Think Big!

Three years ago, evidence based practice and research were not phrases we used in our day to day nursing practice, let alone have it be an integral part of the nursing infrastructure. The Center for Nursing Excellence was formed in February 2009 and added a dedicated position focusing on Evidence Based Practice and Research in September 2009. So three years ago we started small--with definitions and processes. We needed to understand the differences between EBP, research, and quality improvement.

In addition, we needed to appreciate the similarities and differences among the processes or, in other words, how to complete the steps of each project. This is an ongoing journey and we are well on our way to having more and more nurses understand the differences. Since 2009, we have had over 500 nurses attend either an EBP or Research Workshop.

Now we are thinking big. We have nurses completing evidence based practice projects and participating in research studies. We have numerous quality improvement projects underway throughout the hospital. Our goal now is to present and publish the projects we complete. We offer the Evidence Based Practice Fair in March and EBP and Research Day in September for nurses to present their projects locally. The Center for Nursing Excellence is available to assist nurses in developing presentations and manuscripts for publication. It is up to you! Start Thinking BIG not small!

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

Do you want to hear what your co-workers are doing? Do you want to learn about how to develop a successful journal club on your unit? Do you want to listen to experts discuss how we take care of patients based on evidence? Then you need to make plans to attend the 3rd Annual EBP and Research Day. It will be held September 14, 2012 from 7:55AM to 3:30PM in Margaret Cameron Spain Auditorium. We will have 12 oral presentations and 12 poster presentations by your colleagues. We will have numerous guest speakers including Drs. Karen Gamble, Kellie Flood, Salpy Pambukian, and Elizabeth Kvale. We will offer a light breakfast, lunch and continuing education units. Please register with Christy McDougal at cmcdougal@uabmc.edu.
Journal Club Survey Results

The Survey Says.....We need more journal clubs. Journal clubs are one way for staff to discuss the latest evidence based practice and research. In March, the Center for Nursing Excellence conducted a journal club inquiry on survey monkey. While there are some units who have routine journal clubs, most units do not. The major barriers to having journal clubs were not having time, not knowing how to start a journal club, not having staff attend, and no support for setting up the journal clubs. The Center for Nursing Excellence is offering workshops and individual consultation on how to develop a journal club. We will offer the tools you need to get started. The Journal Club initiative will start in September 2012 at the EBP and Research Day with guest speaker, Dr. Elizabeth Kvale, speaking on How to Develop a Successful Journal Club. Our goal is to increase the number of journal clubs.

Does your unit have a journal club?

Encouraging EBNP and Professional Conversations Through an Online Forum

by Sheilla Ray Montgomery, RN, BSN, CSRN and Larry Dean, RN, MSN

This year, an online journal club was established as an educational opportunity in the Neurosurgical Intensive Care Unit (NICU). It was made available to all registered nurses that work on the NICU. This online forum encourages the staff nurse to take responsibility for the integration of research into own practice. The offerings were available Saturdays from 12:00 am- 1159 pm in January and March. A corresponding continuing education unit (CEU) was made available upon completion of the journal module education.

This has not been designed as a standard educational event, but was designed to encourage professional conversations about best practice. The inclusion of evidence based journal articles, supported by online videos, and completion of CEUs encouraged a medium of ownership. Nurses within the NICU will consistently be exposed to evidence based nursing practice through an online education journal and interaction with the staff. The integration of research on CLABSI (January), and blood product administration (March) is just the beginning of the cultivation of professionalism and safe evidence based nursing practice in NICU.

Evidence Based Practice, Research, and Quality Improvement Project Database

The Evidence Based Practice, Research, and Quality Improvement Database is a method for UAB Nursing to keep track of all the projects we are doing here in the hospital.

The database site can be found at the CNE's EBP and Research Website at http://libguides.lhl.uab.edu/cne

Look for the database link under the CNE Tab or you can directly access the database by going to https://horizon.hs.uab.edu/orbeo/n/fr/ebnp/project-document/new
Nursing and Sleep by Dr. Karen Gamble

Shift work is associated with an increased risk of developing cancer, mood disorders and cardiovascular, metabolic, gastrointestinal diseases. Unfortunately, we do not understand why.

One possible reason is a condition known as "circadian misalignment" when sleep/wake/eating patterns are out of sync with the body's clock-controlled rhythms and/or the light cycle in the environment. Circadian misalignment is a serious concern especially for hospital nurses given that (i) their alertness and performance is crucial for health and safety of patients, and (ii) they are often subjected to highly irregular schedules due to attempting to follow a normal day schedule on non-work days for family/social reasons. In a study published last year (PLoS ONE 6(4): e18395. doi:10.1371/journal.pone.0018395), we discovered that 97% of nurses go back to sleeping at night on their days off.

We then examined the sleep strategies nurses use to rapidly switch time at which they sleep. The results showed that certain strategies were maladaptive for good sleep during shift work. It is important to find out if this result holds true for other hospitals, especially in those with more diverse populations.

In addition, we would also like to discover other factors that may play a role in choosing a particular sleep strategy as well as how sleep strategy can impact physiological and mental health. We are currently conducting an online survey here at UAB to answer these questions. So far, we are 30% of the way to our goal of having 400 completed surveys (available at http://tiny.cc/uabsleep).

Our overall hypothesis is that even on days off, night shift work results in circadian misalignment. To specifically test this hypothesis, we will enroll nurse volunteer participants in a 10-day study and measure rhythms of sleeping/activity, expression of "clock genes," and metabolic and endocrine factors.

All of these components should cycle together with a particular relationship to one another. Several studies in non-shift workers show that when this relationship is disturbed, there are metabolic and health consequences. We will begin enrolling for this study in the next month. Female nurses who are interested in participating should complete the online survey above and indicate her interest in participating in future studies at the end of the survey.

In summary, we are very excited about this project because it is such a terrific opportunity to make a difference in the lives of nurses, not only here at UAB, but at hospitals everywhere.

Tip 1
Remember your Core Values
Do Right, Always Care, Own It, Work Together

Tip 2
Practice based on the latest and best evidence every day. If you have a clinical question, search the literature.

Tip 3
Think Big! Set Goals!
Where do you see yourself in 1 year? 3 years? 10 years?
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 meeting is at 7:30am on December 5.

Check out our Website at
http://libguides.lhl.uab.edu/cne

Evidence Based Practice and Research Educational Events

Nursing Research Workshop
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

What EBP and Research education do you want for 2013?

Attend the EBP and Research Council meeting in September and October and complete an Education Needs Assessment or send an email to Connie at cwwilli@uabmc.edu and make suggestions.

Join the Council in October for a Snorkel! If you have never snorkeled at the Council, don’t miss your chance!

How to Do a Survey Lunch and Learn
Place: JT 1014 (Seating Limited)
Date: September 11, 2012, 11:00am to 12:30pm

The November EBP and Research Council will have a guest speaker on How to Develop a Stellar Presentation.