



DNP PRACTICUM READINESS FORM

SECTION I:

Please type your responses to all questions. **Note: scanned or handwritten submissions will not be accepted.**

Student Name: _____ Student ID (D#): _____

Email: _____ Phone: _____

Address:

I fully understand I cannot collect any data and/or implement my project at the practicum site until my proposal is approved and I have received all required permission(s) from Chamberlain's Institutional Review Board (IRB) as well as the practicum site's IRB (if applicable)

Working Project Title: _____

Practicum Site/Organization Name:

Practicum Site Contact Person:

Name, email address, phone

Preceptor Contact Information:

Name, credentials, email address, phone

Mentor Contact Information:

Name, credentials, email address, phone

Practicum Site Key Decision

Maker(s) Contact Information:

Name, credentials, email address, phone

Date(s) you spoke to Practicum Site Key Decision Maker(s):

After you communicated with the practicum site decision maker(s), what issue/problem did they state they want you to work on as part of your DNP practicum?

After communicating with the practicum site decision makers they stated that I should work on the issue of alcohol use disorder as the target problem to solve at the practicum site.

Do you have a letter of support for your proposed project? Note: this must be obtained before starting NR-702 and be communicated via the practicum site's letterhead, as well as signed by the decision-maker. Please refer to the Resources section within your course for a sample letter

Yes No Comments

Select if your project is using a translational science model or a theoretical framework and change model. Identify the model used.

Translation Science Model:

Framework/Change model:



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SECTION II

Work with your assigned DNP Project Course Faculty to answer all questions under this section in preparation for your upcoming practicum experience.

Provide a problem statement (no less than 5-6 fully structured sentences) to explain the issue/problem you are addressing. Please describe current practice/process leading to the issue. Provide any reports or currently available data to document the need identified by primary decision maker(s) at practicum site.

The identified project for my DNP project is the issue of Alcoholism or alcohol use disorder (AUD). Alcoholism or alcohol use disorder (AUD) is a widespread and costly behavioral condition. Alcohol use is a leading risk factor for diseases and injuries. There is a high prevalence of and negative impact associated with AUD, and the treatment rate is quite estimated to be 10% (Kools et al., 2022). Alcohol misuse is associated with approximately 140,000 deaths annually accounting for about 89,697 deaths in adults aged 20 to 64 years and 4000 in under 21 in the United States (US). In 2020, about 70% of people living in the US aged 21 and above accounting for 166.6 million were reported to drinking alcohol for the past year (SAMHSA, 2022). The medical spending is approximately \$14,918 per person on commercially insured and \$4,823 per person on Medicaid-insured populations upon diagnosis of AUD. It is also linked to long-term physical harm, influence, jeopardize public safety and influence productivity (SAMHSA, 2022). Notably, the implementation of CBT compared to current practice (using medication treatment alone) may lead to a reduction in the severity of withdrawal symptoms for patients with alcohol use disorder in an outpatient clinic setting. Chen et al. (2019), asserts that the utilization of CBT intervention may improve the reported severity of alcohol dependence and prevent relapse.

What is the purpose of your proposed project? Begin your formal purpose statement by stating:
The purpose of the proposed DNP project is to...

The purpose of the proposed DNP project is to implement the CBT intervention approach that will help individuals diagnosed with alcohol abuse disorder reduce the severity of withdrawal.

Based on the needs of the practicum site, please provide your one-sentence PICOT question below. Be clear and concise.

Note: your population cannot be students or faculty; your intervention cannot be educational and your time frame must be 8-12 weeks.

For Patients in An Outpatient Clinic with A Diagnosis of Alcohol Use Disorder, Does Implementation of CBT Compared to Current Practice Impact the Severity of Withdrawal In 8-10 Week?

Fully describe the population (keep in mind students and /or faculty are not allowed) of your proposed project.

What is your anticipated participant size? What inclusion and exclusion criteria will be used to identify your population?

The target population for this study is individuals that have been diagnosed with alcohol use disorder within the practicum site. There is a high prevalence of and negative impact associated with AUD, and the treatment rate is quite



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estimated to be 10% (Kools et al., 2022). Alcohol misuse is associated with approximately 140,000 deaths annually accounting for about 89,697 deaths in adults aged 20 to 64 years and 4000 in under 21 in the United States (US). In 2020, about 70% of people living in the US aged 21 and above accounting for 166.6 million were reported to drinking alcohol for the past year (SAMHSA, 2022). Alcohol-attributed visits between 2006 and 2014 increased from 1,223 to 1,802 visits per 100,000 persons, an increment of 47% and costs linked to emergency department visits amplified by 272% (SAMHSA, 2022). The medical spending is approximately \$14,918 per person on commercially insured and \$4,823 per person on Medicaid-insured populations upon diagnosis of AUD. The anticipated participant size is 30 patients attending the outpatient appointments for alcohol withdrawal. The inclusion criteria will include being diagnosed with alcohol abuse disorder and receiving outpatient treatment services for alcohol withdrawal.



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You are required to have a minimum of 5 contemporary research articles (<5 years old) to support your practice problem and evidence-based practice intervention. A minimum of 2 articles should be related to your practice problem and a minimum of 3 articles related to your evidence-based intervention.

Please provide a full listing (APA formatted) of the evidence you have to support the EBP intervention you will implement.

Chen, J., Qian, M., Sun, C., Lin, M., & Tang, W. (2019). Clinical effectiveness of cognitive behavioral therapy on alcohol-dependent patients: an observation with the WeChat platform. *General psychiatry*, 32(5), e100087. <https://doi.org/10.1136/gpsych-2019-100087>

Collins, S. E., Duncan, M. H., Saxon, A. J., Taylor, E. M., Mayberry, N., Merrill, J. O., Hoffmann, G. E., Clifasefi, S.L., & Ries, R. K. (2021). Combining behavioral harm-reduction treatment and extended-release naltrexone for people experiencing homelessness and alcohol use disorder in the USA: a randomized clinical trial. *The Lancet Psychiatry*, 8(4), 287-300. [https://doi.org/10.1016/S2215-0366\(20\)30489-2](https://doi.org/10.1016/S2215-0366(20)30489-2)

Malone, M., McDonald, R., Vittitow, A., Chen, J., Obi, R., Schatz, D., ... & Lee, J. D. (2019). Extended-release vs. oral naltrexone for alcohol dependence treatment in primary care (XON). *Contemporary Clinical Trials*, 81, 102-109. <https://doi.org/10.1016/j.cct.2019.04.006>

Manning, V., Garfield, J. B., Staiger, P. K., Lubman, D. I., Lum, J. A., Reynolds, J., ... & Verdejo-Garcia, A. (2021). Effect of cognitive bias modification on early relapse among adults undergoing inpatient alcohol withdrawal treatment: a randomized clinical trial. *JAMA Psychiatry*, 78(2), 133-140. <https://doi.org/10.1001/jamapsychiatry.2020.3446>

Olmstead, T. A., Graff, F. S., Ames-Sikora, A., McCrady, B. S., Gaba, A., & Epstein, E. E. (2019). Cost-effectiveness of individual versus group female-specific cognitive behavioral therapy for alcohol use disorder. *Journal of substance abuse treatment*, 100, 1–7. <https://doi.org/10.1016/j.jsat.2019.02.001>

Explain the intervention you will implement to address the issue identified based on the needs of the practicum site. Remember, educational only interventions are not allowed. The intervention should be based on the translational science model you have chosen. You must provide an overview of the intervention so the reader(s) will be able to duplicate the intervention on their own.
(Include or attach any relevant documents, if available such as protocols, procedures, guidelines, etc. that you will implement).

In addressing the severity of withdrawal among individuals struggling with alcohol use disorder, the proposed intervention is the use of CBT approach. Notably, the implementation of CBT compared to current practice may lead to a reduction in the severity of withdrawal symptoms for patients with alcohol use disorder in an outpatient clinic setting. Chen et al. (2019), asserts that the utilization of CBT intervention may improve the reported severity of alcohol dependence and prevent relapse. By implementing the CBT intervention, the outpatients struggling with AUD are expected to attain an improved severity of withdrawal. By implementing CBT in an outpatient clinic setting, it is expected that patients will experience a decrease in withdrawal symptoms over the 8-10-week period compared to current practice.

Given you only have 8-10 weeks to implement your project, discuss the project's feasibility.

Will you be able to accomplish everything you want to do as far as implementation in 8-10 weeks? What barriers might you have and how will you overcome them?

The project seeks to help individuals diagnosed with alcohol abuse disorder successfully attain quit alcohol



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without struggling with severity of withdrawal. (XXXX facility) seeks to provide care services to an underserved-community residents in South East, Washington DC. The facility serves approximately 100,000 citizens with approximately active midwives and 400 active staff. The community hospital provides comprehensive pediatric and adult primary care, mental health, and medical and surgical specialty services ranging from birthing to palliative care. A major health concern that faces the residents is the issue of alcohol use disorder. The project can be effectively implemented in the facility to enhance in the delivery of safe, high quality care to outpatients seeking to quit alcohol. the project activities are projected to take place with 8-10 weeks.

Considering the time constraints, it will be significant to ensure that all the necessary resources are available to support the implementation of the CBT approach within the care facility. Having clear communication and collaboration with the stakeholders involved will be crucial in achieving the desired outcomes within the specified timeframe. Some of the potential barriers will include: resistance from staff that will be addressed educating the staff members regarding the benefits of CBT approach. Another possible barrier will include limited availability of trained CBT practitioners that can be addressed through collaborating with the interdisciplinary team members including the PMHNPs to help in mitigating the staff shortages. Another possible key challenge will include logistical challenges in scheduling sessions that will be addressed by having a scheduling plan that will help in addressing logistical challenge and promote successful implementation of the intervention.



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Fully explain your plans for data collection to measure the impact of your intervention. Include a concise description of the measurable outcome you identified in your PICOT question. Provide the name of the tool/instrument you will use (if applicable) and discuss its validity and reliability with in-text citations from supporting literature. Additionally, fill out the chart below to concisely convey your measurable outcomes and the name(s) of the valid/reliable survey instrument/tool(s) you will use.

Data collection for this project will involve administering standardized assessments such as the Clinical Institute Withdrawal Assessment for Alcohol (CIWA-Ar) at baseline and endpoint (8-10 weeks) to measure the severity of withdrawal symptoms. In addition, patient charts will be reviewed to track any changes in medication use or hospital admissions related to withdrawal during the study period. The measurable outcome identified in the PICOT question is the change in severity of withdrawal symptoms from baseline to endpoint as measured by the CIWA-Ar score.

Measurable Outcome(s) as identified in the PICOT question	Data collection process pre- and post-intervention
Change in severity of withdrawal symptoms	The Clinical Institute Withdrawal Assessment for Alcohol (CIWA-Ar) at baseline and endpoint (8-10 weeks) to measure the severity of withdrawal symptoms

Explain your plan for data analysis. Identify the statistical test(s) you will use to bring meaning to the final data you collect at the completion of your project.

Paired t test will be utilized to compare the Clinical Institute Withdrawal Assessment for Alcohol (CIWA-Ar) scored at the baseline and endpoint (8-10 weeks) to measure the severity of withdrawal symptoms in determining the effectiveness of the intervention.

Do you have written permission to use your survey/tool/instrument(s).

Yes No Comments

Other than Chamberlain IRB, are there any additional approval processes you are required to undergo within the practicum site?

Yes No

If answer yes, please describe the practicum IRB requirements below



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NR 730 DNP PROJECT Committee Comments

NR 730 Project course faculty and committee reviewers:: This is an area of communication between you and the NR702 faculty. Please share any thoughts about the project and open items here.

- The student has completed NR 730 Project Readiness Form
- NR-730 Project documents are uploaded into Student Repository within Share Point

Project Course Faculty Signature

Peer Review Signature

NR 702 Addendum

Addendum communication for practice question or project changes

Please describe any significant changes to the project design that occurred with rationale for the changes

NR 702 Course Faculty Signature

NR 702 Course Lead Signature