All Aboard! Getting on the Bus

Are you on the bus? This question is important to all of us in healthcare as we strive to be the preferred academic medical center in the 21st century. We can be that preferred medical center by delivering the best patient care, participating in scientific research and discovery, and by teaching and training health professionals. In the past year, I’ve had several visits to different hospitals. As I reflect on each experience, I ask, were the health care providers taking care of my loved ones on the bus? Did they scrub the hub? Did they have evidence based methods in place to decrease medication errors? What were the quality indicators for the unit? What research was ongoing to advance nursing knowledge? What was the education level and how was the nurse trained?

By achieving excellence in the 4 pillars of satisfaction, quality, financial and advancement of knowledge, we as an academic medical center can accomplish success. But not without reaching for excellence, being innovative, and aligning and integrating our health system. As nurses we have an important role in our future. From delivering evidence based nursing care, participating in research to advance nursing knowledge, and by increasing the number of baccalaureate prepared nurses, we can be healthcare leaders in the 21st century. So the important question remains, Are you on the bus?

UAB Magnet Evidence Based Practice and Research Day is September 14, 2012

Please join us on September 14, 2012 for the 3rd annual Magnet Evidence Based Practice and Research Day. This day-long program is filled with guest speakers, EBP and Research education, and presentations about the exciting work your colleagues have been doing over the last year. There are oral and poster presentations. Last year there were over 30 different presentations. We will apply for CEUs and there will be breakfast and lunch provided.
SICU Quality Council

Our unit congress began 2 years ago and is called the SICU Council. This shared government model has empowered staff nurses to enhance and improve outcomes in SICU. The Council intervenes and provides support to include measurable and achievable short and long term goals. We evaluate our practice and make changes accordingly to provide optimal care. Our nurse manager, Heather, has provided transformational leadership in SICU to develop staff empowerment as the Council is a place for voicing concerns and brainstorming ideas from our bedside clinical experts. The SICU Council mission is to: 1) assess the educational, quality, patient/employee satisfaction and the SICU developmental needs of SICU; 2) identify areas to enhance or improve within the unit; 3) intervene and provide support to include measurable and achievable short and long term goals; 4) implement plans for all areas of education, satisfaction and developmental needs of SICU; and 5) evaluate effectiveness of plans.

Does your Unit have a Unit Based Council?

EBP and Research Fair a Success!!

In March, we had our first Evidence Based Practice and Research Fair. The idea behind having a Fair was to create an environment to present projects to peers in a relaxed venue. The Council distributed Nursing Journals that were donated from Nursing Research, Worldwide Views in Evidence Based Nursing, Journal of Cardiovascular Nursing, Progress in Transplantation, Evidence Based Nursing, and American Journal of patients baths both adults and neonates, the use of C collars and skin breakdown, transporting patients safely, the development of a BMT acuity tool, and how to address direct admits from Clinic. Alberta McCaleb spoke on the Future of Nursing. The Nurse Quality Council and EBNP and Research Councils were also held within the Fair for nurses to see the work of these Councils.
Neonatal Baths-Unit Based Project  by Emory Horne

The Neonatal Bathing PACT was formed to investigate best practices and find safe products for bathing premature infants in the RNICU/CCN. Bathing immature infants under 35 weeks presents many risks and studies suggest preemies should not be bathed in the first six hours of life and no more than every other day until their skin reaches a more mature state. Research recommends using a mild, pH neutral cleanser so now we are using Playful Foaming Wash which is pH neutral and free of harmful chemicals. RNICU/CCN has also discontinued the use of lotion and bathing scrub brushes. Most importantly, nurses should use evidence based judgment in deciding if the infant is stable enough for a bath. The PACT has issued a read and sign (read the evidence to support changes and sign your understanding) and will be speaking in staff huddles about the changes.

Geriatric Scholar Project: Multi-factorial Fall Prevention Interventions Targeting Older Adults Admitted to M7-an Inpatient Vascular Surgery Unit  by Toni Gaston

Forty-seven percent of patients admitted to M7 Vascular Surgery inpatient unit are over the age of 65. Vascular Surgery patients are often critically ill with multiple co-morbidities, high risk surgeries and multiple limb amputations.

From March 2010- March 2011 M7’s average fall rate was 5.37. Beginning April 2011 we implemented specific interventions to decrease our fall rate by 50% (2.66). We developed a unit fall team, reviewed the literature and utilized knowledge from our Geriatric Scholars to develop our fall initiatives. We started fall safety huddles, scheduled toileting for confused patients, provided staff, patient and family education, hourly rounding, the use of double thread anti-skid socks, getting patient out of bed three times a day and the use of low bed as needed.

Using these initiatives enabled us to decrease our fall rate from 5.37-2.66. We continue to monitor our unit fall rate monthly and daily and modify interventions as needed. Using evidence based practice to decrease falls—What is your unit doing to prevent falls?

Clinical Excellence at UAB Hospital  by Cheri Plasters

Incorporating Healthy Work Environment values, Synergy with Patient & Family Centered Care, and UAB Nursing Service Core Values is what it means to be an outstanding nurse at UAB. The Clinical Excellence Award recipients are nominated by and selected based on self, peer and manager evaluations in SuccessFactors, point of care expertise, and organizational values. The aim is to identify and recognize those who EXCEED Nursing Standards of performance and Core Values, focusing on professionalism in practice.

The CE selection committee is made up of Magnet champions, prior recipients, Advanced Nursing Coordinators, Nurse Managers, a representative of the Center of Nursing Excellence and a nursing director.

A Shared Governance process is lead by a staff nurse and nurse manager co-chair.

The Clinical Excellence Award has been formally existent at UAB since 1990.

Clinical Excellence is the highest nursing award for UAB and is highly valued and respected.

Anyone in UAB nursing services can nominate someone in nursing services. The Nurse Manager must approve the nomination.

The categories include Leadership, Advanced Practice, Nursing Partner, Nursing, Patient Support, Nursing Support.
The EBNP and Research Council meets every first Wednesday of the month from 12 to 1:30pm in the West Pavilion Conference Center Room E.

The next Nightshift meetings are at 7:30am on September 5 and December 5.

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**Evidence Based Practice and Research Educational Events**

**Hands On” Advanced Evidence Based Practice Workshop**
This workshop provides hands on instruction on the evidence based practice process and how to incorporate evidence based practice into your daily clinical routine. It is required that participants bring an EBP project with them to this workshop and be prepared to discuss it with the group.

Place: JT 1007
Dates: September 5, 9:30 am to 12:00

**Oral and Poster Presentations Workshop**
This workshop will offer participants oral presentation skills and poster presentation skills to assist in speaking in front of audiences whether here at the hospital, at a local meeting, or a national conference. Audio visual tips will also be discussed.

Place: WPCC Room E
Date: August 20, 2012, 9:00 to 12 noon

**Evidence Based Practice Workshop (3 hours)**
This workshop presents the definition of Evidence Based Practice and related terms. It also describes the evidence based practice process and how to incorporate evidence based practice into your daily clinical routine.

Place: WPCC Room E
Dates: June 19, 9:00 am to 12:00 noon

**Nursing Research Workshop (3.5 hours)**
This workshop presents the definition of Research and related terms. It also describes the research process and how to translate research into your daily clinical routine.

Place: WPCC Room D
Dates: October 15, 2012, 8:30 am to 12:00 noon

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**2012 Clinical Excellence Winners**

Leadership: Heather Cumbest
Advanced Practice: Stephen Howell CRNP
Nursing Partner: Michelle McClenny
Nursing: Misty Bradshaw, Gayle Lombard, James Hambuck, Stacy Sexton, Jonetta Ivory, Tamara Gillespie, Lakeisha Glass, Lorraine Slaughter, Jimmy Smith, Wendell Brian Bowman, Geri-Anne Warman, D Brian Bailey
Patient Care Support: Hart Langner
Kathryn Anzuetto Trenedda Moody
Nursing Support: Rejoinder Bogan Carmen Hinton