

**NURS-FPX6030 Assessment 5: Evaluation Plan Design**

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Program Name or Degree Name (e.g., Bachelor of Science in Psychology), University

COURSE XXX: Title of Course

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## **Evaluation Plan Design**

An evaluation is a crucial aspect of any project since it enables the project team to assess whether the outcomes of an intervention were met, identify lessons learned, and get feedback that can be incorporated into similar interventions in the future. The evaluation plan details and outlines the purpose of an evaluation, how it will be conducted, and when. In addition, it identifies how a project will be monitored and how the project objectives will be met. It also identifies the various aspects of the project that did not meet the objectives, thus informing the project team on changes to make in the future (Perry et al., 2019). In this case, the proposed intervention is introducing a specialized patient education program focusing on gestational hypertension offered to a group of at-risk pregnant women. The care setting is First Choice Women's Clinic. The need that called for the implementation of the intervention is an increased rate of gestational hypertension and related complications in the institution, having adverse effects on the mother and the fetus. This essay aims to develop an evaluation plan design for the intervention and reflect on advocacy, leading change and improvement, and future steps regarding the project.

### **Evaluation Plan**

#### **Outcomes that are the Goal of the Intervention Plan**

The expected outcome of implementing the specialized patient education program focused on gestational diabetes is to improve the knowledge of managing gestational hypertension during and after pregnancy and reduce the rate of gestational hypertension-related complications reported in the institution. The other outcome will be reducing the cases of gestational hypertension recorded in the institution since the target population mainly entails all women at risk. Increased knowledge of gestational hypertension will enable the women to

manage it appropriately, thus reducing the related birth complications and improving their quality of life during and after pregnancy. These outcomes will also improve patient safety in the institution, and the experience of care and patient satisfaction, due to reduced complications.

The alternative outcomes from the patient education program include improving treatment plan adherence and reduced anxiety. The advantage of improved adherence to treatment plans for gestational hypertension is that it is more likely to lead to positive pregnancy outcomes, including preventing related complications. However, it may be challenging for patients to adhere to the plans appropriately, especially if they lack the required resources. The advantage of reduced anxiety is improving the quality of life for the mother and the fetus, while the disadvantage is that it may be quite challenging to evaluate.

### **Evaluation Plan**

The impact of the intervention will be determined by evaluating the degree to which the outcomes were met. The number of gestational hypertension cases reported in the institution before and after the intervention will be compared. In addition, the patient's self-reported confidence and knowledge concerning gestational hypertension will be evaluated. The data required to evaluate the intervention fully include complication case reports and patient questionnaire responses. The data collection and evaluation technology includes electronic health records on reported complications.

The data collected from the pre-and post-intervention survey questionnaires will be analyzed using an unpaired t-test, with a significance of  $p < 0.05$ . Therefore, the evaluation plan will demonstrate the changes in the patient's confidence and self-reported awareness in managing gestational hypertension appropriately after the implementation of the patient education program. Additionally, the plan will determine whether changes in the rate of

gestational hypertension-related complications were reported in the institution, whereby a reduction will mean a positive impact of the intervention. The evaluation plan assumes that the patients will readily participate in the pre and post-intervention survey. More so, the records n reported gestational hypertension-related complications will be accessible.

### **Discussion and Reflection**

#### **Advocacy**

In nursing, advocacy is an ethical and professional responsibility whereby nurses represent the patient and their needs/best interests to the rest of the Interprofessional team, as well as the healthcare organizations. According to Abbasinia et al. (2020), nurses are the voice of the patients and, therefore, must represent them to ensure that they receive appropriate and quality healthcare services. In addition, nurses play a crucial role in leading change and driving improvements in the quality and experience of care. Nurses lead change by being change champions and liaising with other healthcare providers to push for change impacting patient care. In addition, nurses propose practices and interventions that improve care delivery, thus driving improvements that improve care quality and experience.

Furthermore, since nurses are the care providers closest to the patient, they understand patient needs in detail, thus, are best suited to advocate for care that meets their needs and preferences (Kalaitzidis & Jewell, 2020). They also have the bargaining power to liaise with institutional leaders by presenting patient needs and proposed solutions, thus advocating for change and improving care quality and experiences. The analysis is based on the assumption that nurses in the institution have the necessary skills, support, and avenues to advocate for change in care delivery.

## **Effect of the Intervention Plan on Nursing, Interprofessional Collaboration, and How the Healthcare Field Gains from the Plan**

The proposed specialized patient education on gestational hypertension will significantly impact nursing and interprofessional collaboration. More so, the healthcare field will gain by addition to the body of knowledge on gestational hypertension and its management. First, the intervention plan will affect nursing by emphasizing its role in patient education among at-risk patients. Nobles et al. (2020) note that patient education on gestational hypertension increases patient outcomes through complications reduction. The nursing profession aims to achieve optimum patient outcomes, and thus, the intervention plan will promote the role of patient education.

The intervention plan will also enhance Interprofessional collaboration in relation to reducing gestational hypertension-related complications. The nurses, physicians, midwives, pharmacists, and nutritionists will work together in developing the specialized patient education program. The contribution and insights from different professions will further strengthen Interprofessional collaboration. In addition, the healthcare field will benefit from the plan through the addition of the intervention's implementation among hash-risk patients. Ideally, there are limited specialized patient education programs in gestational hypertension, specifically targeting at-risk patients. Therefore, this intervention plan will lead to similar interventions based on the outcomes. However, additional information on the readiness of women at risk of gestational hypertension to participate in the program would provide a better understanding of the intervention plan.

### **Current Project Improvement**

The current project intervention could be improved to impact the target population more and utilize emerging technology and care models to improve outcomes and safety. The intervention plan can be revised to include women not at risk of gestational hypertension, more so women who do not seek antenatal and prenatal care effectively. Nobles et al. (2019) note that many women are at risk of gestational hypertension who are unaware. Therefore, including all women in the clinic would help impact the population more. Additionally, using health technology in the program, including telehealth and virtual reality, would help improve intervention outcomes. More so, reducing birth complications is a way of improving patient safety in the institution. The underlying assumptions for the proposed improvement are that all pregnant women visiting the institution will be ready to join the program, nurses will be available to offer patient education to all the patients, and the technological modalities for patient education are ready for use.

### **Reflection on Leading Change and Improvement**

Venturing into the project has considerably impacted my ability to lead change in personal practice and future leadership positions. First, I have gained more confidence in undertaking interventions to improve patient outcomes and enhance the quality of care and patient safety. By leading the Interprofessional team, I have polished my communication skills, task delegation, and seeking support and buy-in from institutional leaders. More so, I now appreciate the power of working together in collaboration to the success of patient care interventions. The experience gained in the project will help me lead in change and improvement interventions in the future. My professional development goals include further developing my interpersonal skills and change management.

### **Reflection on Implementation into Personal Practice**

The completed intervention, implementation, and evaluation plans can be transferred into personal practice to drive quality improvement in other contexts. For example, the plans can be used in quality improvement related to patient falls among the elderly in an inpatient setting. Patients can be educated on taking precautionary measures to prevent falls. However, other perspectives on patient falls would include patient falls risk assessment, considering it would improve patient falls-related outcomes for patients with different learning needs, such as psychiatric patients, as opposed to patient education intervention plans recommended in this project (Hopewell et al., 2020).

### **Conclusion**

Intervention evaluation is crucial in determining whether the desired results were achieved and facilitating improved learning for similar interventions in the future. The outlined evaluation strategy will be applied to the educational program intervention to gauge the extent of outcome achievement. The project has deepened my understanding of nursing advocacy's significance. Furthermore, it has enhanced my capabilities and confidence in spearheading and overseeing change and improvement within diverse care environments and situations.

## References

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