

# NURS FPX 6026 Assessment 1 – Developing an Evidence-Based Practice Project

Evidence-based practice (EBP) is the cornerstone of modern nursing and healthcare. It bridges the gap between research, clinical expertise, and patient preferences to deliver high-quality care. In Capella University's MSN program, the **NURS FPX 6026 course**—*Quality Improvement of Interprofessional Care*—focuses on the essential skills nurses need to design, implement, and evaluate evidence-based quality improvement (QI) projects.

The **NURS FPX 6026 Assessment 1** marks the starting point in this learning journey. It requires students to identify a healthcare issue within their practice setting and evaluate how evidence-based interventions can improve outcomes. This assessment lays the groundwork for subsequent assignments, helping nursing professionals refine their analytical, research, and leadership skills.

In this blog, we'll break down everything you need to know about **NURS FPX 6026 Assessment 1**—its purpose, structure, learning goals, and practical tips to help you excel [NURS FPX 6026 Assessment 1](#).

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## Understanding NURS FPX 6026 Assessment 1

The **NURS FPX 6026 Assessment 1** is typically titled *The Impact of a Chosen Health Care Problem or Issue on a Population*. It asks nursing students to identify a current healthcare challenge affecting a specific population or clinical area. The goal is to demonstrate an understanding of how the issue influences health outcomes and to explore evidence-based strategies for improvement.

This assessment encourages students to apply evidence-based practice principles by:

- Identifying a relevant healthcare issue.
- Evaluating its impact on patients, organizations, or systems.
- Using scholarly evidence to support findings.
- Connecting the problem to quality improvement and patient safety outcomes [NURS FPX 6026 Assessment 2](#).

In short, Assessment 1 acts as a foundation for building an evidence-based project that will be developed further in later assessments throughout the course.

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## Purpose and Learning Objectives

The purpose of **NURS FPX 6026 Assessment 1** is to cultivate advanced critical thinking, analytical, and research-based reasoning skills. It aligns with the broader MSN program objectives, such as promoting leadership in quality improvement and applying evidence-based solutions to real-world clinical challenges.

Key learning objectives include:

1. **Identifying a Healthcare Issue:**  
Students must select a problem relevant to nursing practice—something measurable, evidence-based, and significant to patient care or system efficiency.
  2. **Analyzing the Impact of the Issue:**  
The paper should explore how the problem affects patient safety, healthcare costs, or overall population health.
  3. **Reviewing Current Evidence:**  
Learners are expected to gather and evaluate scholarly sources that address the selected issue.
  4. **Applying Quality Improvement (QI) Principles:**  
The assessment emphasizes how QI models and EBP frameworks can be applied to address healthcare challenges.
  5. **Demonstrating Interprofessional Collaboration:**  
Nurses must consider how collaboration with other healthcare professionals can improve outcomes related to the chosen problem.
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## Choosing a Topic for NURS FPX 6026 Assessment 1

Selecting the right topic is crucial. It should be specific enough to analyze deeply but broad enough to find sufficient evidence. Below are some common and impactful topics nursing students often explore:

- Medication administration errors
- Hospital-acquired infections (HAIs)
- Patient falls and safety initiatives
- Pressure injury prevention
- Readmission rates and discharge planning
- Mental health support in primary care
- Nurse burnout and staffing challenges
- Health disparities in vulnerable populations
- Communication breakdowns in interprofessional teams
- Chronic disease management (e.g., diabetes or hypertension)

**Tip:** Choose a topic that connects directly to your professional experience or interests. This not only makes your research more meaningful but also enhances your ability to apply findings in real-life settings.

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## Structure of NURS FPX 6026 Assessment 1

A well-organized structure ensures clarity and logical flow. Below is a breakdown of how to structure your paper effectively:

### 1. Introduction

Start with an engaging introduction that defines the chosen healthcare issue and explains its significance. Introduce the affected population, summarize why the issue is important, and end with a clear thesis statement that outlines what your paper will address.

*Example:*

"Medication administration errors remain a major patient safety concern in hospitals across the United States. These errors lead to increased morbidity, mortality, and healthcare costs. This paper explores the impact of medication errors on hospitalized patients and examines evidence-based strategies to reduce their occurrence."

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## 2. Description of the Healthcare Problem

Provide an in-depth discussion of the issue. Explain what it is, how it occurs, and its scope within healthcare. Use current data and statistics to illustrate the severity of the problem.

Discuss contributing factors—such as staffing shortages, communication errors, or lack of standardized protocols—and explain how these factors exacerbate the issue.

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## 3. Impact on Population Health

This section focuses on who is affected and how. Describe the target population and explain how the problem influences their health outcomes, safety, and well-being.

For instance, if you're analyzing hospital-acquired infections, discuss how these infections disproportionately affect elderly or immunocompromised patients. Include insights into the social, economic, and psychological consequences of the issue.

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## 4. Evidence-Based Research

Incorporate a review of at least 4–6 scholarly, peer-reviewed sources published within the past five years. Evaluate what current research says about your chosen issue and summarize the findings.

Discuss evidence-based interventions that have proven effective in addressing the problem. For example, you could analyze how implementing barcode medication administration systems reduces medication errors or how nurse-led fall prevention programs improve safety metrics.

Use databases such as CINAHL, PubMed, and ProQuest to find credible research articles. Ensure your sources align with the **PICO (Population, Intervention, Comparison, Outcome)** framework if applicable.

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## 5. Quality Improvement and Interprofessional Collaboration

Connect your discussion to broader quality improvement initiatives. Consider how healthcare organizations and interprofessional teams can work together to address the issue.

Discuss leadership roles, team communication, and shared decision-making strategies that support EBP implementation. For example, how can nurses collaborate with pharmacists to prevent medication errors, or how can case managers and social workers reduce readmission rates?

Integrate frameworks like:

- **Plan-Do-Study-Act (PDSA) Cycle**
- **Six Sigma**
- **Lean Methodology**
- **Johns Hopkins EBP Model**

These tools provide structured approaches to testing and refining interventions [NURS FPX 6026 Assessment 4](#).

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## 6. Relevance to Nursing Practice

Explain how the selected issue and evidence-based strategies impact the nursing profession. Highlight how addressing this problem supports professional accountability, continuous improvement, and patient advocacy.

Discuss how nurses play a vital role in driving change through education, communication, and leadership.

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## 7. Conclusion

Summarize the key points of your paper and reinforce the importance of evidence-based approaches in improving patient outcomes. End with a call to action for nurses to take leadership roles in addressing the selected healthcare issue.

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# Sample Outline for NURS FPX 6026 Assessment 1

Here's a sample outline to help you structure your assignment effectively:

1. **Introduction**
    - Introduce the healthcare issue.
    - Provide background information and significance.
    - State your thesis.
  2. **Description of the Problem**
    - Define the problem in detail.
    - Discuss prevalence, causes, and contributing factors.
  3. **Impact on Population Health**
    - Identify the target population.
    - Explain health, economic, and emotional consequences.
  4. **Review of Evidence-Based Literature**
    - Summarize current research.
    - Identify evidence-based interventions.
  5. **Quality Improvement and Collaboration**
    - Discuss interprofessional teamwork and leadership strategies.
    - Apply a QI model to address the problem.
  6. **Relevance to Nursing Practice**
    - Explain implications for nursing roles and responsibilities.
  7. **Conclusion**
    - Reinforce key findings and importance of EBP.
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# Tips to Excel in NURS FPX 6026 Assessment 1

1. **Start Early and Plan Ahead**  
Give yourself time to research credible sources and refine your topic. Early planning prevents last-minute stress and ensures high-quality analysis.
  2. **Use Scholarly and Current Evidence**  
Rely on peer-reviewed articles and government reports published within the last five years. This strengthens the credibility of your work.
  3. **Stay Focused on One Issue**  
Avoid trying to cover multiple problems at once. Focus on one clearly defined issue and explore it thoroughly.
  4. **Integrate Quality Improvement Models**  
Demonstrate your understanding of QI frameworks by applying them to your chosen problem. This shows your ability to think critically and propose practical solutions.
  5. **Maintain APA 7th Edition Formatting**  
Follow APA guidelines for citations, headings, and references. Consistent formatting reflects professionalism and academic integrity.
  6. **Write Clearly and Concisely**  
Avoid jargon and overly complex sentences. Your writing should be precise, logical, and easy to follow.
  7. **Reflect on Nursing Leadership**  
Emphasize the nurse's role as a change agent. Reflecting on leadership and collaboration adds depth to your paper.
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## Practical Example: Reducing Medication Errors in Hospitals

To illustrate how to approach **NURS FPX 6026 Assessment 1**, let's take the example of *medication administration errors*.

Medication errors occur when there is a mistake in prescribing, dispensing, or administering medication. These errors lead to preventable harm, extended hospital stays, and higher costs.

### **Impact:**

Hospitalized patients, particularly the elderly, are at higher risk due to polypharmacy and cognitive decline. Medication errors reduce trust in the healthcare system and contribute to adverse health outcomes.

### **Evidence-Based Solutions:**

Research supports implementing barcode medication administration systems, electronic health records (EHRs), and double-check procedures. Training programs focused on medication safety and teamwork also significantly reduce errors.

### **Quality Improvement Application:**

Using the PDSA cycle, hospitals can test and evaluate new safety protocols. Nurses can collaborate with pharmacists, physicians, and IT specialists to create safer medication administration workflows.

This type of analysis demonstrates a strong grasp of evidence-based practice, quality improvement, and interprofessional collaboration—key competencies evaluated in **Assessment 1**.

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## Why NURS FPX 6026 Assessment 1 Is Important

The **NURS FPX 6026 Assessment 1** is not just an academic requirement—it's a step toward becoming a professional leader capable of driving healthcare improvement.

By completing this assessment, nursing students gain the ability to:

- Identify real-world clinical problems.
- Evaluate research critically.
- Propose evidence-based solutions.
- Strengthen interprofessional collaboration.
- Contribute to safer, more efficient healthcare systems.

Ultimately, it fosters a mindset of continuous learning, accountability, and innovation—qualities essential for every advanced practice nurse.