



The “Reflective Round”: A Clinical Case-Based Journal Club

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EBP in routine clinical practice

- Incorporating EBM meetings in routine practice results in compliance with guidelines
 - » Lockwood et al 2004
- Clinically integrated teaching of EBM improves knowledge, skills, attitude and behavior
 - » Coomarasamy & Khan 2004



Conventional journal club model

- Low attendance (despite wine and cheese)
- Generic issues identified and not necessarily relevant to clinical practice (or nursing)
- Conclusion:

APPARENT INABILITY TO REFLECT AND IDENTIFY AREAS OF UNCERTAINTY IN CLINICAL PRACTICE



Types of communication that change behaviour

- Influentials
- Personalised interactions
- **Local anecdote/experience**
- Opinion leaders
- Informal environments



The “Reflective Round”

- Identification of patient currently in Neonatal Intensive Care Unit
- Bedside “systems assessment”
- Development of PICOT
- Searching, retrieval, appraisal
- Feedback
- Initiate practice change or research proposal



Example: R/O Congenital Diaphragmatic Hernia

- Bedside “Systems assessment”:
 - oxygen dependency, gastroesophageal reflux, narcotic dependence, long term sequelae (FTT)
- PICOT:
 - What is best practice in the management of gastroesophageal reflux?
 - What is the incidence (and origin) of FTT in survivors of R/O CDH?



Search and Appraisal Results

- **Cochrane Systematic Reviews:**
 - Huang R-C, et al. Feed thickener for newborn infants with gastro-oesophageal reflux. *The Cochrane Database of Systematic Reviews* 2002, Issue 3.
- **Cohort studies:**
 - Jaillard S et al. Outcome at 2 years of infants with congenital diaphragmatic hernia: a population based study. *Ann. Thoracic Surg* 2003



Feedback

- No evidence for Cisapride (and possible harm)
- No evidence for thickened feeds
- Substantial risk of FTT secondary to GER and oral aversion



Outcomes

- Audit of current CDH repair outcomes
- Development of proposal for CDH followup clinic
- Nursing and speech pathology collaboration to identify “at risk” infants
- CATs in html format on NICU website

