

Announcement of Capstone Presentation

Candidate:	Beth Ann Martucci, RN, MS, CRNP
Date, Time, Place:	April 21, 2010 4:30p, Room 390

Capstone Project Title:	A Train the Trainer Approach to Managing Osteoporosis in Long Term Care through the use of Clinical Practice Guidelines
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Capstone Project Abstract: (You must type your abstract on this form in the space provided)

Background: Osteoporosis is a debilitating skeletal disorder that commonly affects older adults residing in long term care. Osteoporosis reduces the structural integrity of the bone which makes it more susceptible to fracture. For the elderly who sustain a fracture due to osteoporosis the effects are devastating. Osteoporosis is responsible for more than 1.5 million fractures annually (NOF, 2009). For the older adult who fractures a hip, 25% will not survive the following year and 50% of those will not return to their prior functional level (Burge, 2007). The National Institutes of Health Consensus Conference on Osteoporosis has identified as one of its priorities “the need to study the most effective methods of educating healthcare professionals about the diagnosis and treatment of osteoporosis” (Consensus Development Panel, 2000). Educating clinicians on osteoporosis management through the use of osteoporosis clinical practice guidelines is one way to address the issue.

Purpose: The purpose of this project is to educate Bravo Health Nurse Practitioners on how to develop an osteoporosis clinical practice guideline implementation plan to be used in their long term care facilities based on the American Medical Director’s Association (AMDA) osteoporosis clinical practice guidelines (CPGs).

Method: A single group, post-test design study was conducted with a convenience sample of 14 nurse practitioners employed by Bravo Health, a Medicare advantage health plan, in Baltimore, Maryland. The study evaluated the effectiveness of a train-the-trainer program to teach the nurse practitioners to develop an osteoporosis clinical practice guideline implementation plan for use in their long term care facilities. Testing for the effectiveness of the training session was based on written evidence of key components of the four step process as outlined in AMDA’s osteoporosis clinical practice guidelines.

Results: Fourteen Bravo Health Nurse Practitioners attended the training program. At the completion of the training, all fourteen participants submitted their osteoporosis CPG implementation plans. Of the fourteen participants, two did not list key components of the CPG in the correct sequence; however, they did include them in a later step thus resulting in successful implementation plans.

Conclusion: The study suggests that as a result of the train-the-trainer program, the Bravo Health Nurse Practitioners were successful in their ability to develop an osteoporosis implementation plan based on AMDA’s osteoporosis clinical practice guidelines for use in the long term care settings where they are employed. Further monitoring of the actual implementation of these plans would be necessary to evaluate the success of osteoporosis CPG implementation in the long term care setting.

Capstone Chair (name & title):

Dr. Barbara Resnick, PhD, RN

Capstone Advisory Committee Members (names & titles):

Member: Dr. Elizabeth Galick, PhD, RN

Member: Dr. Eun-Shim Nahm, PhD, RN

Member:

The Open Presentation is open to the university community and invitees of the candidate. Any member of the Graduate Faculty may observe the capstone presentation. Only committee members may vote.