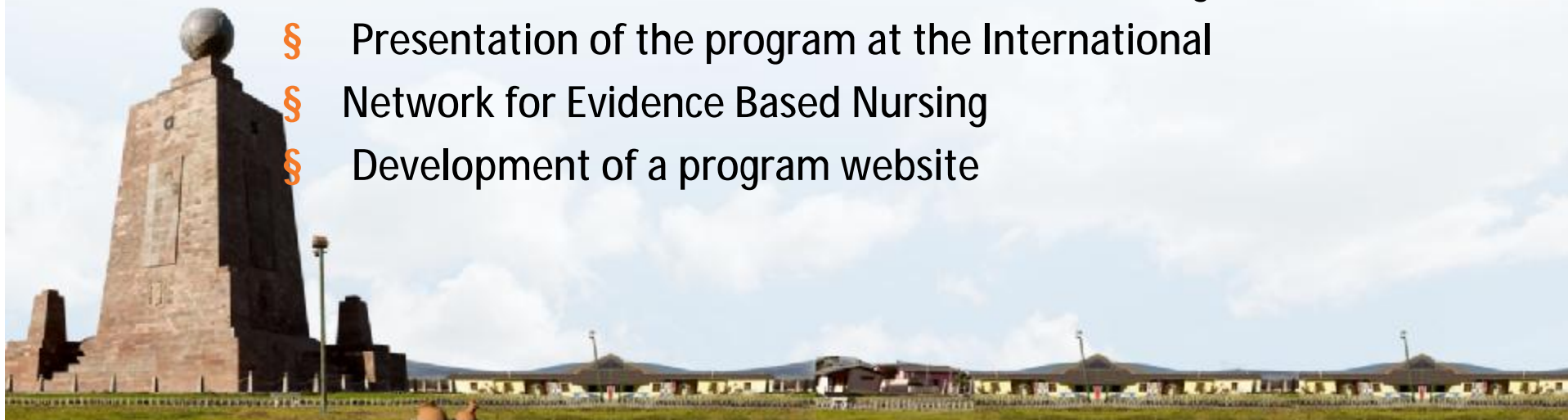
- § University of Costa Rica (Research Vice-Rector, Library System, Social Action and Extension Vice-Rector to provide training courses , Moodle platform for bimodal courses )
- § School of Nursing (Installations, Computer Laboratory, Research Committee, time for researchers
- § Nursing Science Posgraduate studies Department
- § Current Nursing Journal in Costa Rica (REVENF) Secretariat (assistant hours)





## ACTIVITIES

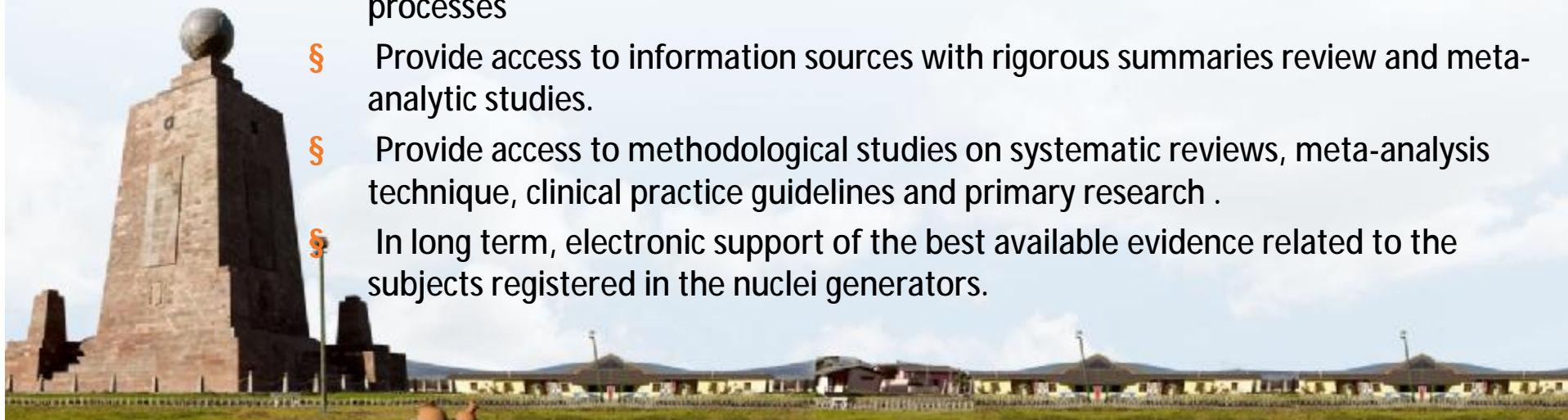
- § Five bimodal courses on clinical practice based on evidence.
- § International Symposium on clinical practice based on evidence.
- § Linking cooperation with hospitals in the Social Security Fund.
- § Own research of the coordinators of the nuclei generators.
- § Presentation of the program at the International
- § Network for Evidence Based Nursing
- § Development of a program website





## EXPECTED PRODUCTS

- § Scientific information useful for health professionals and health students in order that their decisions are based on the best scientific evidence.
- § Continuous training through online methods and bimodal, workshops, seminars, symposia.
- § Instructional material to guide the professionals in the various scientist processes
- § Accompanying the professionals and health students in the various scientific processes
- § Provide access to information sources with rigorous summaries review and meta-analytic studies.
- § Provide access to methodological studies on systematic reviews, meta-analysis technique, clinical practice guidelines and primary research .
- § In long term, electronic support of the best available evidence related to the subjects registered in the nuclei generators.





## Challenges → search for strategies to:

- § Ensure that health professionals are aware that their practice can not be based on interests other than the high quality research.
- § Make professionals feel the need for training to distinguish between the wealth of information that is presented and decide what is worth , improve clinical practice and safety of persons or groups.
- § Develop leadership in communicating the results of the best evidence available to policy decision makers, social groups and individuals directly involved.





## PAGINA WEB



**PROGRAMA DE COLABORACIÓN PARA  
LA INVESTIGACIÓN EN ENFERMERÍA  
BASADA EN LA EVIDENCIA**

<http://www.ciebecr.ucr.ac.cr>







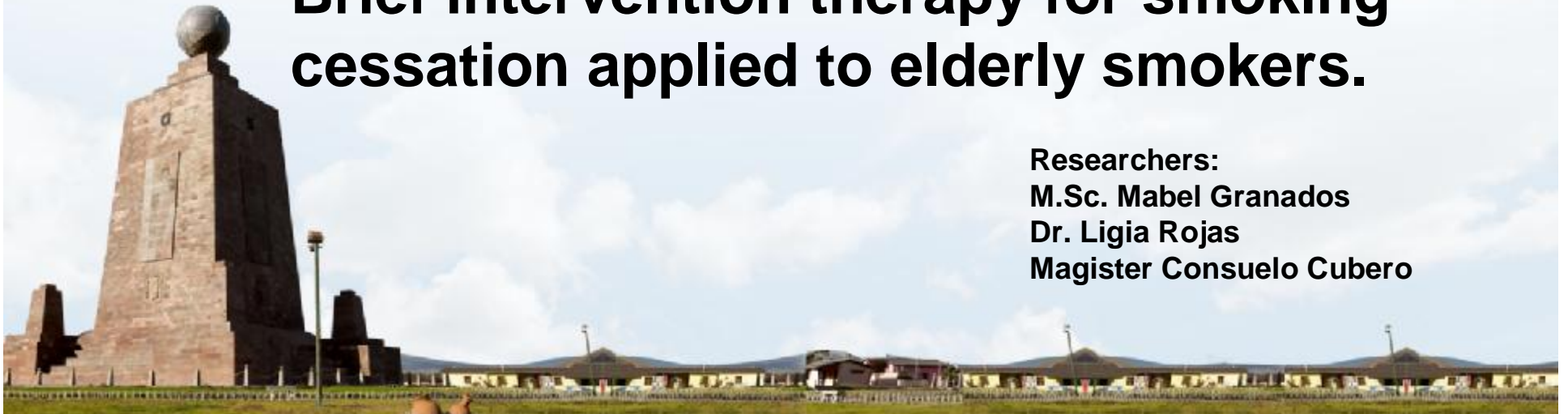
UNIVERSIDAD DE  
COSTA RICA



# **Research Project**

## **Brief intervention therapy for smoking cessation applied to elderly smokers.**

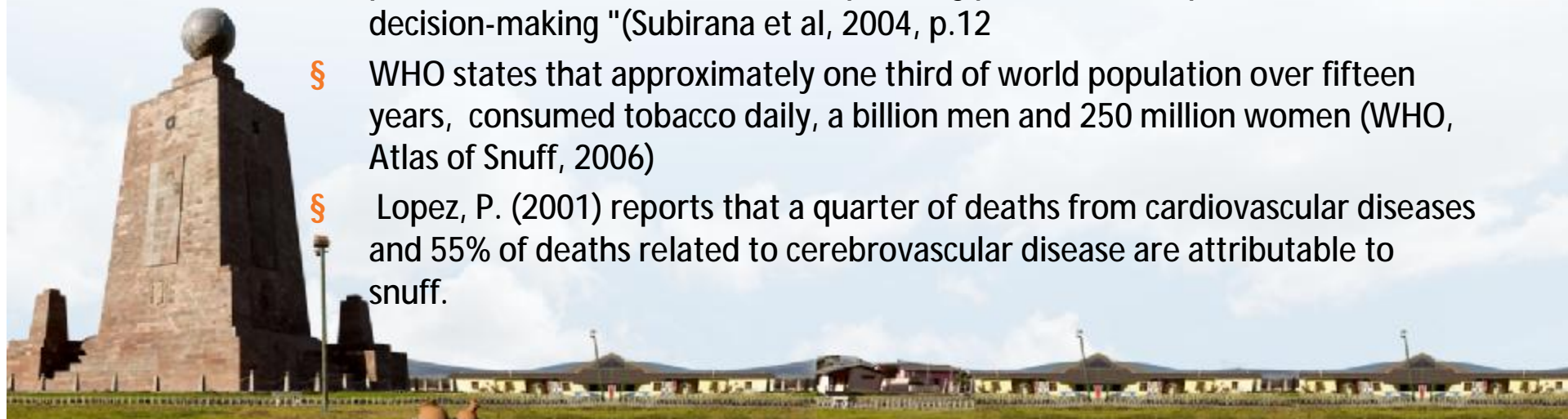
**Researchers:**  
**M.Sc. Mabel Granados**  
**Dr. Ligia Rojas**  
**Magister Consuelo Cubero**





## JUSTIFICATION

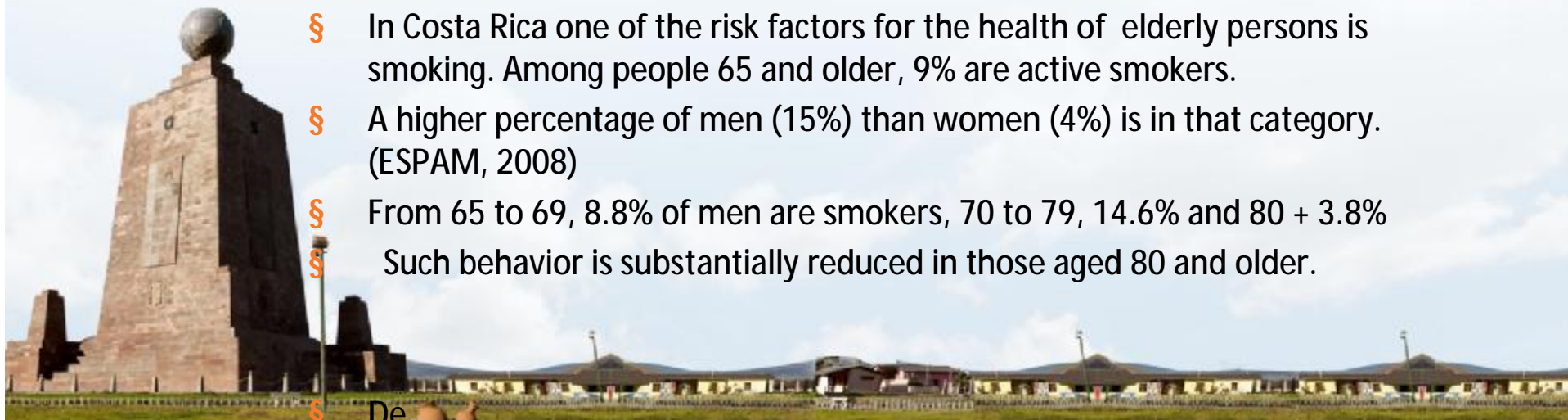
- § Experience of researchers in the field of older adults and the issue of addiction, motivated to develop research on elderly smokers, in order to meet evidence of treatments for smoking cessation in this age group
- § Practice based on scientific evidence allows "application aware, explicit and judicious use of the best scientific evidence available regarding nursing knowledge to make decisions about patient care, taking into account their preferences and values, and incorporating professional expertise in this decision-making "(Subirana et al, 2004, p.12
- § WHO states that approximately one third of world population over fifteen years, consumed tobacco daily, a billion men and 250 million women (WHO, Atlas of Snuff, 2006)
- § Lopez, P. (2001) reports that a quarter of deaths from cardiovascular diseases and 55% of deaths related to cerebrovascular disease are attributable to snuff.





## BACKGROUND

- § Currently five million people die annually as a result of snuff; one person every six seconds. 70% of these deaths occur in developing countries, killing more men than women. (WHO, 2006)
- § Costa Rica, in the latest National Survey on Drug Use conducted, is an overall prevalence of snuff consumption of 15.7%, 23.1% men and 8.2% of women. (IAFA, 2008).
- § Individual and population aging
- § In Costa Rica one of the risk factors for the health of elderly persons is smoking. Among people 65 and older, 9% are active smokers.
- § A higher percentage of men (15%) than women (4%) is in that category. (ESPAM, 2008)
- § From 65 to 69, 8.8% of men are smokers, 70 to 79, 14.6% and 80 + 3.8%
- § Such behavior is substantially reduced in those aged 80 and older.

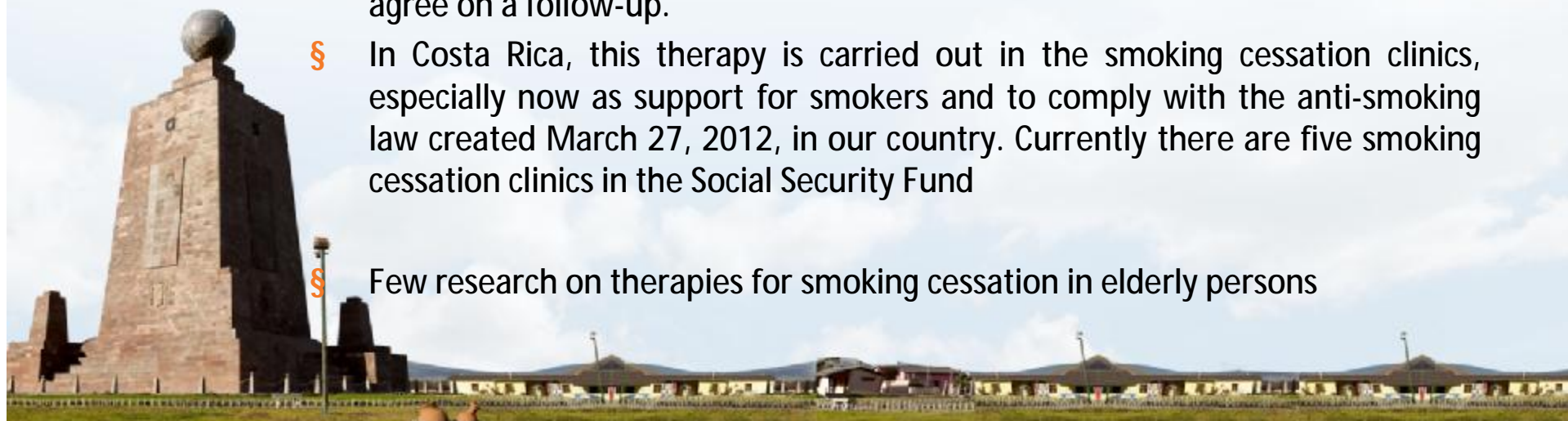


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## BACKGROUND

- § Myths about smoking and old age.
- § Most health workers do not have enough knowledge about smoking as a disease and do not know how this addiction works and how to deal with it.
- § To help people in the cessation of smoking, there are several alternatives, including brief intervention therapy applied in several countries, which is based on 5 actions: known as the five A's: Ask, Advise, analyze, assist and agree on a follow-up.
- § In Costa Rica, this therapy is carried out in the smoking cessation clinics, especially now as support for smokers and to comply with the anti-smoking law created March 27, 2012, in our country. Currently there are five smoking cessation clinics in the Social Security Fund
- § Few research on therapies for smoking cessation in elderly persons

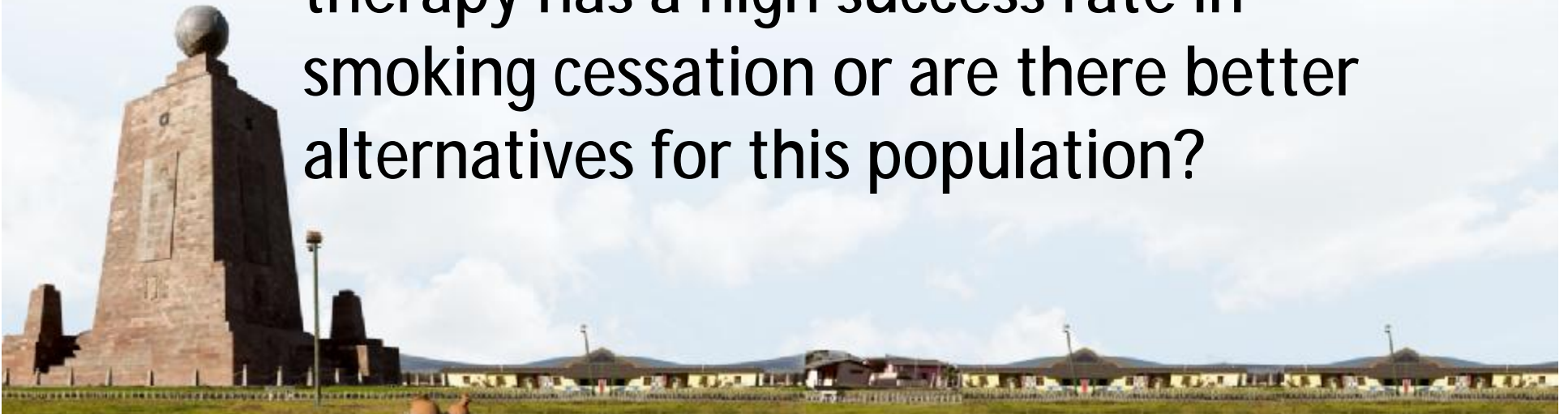




## CLINICAL QUESTION

PICO format:Therapeutic type

In elderly smokers brief intervention therapy has a high success rate in smoking cessation or are there better alternatives for this population?







## GENERAL PURPOSE

§ Analyze the success rate that the application of brief intervention therapy has for smoking cessation in elderly smokers.





## SPECIFIC OBJECTIVES

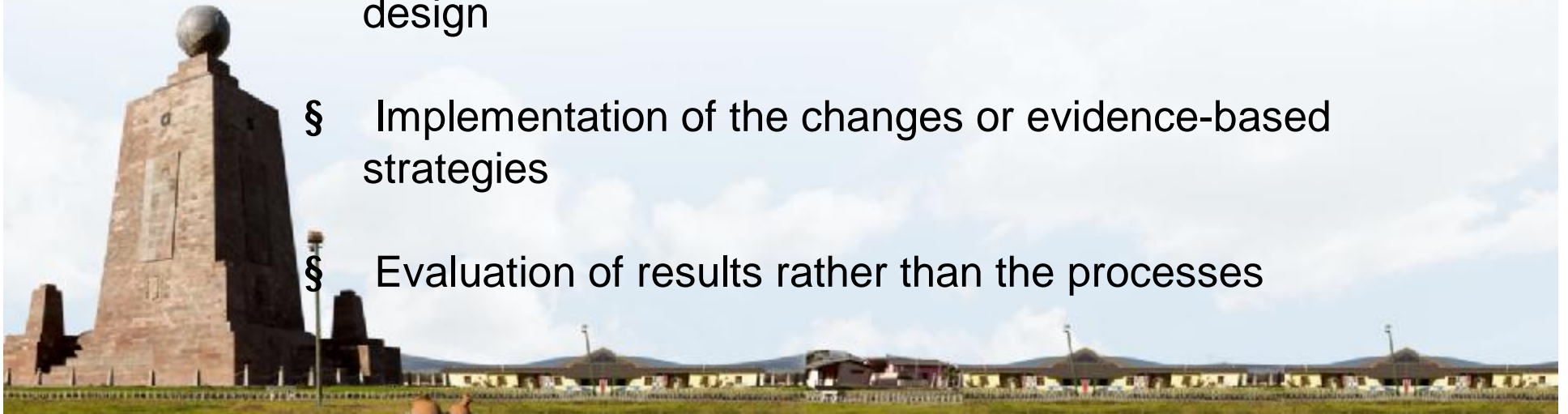
- § Develop a clinical question to assess the percentage of successful in the implementation of brief intervention therapy in elderly smokers
- § Establish strategies to find information related to the subject, in Pub med database, Cochrane Library, EBSCO, CINAHL, and others.
- § Critically evaluate the evidence found to determine the percentage of successful implementation of brief intervention therapy over other therapies
- § Rate sensitive strategies, discussion and dissemination of evidence found, in clinical practice training for professionals interested in the topic of smoking.
- § Assess the data included and analyzed and particularly circumstances, to render the opinion in terms of degree of recommendation and level evidence





## Methods and Procedures

- § Convert a need for information in a clinical question, to answer.
- § Find the best evidence to answer this question
- § Critical reading for objectifying quality criteria for each design
- § Implementation of the changes or evidence-based strategies
- § Evaluation of results rather than the processes





# Concepts to retrieve the information

Aging and smoking  
cessation strategies

Older Persons and smoking  
cessation

Smoking cessation therapies and  
elderly

Clinical trials

Brief therapy  
intervention and  
smoking cessation

Nursing Research  
Based on the evidence

smoking  
cessation and  
elderly

Effectiveness and  
Efficiency of smoking  
cessation therapies





## *Inclusion criteria for information retrieval.*

Population: Elderly persons

Studies to search: clinical trials

Consult databases: EBSCO HOST PUB MED,  
CINAHL, MEDLINE PLUS, COCHRANE LIBRARY

Documents retrieved for the selection of the bases:  
EBSCO HOST, Pub Med, Cochrane Library,  
MEDLINE PLUS.

Other bases: SCIELO

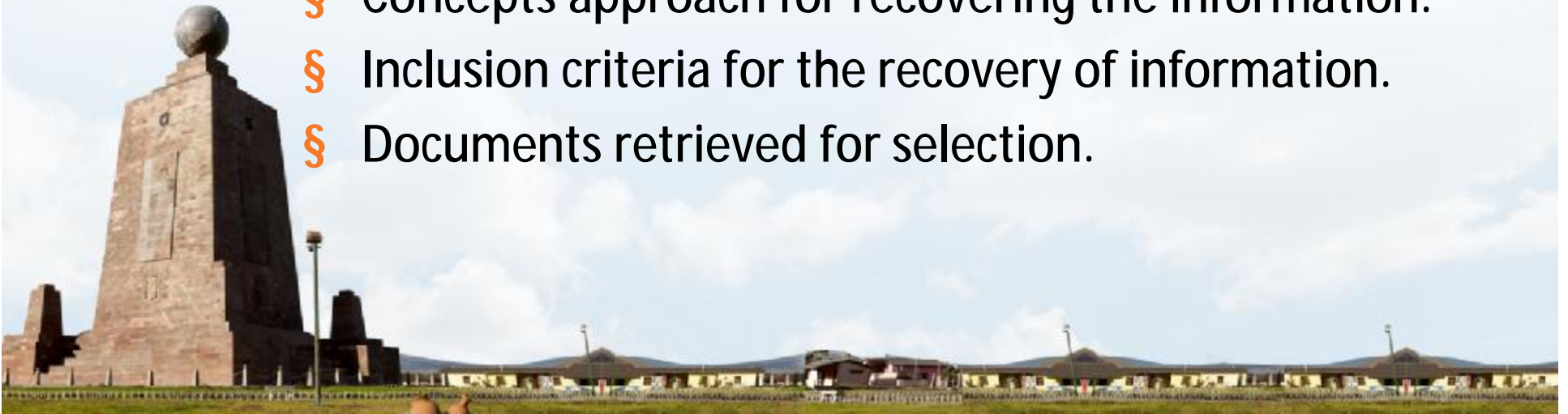






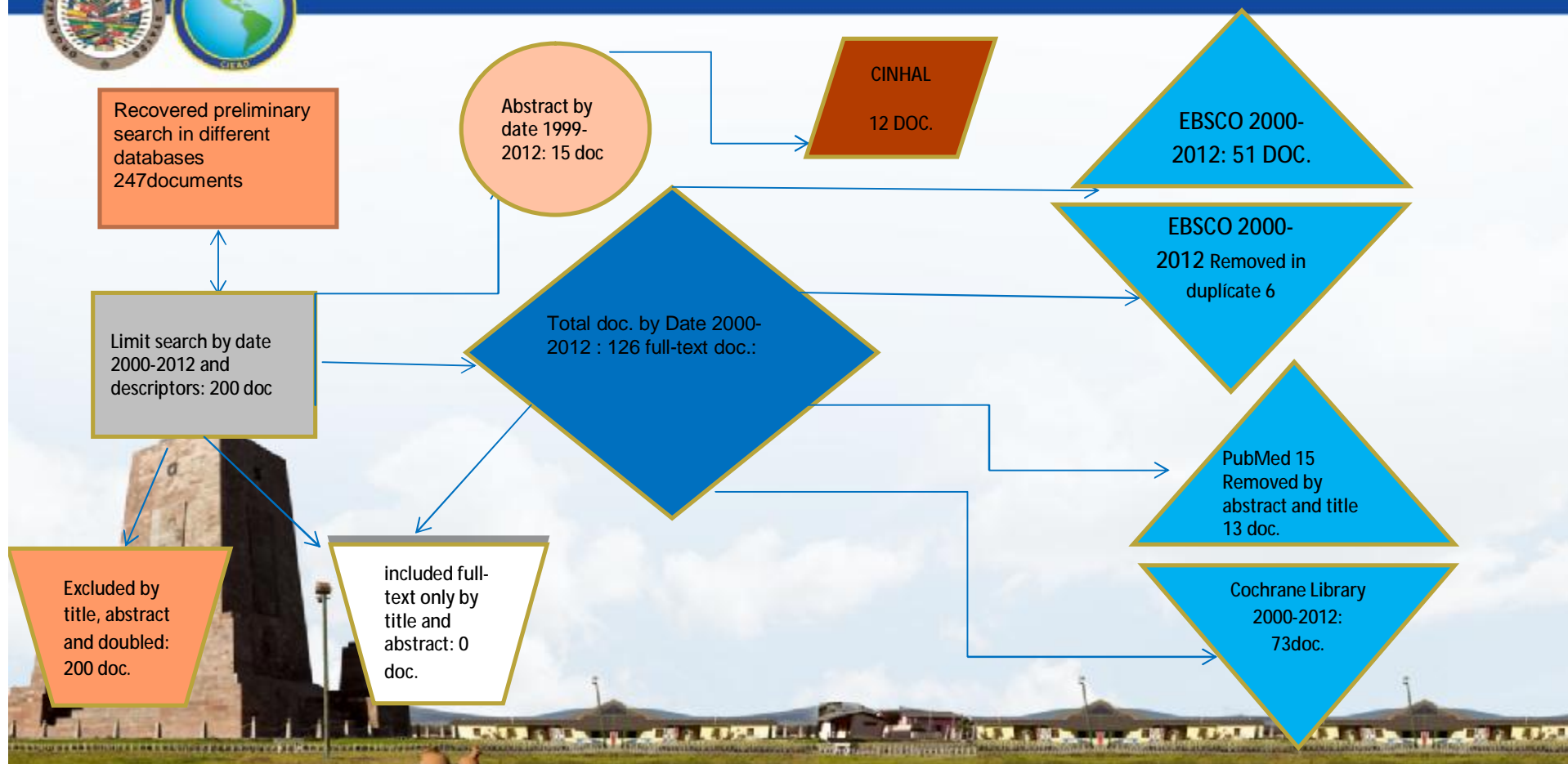
## CRITICAL ANALYSIS

- § Previous finding relevant background, research group raised a question in frontline clinical therapeutic PICO format type
- § Concepts approach for recovering the information.
- § Inclusion criteria for the recovery of information.
- § Documents retrieved for selection.





# FLOWCHART OF SEARCH





# CONCLUSIONS

- § Lack of evidence-based research related to the subject in this age group.
- § Importance of primary research.





GRACIAS

