

NR 730 Week 1 Discussion on Analyzing a Practice Gap

Purpose: The purpose of this discussion is to analyze a gap in practice, which will catalyze the development of the DNP practice change project.

Instructions: Reflect on your readings this week and provide your proposed DNP practice change project purpose statement in one concise sentence. The statement should clearly identify the following:

- Gap in practice
- Population impacted
- Goal of the project

My DNP practice change project purpose statement is: The Use of CBT combined with Lifestyle Changes (physical exercises and a healthy diet) in Adult Obesity Care for Improved Outcomes over Twelve Weeks.

Week 1: Discussion - Analyzing a Practice Gap

This week, I learned about identifying and examining a gap in practice, focusing on how DNP-prepared nurses can drive quality improvements by identifying current and future issues impacting healthcare systems and patient outcomes. The first step in this process involves evaluating current practices to identify emerging gaps that affect patient care and healthcare system performance. Through a gap analysis, I can identify variations in current practice levels of skills, knowledge, practices, and processes and compare these measures with desired outcomes. After identifying the gap, it is essential to gather statistical evidence to evaluate the significance of the problem using internal and external reports, such as HCAHPS survey scores, readmission rates, infection rates, and other relevant data.

After the readings this week, I evaluated the current practice setting at Doctors Memorial Hospital to identify gaps. I noted that the hospital's designation as a Critical Access Hospital has led to increased workload and patient acuity, contributing to perceived stress and burnout among medical practitioners in the Critical Care Unit (Batanda, 2024). In my review of existing evidence, I identified that exposure to work-related stress and increased workload in medical