Opportunities!

Opportunities. All aspects of life bring opportunities. We either chose to take advantage of them or not. We choose to live in the past or thing of the future. We choose to stop and help someone with directions or not. We chose to volunteer our time or not. As a professional nurse, we have a variety of opportunities. We can choose to spend the extra minute to hold the hand of a distraught patient or not. We can choose to practice based on the best and latest evidence or not. We can choose to develop a journal club on our units or we can choose to participate in activities that advance our learning. We can choose to participate in committees, councils, or professional organizations or not. Each decision has its consequences. If we choose not to practice based on evidence, it may result in suboptimal care, decrease quality and ultimately poor outcomes. If we choose not to take the time to hold that hand, we fail to provide the human caring that led us to be nurses in the first place. If we chose to not become involved in our profession, then we chose not to grow as a nurse. At UAB, we have so many opportunities to make a difference in the lives of our patients. Becoming a member of one of the quality improvement groups, can help us learn the best evidence based methods to reduce falls, pressure ulcers, or infections. Joining a Council may give you the tools to create change on your unit. Discussing an article that applies to your patient population with your peers can facilitate the generation of innovative ideas that lead to better patient outcomes.

This issue highlights opportunities available to you as a nurse at UAB. Take advantage of the programs, workshops, classes, committees, councils, and taskforces that we have to offer.

Evidence Based Practice Mentorship Scholar Program

This program will provide an opportunity for nurses to focus on evidence based practice (ebp) and research initiatives with the partnership of a mentor in the Center for Nursing Excellence. The outcome of this program is a completed EBP project and a presentation/publication. This is a 1 year commitment of independent study. It is expected that you would devote at least 8 hours a month to this program. The program will continue to have the following outcome expectations:

- Design and implementation of an evidence based practice project
- Participate in independent learning assignments
- Participate in scheduled meetings with mentor
- Dissemination of the project through presentation and publication
- EBP scholars graduates will mentor other staff
Councls, Committees, and More! By Faye Williams

UAB nursing has multiple ways you can become involved. We are always looking for nurses to lead teams, create new ideas, and improve patient care with evidence based practice and quality care. Here are just a few councils or committees available for you to join.

- Bereavement Committee
- Blood Utilization & Management Committee
- Evidenced Based Nurse Practice & Research Council (EBNP)
- Ethics Committee
- Impact Committee (NIST)
- Magnet Champions
- Nursing Quality Council Subgroups:
  - Falls Committee
  - Infection Prevention Team (CAUTI, CLABSI, VAP)
  - Pain Team
- Pressure Ulcer Team
- Restraints Committee
- Safe Patient Handling Team
- Perinatal Mortality Committee (for Women’s & Infants only)
- PNDP Committee
- Pharmacy Nurse Liaison (PNL)
- Standards of Practice Committee
- Staff Nurse Conference Committee
- Transfusion Nurse Champions
- Value Analysis Committee (VAC)

Professional Nurse Development Program (PNDP) by Robin Sutton

The Professional Nursing Development Program (PNDP) achieved many accomplishments in 2012. In order to access the progression of the PNDP at UAB, the PNDP committee did several things: 1) a United Healthcare Consortium (UHC) query was performed to evaluate what other clinical ladder programs were doing in the United States, 2) meetings were held with the Chief Nursing Officer and the Director for the Center of Nursing Excellence to discuss support of the PNDP, 3) a UAB Nurse Manager survey was conducted, and 4) the PNDP committee met on a monthly basis gathering data and working on redesign of the program.

From the work above the following changes were made: 1) The new PNDP Packet rolled out to the hospital nurses in February 2012; 2) The PNDP successfully integrated into the Center of Nursing Excellence. A new meeting space in the CNE has been secured for all meetings, reviews, and workshops; 3) The PNDP Workshops and review sessions increased to 6 times a year with a total of 96 attendees, and thereby creating scheduled PNDP meetings times; 4) A Nursing Practice Congress member was added to the committee to ensure collaboration between the two committees; 5) There is a more consistent method of submission process to the CNE.

A November 2012 retreat was held to review our first year of the new PNDP packet. Revisions to the new packet were completed based on improvements, recommendations, and consistency for points. Newly designed pins are being awarded to the candidates. The revised PNDP packet uploaded December 2012.

We encourage you to participate in the PNDP. PNDP is an opportunity for professional growth, network with other nurses, and improve patient care.

If you are interested in knowing more or have any questions, please review the packet, ask a PNDP participant or committee member, nurse manager or ANC. You can email Geri Warman at gwarman@uabmc.edu, Chair of the PNDP committee or Jeff Butler at nb Butler@uabmc.edu, Co-Chair of the PNDP committee.
Geriatric Scholar Program by Emily Simmons

UAB is the only NICHE (Nurses Improving Care for Health System Elders) hospital in Alabama. NICHE is a national initiative to improve care for hospitalized older adults. The Geriatric Scholar Program is an adaptation of “train-the-trainer” educational model supported by NICHE. The Geriatric Scholar Program is a competitive two-year professional development program that allows champions in geriatric care to formally develop an in-depth knowledge of caring for the hospitalized older adult and to implement evidence based geriatric principles. The program provides formal recognition for participants and challenging opportunities for improving geriatric care. The UAB Geriatric Scholar Program was launched for nurses in 2009. Due to the success of the program and the first two classes of Geriatric Scholars, this innovative professional development program is now open to champions from all disciplines, including nursing, physician assistants, nutrition, rehabilitation therapies (physical, occupational, speech, respiratory), pharmacy, and social work. Additionally, UAB collaborates with the Birmingham Veteran’s Administration Hospital to include VA nurses and offers clinical rotations at VA sites. In year 1, the Scholar receives core geriatric training that is provided through case discussions, didactic lectures, clinical rotations, and simulation sessions. In year 2, the Scholar is mentored through the implementation of a process improvement project that improves care for geriatric patients. Some of the examples of process improvement projects that have been implemented by scholars include delirium assessment, fall prevention, functional assessment, and promotion of mobility in hospitalized older adults. Many scholars have presented their projects at national conferences.

2013 Journal Club Initiative: Palliative Care Nurses’ Journal Club by Kim Rutley

The Palliative Care Nurses’ Journal Club held two successful 2012 meetings on August 9th and November 29th. The journal club was implemented after much dialogue about its inception over the previous year and as a revolving item on the Palliative Care Nursing Education Committee (PCNEC) meeting agenda. Successful implementation included holding quarterly meetings off-campus at area restaurants, yielding an average attendance of seven.

The biggest barrier was establishing a time, but those committed to the professional endeavor agreed to hold dinner meetings at 5:30pm, which has proven to be effective.

Evidence Based Email Etiquette

Do you ever wish you hadn’t sent that email--- just after you pressed send? Here are a few email do’s and don’t for all of us to remember.

- Keep messages brief and to the point. No one will finish your email if it is too long.
- Use sentence case. Using all CAPS looks as if you are shouting at someone.
- Do not “Reply to All.” If someone sends a congratulatory email to a group, reply to just the person. It clutters inboxes to see all the “great jobs,” “congrats,” and “way to go’s.”
- Use the blind copy and courtesy copy appropriately. Don’t use BCC to keep others from seeing who you copied. Do use BCC, when sending to a large distribution list, so recipients won’t have to see a huge list of names. Be cautious with your use of CC; overuse simply clutters inboxes. Copy only people who are directly involved.
- Use the subject field to indicate content and purpose. Don’t just say, “Hi!” or “From Laura.” It is a good idea to use “Action Required” if you need a response.
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 June 4, September 4, and December 3 in JT 1014.

Go to the EBP and Research Website for a complete list of 2013 EBP and Research Education.

Important Dates

<table>
<thead>
<tr>
<th>PNPD Process Workshop</th>
<th>PNPD Preview Workshop</th>
<th>PNPD Packet Due</th>
<th>Recognition Celebration</th>
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<tbody>
<tr>
<td><strong>January 17</strong>&lt;br&gt;1300 – 1500&lt;br&gt;1630 – 1830</td>
<td><strong>March 21</strong>&lt;br&gt;1300 – 1500&lt;br&gt;1630 – 1830</td>
<td><strong>March 29</strong>&lt;br&gt;1130-1300</td>
<td><strong>April 29</strong>&lt;br&gt;1130-1300</td>
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<td><strong>February 21</strong>&lt;br&gt;1300 – 1500&lt;br&gt;1630 – 1830</td>
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| **May 16**<br>1300 – 1500<br>1630 – 1830 | | | *All packets are due by 4pm in JT 1042D
All PNPD Workshops will be held in JT 1014 |
| **June 20**<br>1300 – 1500<br>1630 – 1830 | | |  
| **August 15**<br>1300 – 1500<br>1630 – 1830 | **Sept, 19**<br>1300 – 1500<br>1630 – 1830 | **Sept. 27**<br>1130-1300 | **October 14**<br>1130-1300 |

Upcoming Education
Center for Nursing Excellence
Register at cmcdougal@uabmc.edu

How to Write an Abstract
Dates April 2, 2013, 12:30pm to 2:00pm

How to Develop Your Curriculum Vitae
Dates: April 2, 2013, 11:00am to 12:00pm

How to Develop a Survey
Dates: April 9, 12:30pm to 2:00pm

Writing for Publication
Dates: April 30, 9:00 am to 12:00 noon