

Simulated DNP Evidence-based Project and Professional Leadership Capacity



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In the United States, the practice problem of obesity continues to contribute to approximately 60 % of health care costs annually, and it is estimated that due to the increasingly ‘obesogenic’ culture if these trends are unchecked it is projected that by 2030 the incidence of adult obesity will reach 50% of the American population (Bowen et al., 2018). Evidence in the literature has shown that the use of digital-based technology for self-monitoring of weight, diet, and physical activity supports effective weight loss (Patel et al., 2021). In this paper, an evidence-based project will be presented to address the issue of obesity with the use of digital technology.

The elements of conducting an organizational needs assessment will be presented and will include an overview of the national practice problem, identification of the practice gap, and presentation of the PICOT question. This will be followed by a discussion on the fundamental requirements of effectively leading a change project, focusing on interprofessional collaboration, communication, and integration of leadership ethics and models that contribute to a successful sustainable goal and measurable positive outcomes.

Organizational Needs Assessment

Essential to choosing a DNP change project is a systematic assessment to identify gaps in current care and best practices. An organizational needs assessment is a tool that is used to succinctly gather this information, and identify the population impacted, key stakeholders, the organizational structure, culture, resources, and the desired outcome (Zaccagnini & Pechacek, 2019). A SWOT analysis is a tool that can easily be adapted to a DNP project needs assessment and helps to identify internal Strengths and Weaknesses of an organization and external influences that are seen as Opportunities or Threats. This evidence-based practice (EBP) project