

Evidence Based Health Promotion PICO & Abbreviated Literature Review

Introduction:

Evidence-based practice (EBP) is a process of collecting, scrutinizing, and utilizing research findings to improve clinical practice, the clinical work environment, and population or patient outcomes.

Evidence based practice operationalizes synthesized research in a measurable way (Dang & Dearholt, 2018). There are multiple models of EBP implementation, all of which include these critical steps:

- Formulate Question
- Compile Evidence
- Critically Appraise Evidence
- Implement Change
- Evaluate

Health promotion should rely on interventions evidenced to improve the health of populations.

Health promotion is the process of enabling people to increase control over, and to improve their health (WHO, 2021). Evidence-based health promotion is identified by reviewing multiple sources of reliable literature to identify the common strengths that lend to improved health outcomes. Health promotion and evidence-based practice are considered essential competencies in nursing practice.

Assignment Overview

This is a multi-part assignment due over 2 weeks in modules 12 and 13.

Initial Submission (week 12)

1. Identify a population health problem and health promotion topic
2. Develop a **PICO Question** for your Health Promotion Topic using the template provided.
Resource: [Johns Hopkins EBP Guidelines](#)
Resource: [PICO Examples](#)
3. Conduct an abbreviated **Literature Review** using appropriate levels of evidence to identify evidence-based health promotion interventions using the template provided.
Resource: [EBP Levels of Evidence](#)

Subsequent Submission (week 13)

4. Create a **Health Promotion Plan** using the template provided.
5. Create an **Infographic** for your Health Promotion Plan based on the directions provided.

- For this assignment, students will identify a population health problem and create a PICO question to frame health promotion.
- You will perform an abbreviated literature review by identifying 4 pieces of reputable literature including peer reviewed research, published guidelines and government sources.
- You will use this literature to describe and support your population health intervention.
- You will use your evidence based identified intervention to create a population-focused *Health Promotion Plan* and related *Infographic* to provide awareness and education on a selected health promotion topic for a target population group.

- The focus of the plan should be on the primary level of prevention - focused on health promotion. (Aimed at people who are at risk for, but have not yet developed, the specified disease or illness.)
- While the plan will not actually be carried out, it should be designed so that it could be carried out if given the opportunity.

Directions for the Assignment

- Complete each of the 4 components of the assignment using the designated directions and templates.
- Provide citations for information from published sources using APA format for citations/references.
- Information may be provided using bullet points but should be written in complete sentences and use correct grammar. Use the third person viewpoint.

References

Dang, Deborah; Dearholt, Sandra L. (2018). Johns Hopkins nursing evidence-based practice: model and guidelines. Indianapolis, Indiana: Sigma Theta Tau International: Johns Hopkins Nursing

Oregon Health Sciences University. (2021). *Evidence based practice nursing toolkit*.
<https://libguides.ohsu.edu/nursing/EBP>

World Health Organization. (2021). *Health promotion*.
https://www.who.int/health-topics/health-promotion#tab=tab_1

PICO

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Use this template to frame your PICO question for your Health Promotion Plan. Refer to **Appendix B** in Dang, Deborah; Dearholt, Sandra L. Johns Hopkins nursing evidence-based practice: model and guidelines. 2018. Indianapolis, Indiana: Sigma Theta Tau International: Johns Hopkins Nursing

Current population health problem:	
Prevalence of chronic kidney disease among adults in the United States	
Why is the problem relevant?	
- More than one in seven adults in the United States suffer from chronic kidney disease. - Most people with chronic kidney disease do not know that they have it. - People with chronic kidney disease are more likely to suffer from heart attack or a stroke. - One in three adults with diabetes and one in five adults with hypertension may have CKD.	
How is this topic currently being addressed?	
- The CDC is collaborating with St. Joseph/UCLA Health to study electronic health records to identify people with or at risk of developing chronic kidney disease (CDC). - The CDC is collaborating with the Department of Veteran Affairs Health Care System to research and identify risk factors and comorbidities associated with the development of CKD (CDC). - The CDC is working with RTI International to study the cost effectiveness of screening and treatment for CKD in order to assist policy-decision making in order to use public health resources to aid in the prevention and control of CKD (CDC). - In collaboration with the National Kidney Foundation, the CDC is conducting the CHERISH project which is testing the feasibility of CKD screening and detection among high-risk adults, how to target this population for screening, and how public health officials can implement simpler and more efficient CKD screening (CDC).	
Source of topic identification?	
Healthy people 2030 health. Gov. (n.d.). <i>Chronic kidney disease</i>. Retrieved July 26, 2024, from https://health.gov/healthypeople/objectives-and-data/browse-objectives/chronic-kidney-disease Centers for Disease Control. (2024, May 21). <i>About the CKD initiative</i>. https://www.cdc.gov/kidney-disease/programs/index.html	
What are the PICO Components?	
Population (Target population)	Adults with hypertension
Intervention	Low sodium diet
Comparison (Comparison with other interventions, Ex: Why primary rather than secondary prevention)	Standard diet with no limitations

Outcomes (How to measure success of changes).	Reduce the risk of developing chronic kidney disease over a five year period.
What is your EBP Question?	
In adults with hypertension, does following a low sodium diet versus a standard diet with no sodium restrictions, reduce the risk of developing chronic kidney disease over a five year period?	

Literature Review

Use this template to conduct an abbreviated literature review to support your PICO question. Literature should be from peer reviewed journals, recently published research, published guidelines or government entities that is an appropriate level of evidence. Note that this is an introduction to literature synthesis. EBP implementation requires an exhaustive literature review.

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Citation	Level of Evidence	Key Findings	Recommendations
Center for Disease Control. (2024, July 18). <i>Preventing chronic kidney disease</i> . https://www.cdc.gov/kidney-disease/prevention/index.html	Government Entity	- Managing diseases such as diabetes and hypertension can help prevent development of chronic kidney disease. - Maintaining weight, being physically active, consuming less sodium, limiting alcohol and smoking cessation are all lifestyle factors that may prevent the development of chronic kidney disease.	- Limit the amount of alcohol consumed, as this can raise blood pressure levels. - Monitor blood pressure frequently and implement lifestyle modifications such as minimizing sodium intake. - Take medications as prescribed.
<i>Preventing chronic kidney disease</i> . (n.d.).	Government Entity	People with high blood pressure are	Consume less

National Institute of Diabetes and Digestive and Kidney Diseases. Retrieved July 26, 2024, from https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/prevention		more likely to develop chronic kidney disease. • Diet modifications such as increasing the amount of fruit and vegetables, whole grains, low-fat dairy products, and limiting the amount of sodium consumed can reduce the risk for developing chronic kidney disease. • ACE and ARB inhibitors can be used to reduce blood pressure, protect the kidneys, and reduce the risk of developing CKD. • Daily use of NSAIDs can cause damage to the kidneys.	than 2,300 mg of sodium each day. • Take ACE and ARBs as prescribed to lower blood pressure and protect the kidneys. • Minimize use of NSAIDs. • Exercise frequently to maintain cardiovascular health and blood pressure. • Getting tested is the best way to know your kidney health and function as CKD may be asymptomatic.
Philip, A., Mayahara, M., Fogg, L. F., & Hart, P. D. (2022). The Impact of an Education Intervention to Improve Blood Pressure Control among Black Non-Hispanic Patients and Hispanic Patients with Chronic Kidney Disease. <i>Nephrology Nursing Journal : Journal of the American Nephrology Nurses' Association</i>, 49(4), 351–358. https://doi.org/10.37526/1526-744X.2022.49.4.351	Peer Reviewed Journal	• Adherence to a low sodium diet is crucial in controlling blood pressure and preventing development of CKD. • Food insecurity is a factor that prevents patient adherence to low sodium diets. • Hypertension and chronic kidney disease are often asymptomatic, making it difficult to detect early.	• Check blood pressure regularly. • Adhere to a low sodium diet. • Talk to your doctor about foods that are obtainable and low in sodium.

Borrelli, S., Provenzano, M., Gagliardi, I., Michael, A., Liberti, M. E., De Nicola, L., Conte, G., Garofalo, C., & Andreucci, M. (2020). Sodium Intake and Chronic Kidney Disease. <i>International Journal of Molecular Sciences</i>, 21(13), 4744-. https://doi.org/10.3390/ijms21134744	Peer Reviewed Article	• High blood pressure is a common comorbidity of chronic kidney disease and is typically a consequence of a lack of sodium limitation. • Elevated blood pressure is a common complication of chronic kidney disease, but can also be the cause of CKD. • Hypertensive patients have a 75% greater chance of developing CKD than normotensive individuals. • Pre-hypertensive (systolic 120-139 mm hg and/ or diastolic 80-89) individuals have a 25% higher chance of developing a lower GFR.	• Maintain a blood pressure of 120/80 for reduced risk. • Limit sodium intake to reduce risk of hypertension and CKD. • Monitor blood pressure regularly to assess status. • The World Health Organization recommends a sodium intake of 2.3 g/day or less.
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