



PERFORMANCE Enhancement of the Canadian nutrition guidelines by a Tailored Implementation Strategy: The PERFECTIS Study

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Synopsis

The purpose of this feasibility study is to provide preliminary evidence of the logistics and feasibility of identifying barriers to adherence to key recommendations of the Canadian Critical Care Nutrition Clinical Practice Guidelines (CPGs) and tailoring guideline implementation strategies to overcome the identified barriers and improve adherence. We propose to develop a barriers questionnaire and conduct a before-after study in 8-10 Canadian, US and Australian ICUs. At baseline each ICU will complete an audit of nutrition practices in 20 critically ill patients to identify guideline-practice gaps, and a barriers questionnaire completed by the ICU physicians, dietitian(s) and 30 nurses to identify obstacles to feeding critically ill patients. Utilizing this information, a tailored action plan will be developed and implemented in collaboration with the local guideline implementation team. The nutrition practice audit and barriers questionnaire will be repeated 12 months after implementation of the tailored action plan. We will utilize the data from the before-after study to evaluate the validity and reliability of the barriers questionnaire and to assess the feasibility of the tailored action plan as an intervention to improve nutrition practice performance.