



Research and EBP News

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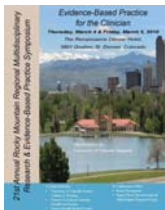
A "Seuss-ism" to get started:

Young cat! If you keep
 your eyes open enough,
 Oh, the stuff you will learn!
 the most wonderful stuff!

From: I can Read with My Eyes Shut!

21ST ANNUAL ROCKY MOUNTAIN REGIONAL MULTIDISCIPLINARY RESEARCH AND EVIDENCE-BASED PRACTICE SYMPOSIUM

Kathy Oman, RN, PhD, CEN, FAEN—Research Nurse Scientist, Professional Resources



The 21st Annual Rocky Mountain Multidisciplinary Research Symposium was held at the Renaissance Denver Hotel on March 4th & 5th, 2010. It was a collaborative effort of the University of Colorado Hospital Research & Evidence-Based Practice Council, University of Colorado Denver, College of Nursing, Veterans Affairs Eastern Colorado Health Care System Denver Nursing Service, Denver Health Medical Center, The Children's Hospital, Sigma Theta Tau International Alpha-Kappa at Large Chapter, and Kaiser Permanente.

The first day of the conference began with lunch and keynote speaker **Jacqueline Jones RN, PhD, FRCNA** on the topic of "Transforming Practice

Environments for Patient Centered Care: An Australian Experience". Dr. Jones gave an informative and engaging talk about the challenges of the Australian work environment and the impact of her research activities. This was followed by four concurrent workshops dealing with Evidence-Based Leadership, Symptom Clusters, Integrative Health, and Research, EBP, QI and Program Evaluation.

Friday's keynote address was delivered by **Sean Clark RN, PhD, FAAN** from Toronto, Canada. Dr. Clarke's topic, "Nurse-Physician Collaboration and Its Link to Patient and Organizational Outcomes" was a state of the science review of his longstanding work in this field. The remainder of the day was filled with 28 podium and 53 poster presentations showcasing research,

education, and evidence-based practice projects. A total of 22 presentations represented the multidisciplinary work of over 40 UCH nurses, pharmacists, social workers, respiratory therapists, and physicians.

The conference was a rich opportunity for clinicians from diverse educational, practice, and research backgrounds to come together for sharing, networking, and valuing the work that health care professionals do to improve health for the people we work with. The conference is held March every year so mark your calendars and plan to attend, participate, and/or support next year's symposium.

Pictures on page 3

CHAMPION'S CHATTER

Monica Mendoza, RN, BSN
AIP PACU

Five years ago I was required to pass a research class to graduate from nursing school. I passed, but I perhaps was too focused on taking NCLEX and mastering technical skills than to worry how research would impact my nursing career. Feeling slightly overwhelmed my senior year, suffice it to say, research proficiency didn't rank high on my priority list.

So when I heard last year that my unit didn't have an Evidence Based Practice (EBP) champion, I saw an opportunity to refresh my stale

understanding of EBP and increase my awareness of how it relates to clinical practice.

The first meeting was a wake up call in that yes- I indeed had a lot to learn! During a journal club led by our research nurse scientists, I quickly realized I had zero confidence in my ability to critique a journal article. Sitting quietly and frankly a bit intimidated, I thought of how little I remembered from my class. Out of this knowledge deficit sprouted an idea to educate myself and colleagues in a very

basic practical manner to make EBP relevant and understandable. Thus began my journey. I sat down with the UCH Research Manual and started reading. My work resulted in a 40 slide PowerPoint presentation on EBP in the PACU with unit specific examples. I presented this to the PACU nursing staff in February during Perianesthesia Nurse Awareness Week. The end result was positive peer feedback, and for me, a much better grasp on EBP with newly gained confidence in being a champion.

UCH AUTHORS IN LONGSTANDING NURSING TEXT

Colleen J. Good, PhD, RN, FAAN, NEA-BC
Professor, University of Colorado Denver, College of Nursing

The Eight Edition of the textbook ***Current Issues in Nursing*** is now published. Knowledge and best practices in the field of nursing change as new research, evidence-based practice and experiences broaden our understanding of what excellent nursing care really is. The Co-Editors of the textbook, Perle Slavik Cowen and Sue Moorhead, Associate Professors at the University of Iowa, College of Nursing state that the purpose of the text is to provide a forum for knowledgeable debate regarding issues that are facing nursing across settings so that intelligent decision-making occurs. In the section on Health Care Systems and Practice, Chapter 41 has an article titled "**Laying the Foundation for Evidence-Based Practice for Nurse Residents**". To my knowledge this is the first time that nurses who have completed the University of Colorado residency program have actually participated in publishing an article. Denis Chon, Allyson Dare, Lee Anne Jones Merrifield, Jennifer Nguyen and Megan

Smith collaborated with Colleen Goode, Carolyn Sanders and Jo Ann Del Monte to publish this article. Examples of Nurse Resident Evidence-Based practice projects are presented. Megan Smith and Allyson Dare team up to discuss their EBP project on Moral Distress in the ICU and how they used their EBP poster to increase the knowledge of nurses on their units. Denis Chon and Lee Anne Jones Merrifield present compelling information about different cultures of pain and the disparities that stem from subjective judgments. Their literature unveiled that the majority of studies suggested that minorities were less likely to receive the same pain management as their Caucasian counterparts, even though they have similar pain contexts. They committed to incorporate this evidence-based knowledge in their practice. Jennifer Nguyen explored the evidence base for surgical attire and the effect of the attire on patient and staff satisfaction. Specifically, the OR patient is faced with many individuals in green and upon entering the OR there is a sea of people all wearing masks. How does the

patient know who their nurse is in the OR? Jennifer found evidence to support the use of Cloth hats in the OR and tells the story of how her patient was able to identify her by her polka dot hat. Residents are supported in their projects by very skilled facilitators. The work environment is improved and patients benefit when we teach and adopt EBP. Completing an EBP project in the first year of practice is in itself a milestone. Publishing about your projects puts these nurses at a very high level of accomplishment. There are many journals that would love to publish EBP projects done by nurse residents. I encourage you to think about doing just that and talk to the residents mentioned in this article about their experience with having their name in print. Many nursing students will read this article and learn from the residents at UCH.

PICTURES FROM THE 21ST ANNUAL ROCKY MOUNTAIN REGIONAL MULTIDISCIPLINARY RESEARCH AND EVIDENCE-BASED PRACTICE SYMPOSIUM



Mary Beth Makic with the Thursday Keynote Speaker, Jacqueline Jones, RN, PhD, FRCNA



Workshop 4 Presenters: Allison Lakin, Paul Cook, Nancy Lowe, Kathleen Oman, and moderator, Anne Marie Kotzer.



Friday Keynote Speaker: Sean Clarke, RN, PhD, FAAN



A good time was had by all, especially at Kyra Fahlstrom & Camy Boyle's poster.



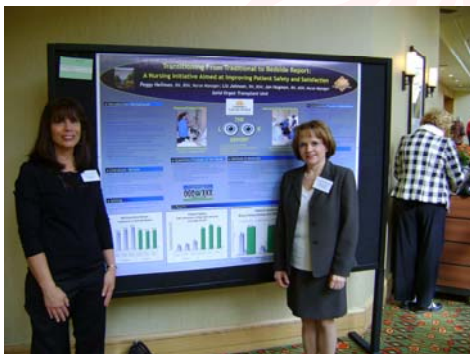
Terry Rendler with her poster



Larry Golightly discussing his poster with former UCH CNO and VP of Patient Services, Colleen Goode



Megan Prescott with her much talked about Dog Days of Dialysis poster.



Jan Hagman and Peggy Heilman with their award winning poster.

MARY'S MESSAGE**EMBEDDING EVIDENCE-BASED PRACTICE INTO THE UCH CULTURE**

Mary Krugman, RN, PhD, FAAN—Director, Professional Resources

In 2008, Cheryl Stetler, a prominent nurse researcher who was one of the first to design a model for research utilization and evidence-based practice (Stetler & Marram, 1994, Stetler, 2001), spent two weeks at UCH interviewing all levels of personnel to determine how deeply nursing evidence-based practice was 'embedded' into our institution. We were selected as the 'role model' site, as compared to another hospital that was identified as the 'beginner' site, for use of evidence in practice. Many of you may have participated in some of her interview sessions. Dr. Stetler sought to identify what were the key elements that supported UCH nurses to

perceive EBP was used routinely in practice. UCH was selected by American Organization of Nurse Executive members and Board members, to were asked to identify which hospital in the United States would fit the description of a 'role model' for how nurses use evidence in practice. It was an honor for UCH to be selected! Dr. Stetler determined from her data collected at UCH, that one of the most important organizational contextual factors that led us to be a role model institution was how we started with clinical nurses learning and doing EBP, rather than with a few special individuals leading 'stand alone' projects.

This approach and its success, building a foundation of evidence-based practice through educating and mentoring our clinical nurses, were highlighted in the past two weeks with activities during Nurses Week/Hospital Week Appreciation and Recognition events. First, putting up posters on the Bridge, which highlighted clinical nurse (and manager) projects, is always an extraordinary sight! In particular, seeing so many of our hospital personnel viewing the posters, from housekeepers and administrators, to physicians, nurses and other disciplines, is truly a reflection of how embedded evidence-based practice is at UCH! This year, with the amazing

"Reaching the goal of a truly embedded evidence-based practice culture must be inclusive and reach all who desire to learn and participate."

support of our Research Nurse Scientists, along with Educators and others, we helped to mentor 21 posters to be displayed at our annual Rocky Mountain Multidisciplinary Research and Evidence-Based Practice Symposium and other national conferences. We actually ran out of available space on the Bridge this year; the growing volume of posters truly an indicator of success!

Another sign of EBP becoming increasingly embedded in our culture was seen this week during the UEXCEL Recognition Luncheon. Of the 35 clinical nurses advancing to Levels III and IV, the depth of their projects and numbers of nurses identified as presenting a poster, or writing an article for publication, has grown by leaps and

bounds! I would like to thank our Research Nurse Scientists Kathy Oman, Regina Fink, and Marybeth Makic for their work on supporting our nurses to reach so many successes professionally and personally, as well as many of our CNS/Educators and Clinical Nurse Educator mentors. We now have a goal to provide evidence-based practice services to other disciplines such as to Research and Evidence-Based Practice Council members from the fields of social work, rehabilitation, and respiratory therapy. This next stage of expanded support, as well as continuing to develop clinical nurses to use evidence, will take creativity and new ways of working since resources are limited. Reaching the goal of a truly embedded

evidence-based practice culture must be inclusive and reach all who desire to learn and participate. This initiative will "take a village", but the outcomes for our patients will be extraordinary and will make the difference between being a good hospital to truly an outstanding hospital! Congratulations to all of you readers of this newsletter who base their practice on evidence and exemplify our UCH role model status in how well our organization has embedded evidence-based practice into our culture!

CAROLYN'S CORNER

THE POWER OF THE JOURNAL CLUB

Carolyn Sanders, RN, PhD—Vice President for Patient Services and Chief Nursing Officer

As I passed across the Leprino Bridge to the hospital the first week of May, I was overcome with pride as I read the posters on display. This is the second year we have displayed research and EBP posters for Hospital and Nurse's Week and I hope to continue this new tradition. As I read these posters, one commonality that struck me about all of them was---Journal Clubs!! Many of these projects started with a journal club and then progressed to become practice and/or process changes that had a positive impact on our patients.

Still, there is some challenge in starting journal clubs, maintaining regular journal clubs and instilling enthusiasm in journal clubs. Journal clubs tend to be unsuccessful due to lack of time (for staff to attend) and staff insecurity in finding, understanding and interpreting the literature and research articles. Additionally, staff often believes "if it isn't broken, why fix it?" At UCH, we strive to provide the highest caliber evidence-based care to our patients. Many staff indicate a preference for short CE sessions, brief written

information or web-based resources. However, research has suggested that passive forms of EBP training are not as effective as interactive workshops, educational outreach by clinical experts and learning groups such as journal clubs (Davis, et al., 2005). We need to reignite the promotion of journal clubs with our peers and colleagues.

One way to remedy the issue surrounding lack of time is to promote journal clubs outside of the workplace. Many groups have held journal clubs at local coffee shops or a pot luck at a staff member's home. These venues are often more relaxed and promote teamwork and build relationships. Staff are also insecure or not knowledgeable in "finding" articles to review in a journal club. Journal club leaders should locate an article for journal club review, and then send instructions to participants to download the article from an electronic database.

This activity will give staff exposure to the journal database(s) to augment their comfort level in searching for journal articles. Journal clubs should

be initially led by a mentor or research scientist in order to get the ball rolling. Soon, more and more staff will take the lead thereby "owning their practice and feeling proud it is evidence based" (Krugman, 2009).

How do we manage the "if it's not broken don't fix it" mindset? One way staff can do this is to continually ask "what is the evidence" to support what I am doing. If you have difficulty answering this it might indeed be broken. It might be time to look at current evidence to possibly change your practice. When practitioners do this and examine the best available evidence, patient care improves.

These are a few simple ways to develop and maintain journal clubs. These practices inevitably lead to improved team work, enhanced knowledge, better practices and most importantly, improved outcomes for our patients.

Davis, D. et al., 2005. Changing practitioner performance: A systematic review of the effect of continuing medical education strategies, *JAMA*, 274(9), 700-705.

Krugman, M. 2009. Evidence Based Practice, *Journal for Nurses in Staff Development*, March/April.

RESEARCH AND EBP CLASSES ARE BEING SCHEDULED FOR FALL AND WINTER, TO REGISTER FOR THESE OR OTHER CLASSES GO TO WWW.UCH.EDU/CLASSES_EVENTS

September 30, 2010
Evidence-Based Practice Boot
Camp: Mission Possible

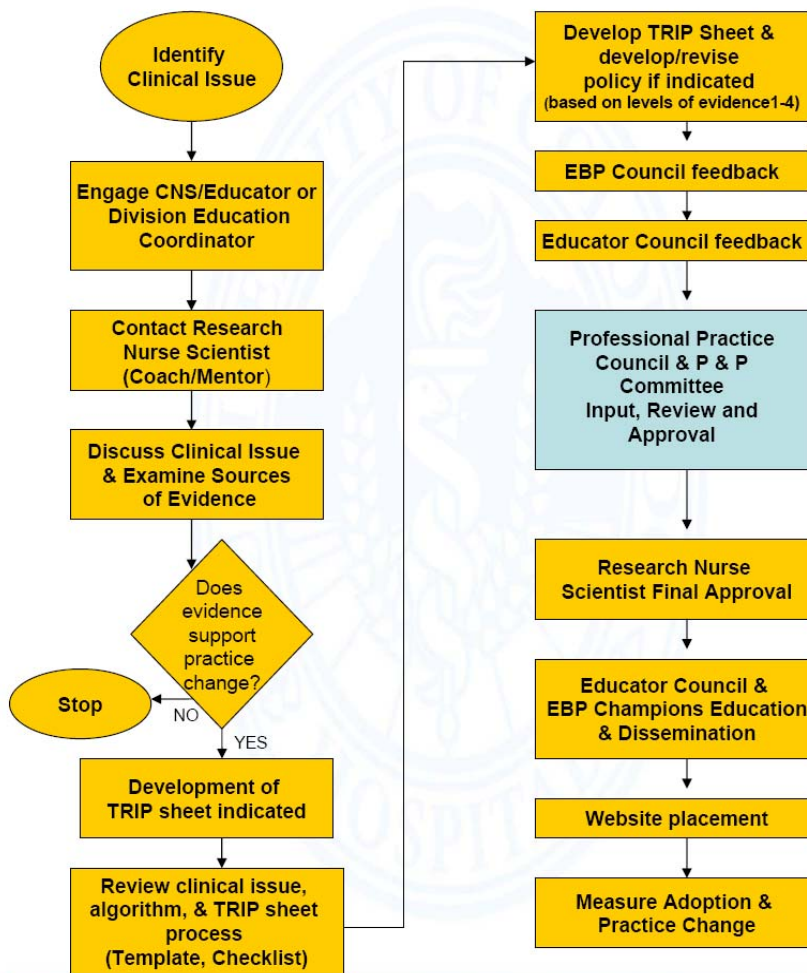
December 2, 2010
Clinical Research: Getting Started

What is TRIP all About?

TRIP is an acronym for “Translating Research Into Practice”. TRIP sheets have been developed as a way to communicate research evidence being implemented into practice. The goal of a TRIP informational flyer is to provide a succinct message about current research to guide clinical practice. Criteria used to decide if a TRIP sheet is warranted include: evidence to guide practice change is level IV or higher, and desired practice change should be implemented in more than one practice area. An algorithm is

in place to help guide the process for developing and implementing a TRIP sheet as not all practice change projects should be communicated in this format. The goal is for individuals working on practice changes based on best-evidence, especially strong research evidence, to follow the algorithm for development of a TRIP sheet. All TRIP sheets will eventually be available through the HUB, Professional Resources, Research web link.

Translating Research into Practice (TRIP) Sheet Algorithm for Development





The following poster presentations were award winners from the March Graduate Nurse Residency Completion Projects:

Delirium in the ICU – Assessment Tool, Pharm and non-Pharm Interventions

Amy Flores RN, BSN; Aaron Reed RN, BSN; Adrienne Rucci RN, BSN; Joscelyn Scroczyhski RN, BSN

Neonatal Thermoregulation & Neo Wrap

Donna Nicole Laceby RN, BSN; Melissa Mozwecz RN, BSN;
Kelsey Schledewitz RN, BSN

Blood Cultures in the Burn ICU Patient – Warranted/ Reliable?

Erica Grosse RN, BSN; John Mikkelson RN, BSN

**UCH Operating Room Nurses made a huge impact at their National Congress meeting in Denver in March with 8 poster presentations!
Well done everyone!**

Surgical Count Dilemmas - A Collaborative Process

Kezia Windham, RN, BSN, CNOR, Level III AIP O.R.

Improving Patient Positioning in Steep Trendelenberg

Shauna Sutton, RN, BSN, Level II AIP O.R.

Medication Safety: More than Just a Label!

Abbey Cozzens, RN, BSN, Level II AIP O.R., Teresa Wall, RN, BSN, Level II AOP O.R. and Linda Brazen, RN, BSN, MSN, CNOR

OR Registered Nurse Pre-Operative Assessment Priorities

Nancy Chang, RN, BSN, Level II AIP O.R. and Linda Brazen, RN, BSN, MSN, CNOR

New Inexperienced BSN Nurse Graduates: Change or Challenge?

Linda Brazen, RN, BSN, MSN, CNOR, Suzanne Sortman RN, BSN, MA, CNOR, and Karen Talcott, RN, BSN, CNOR

Where Have All The Instruments Gone?

Suzann Sortman, RN, BSN, MA, CNOR and Lynn Parton, RN

OR Online Orientation: The Lived Experience

Nicole Rutter, RN, BSN, Level II AIP O.R., Jackie Sotka, RN, BSN, Level II AIP O.R., Becky Watterworth, RN, BSN, Level II AIP O.R., and Linda Brazen, RN, BSN, MSN, CNOR -

Required Documentation during an Organ Transplant

Peter Benson, RN, BSN, Level III AIP O.R.

More OR professional contributions:

Brazen, Linda (2011). Competence, Nursing Practice and Safe Patient Care in *Perioperative Safety* (ed. Donna Watson), Mosby Elsevier: St. Louis, MO.

Brazen, Linda (2010). Cold hands, warm heart: Intra-operative normothermia. *OR Nurse* (March), 19-22.

Burn Unit RNs

Kyra Fahlstrom RN, BSN and Camy Boyle, RN BSN, of the Burn Trauma Unit presented a poster presentation in March 2020 at the American Burn Association conference held in Boston, MA. Kyra has been leading an evidence-based practice change in which a protocol for nursing driven fluid resuscitation demonstrated improved patient outcomes. The poster presentation was awarded the “Best in Category Award: Quality Outcomes” recognition.





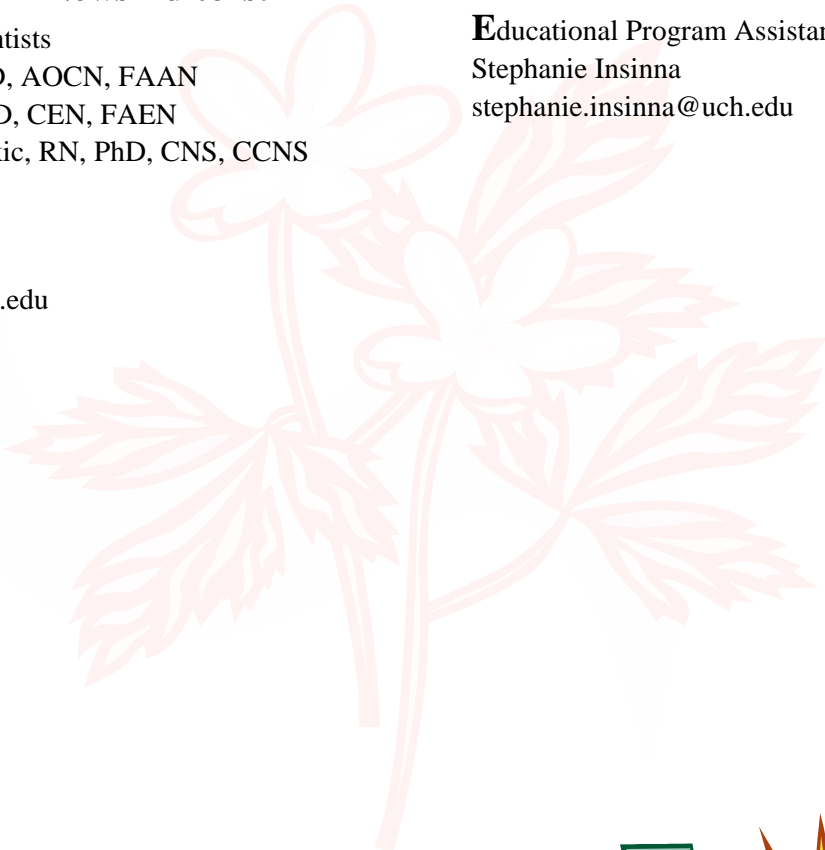
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TRIVIA QUESTION:

What is meant by the term “internal validity” ?

Be the first to email the correct answer to kathy.oman@uch.edu and receive a Starbucks Gift Card!

Previous winner: Nancy Clark RN, BSN from CeDar who knew that “data immersion” is the term used by qualitative researchers to describe how they dwell in the data by reading, reflecting, re-reading, and again reflecting on their notes, observations, or transcripts in the data analysis phase of the study.

