Evidence Based Nursing Practice and Research Council Newsletter

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Awards and Recognition

I just finished reading the book, The Outliers: the Story of Success, by Malcolm Gladwell. It is one of those books that you just can’t put down and you wished you’ve read it when you were 10 years old. But, of course, you’re not ready to read this book at 10.

Without spoiling it for you, this book is about people and how they got to be successful in life. In the last newsletter, I spoke about opportunities. Taking the opportunity to become involved, being passionate about your profession, and putting some “time” into your passion. Concert pianist don’t become concert pianist without practicing, just as mathematicians don’t become great mathematicians by not doing math. Do nurses become great nurses without working hard at providing evidence based nursing practice for every patient, every time? Can nurses be a successful nurse if they don’t seize every professional growth opportunity? What does it take to be a Nurse + at UAB? This newsletter describes the accomplishments of nurse who have done just that—seized the opportunity. Nurses who participated in the Professional Nurse Development Program were announced in April. This group of nurses was an excellent example of the “plus” in nursing. Then, during Nurse’s Week in May, nursing service professionals received Clinical Excellence Awards which exemplifies those individuals who have consistently gone above and beyond their duties. Are these individuals outliers? Read the book and find out!

Friday September 13th is EBP and Research Day

Please join us on September 13, 2013 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.

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Special points of interest:

- Evidence Based Practice is a key component of nursing practice.
- Everything we do should be based on Evidence.
- Using the best Evidence to Guide Nursing Practice improves Patient Outcomes.
- Geriatric Scholars practice evidence based care of the older adult
Turning Clocks: Geriatric Scholar Project

Our QI project focused on educating staff on 3 nursing units about pressure ulcer prevention in geriatric patients. Those patients who had a Braden (risk assessment) score of <17 and over age 65 had a turn clock flyer placed over the bed or on the white board. This served as a reminder to staff to turn the patient consistently every two hours. Pre and post tests were given and knowledge scores increased from 61.67% to 88.53%. On post implementation audits, 70% of the appropriate patients had the turning flyer in place and 66% of those patients were turned in the correct position. The turn clock has now been added as one of the choices for routine turning.

Geriatric Scholar Project 2012: Delirium Assessment/ short CAM tool

Carla Sims, RN, Huldah Smith, RN, Rebecca Sargent, RN

Our project focused on educating the nursing staff in using the short version CAM (Confusion Assessment Method) tool to assess for delirium. Our project goal was to have a delirium assessment completed once per shift beginning on admission using the short CAM tool on all geriatric patients 65yrs and older on UNSN and W7N by August 2012. After reviewing the literature, we found that patients with delirium have a higher risk of injury. Evidence has shown if delirium is treated early, the patient’s overall outcomes are improved. The CAM assessment tool is widely used in a variety of clinical settings and has been found to be a valid tool for delirium screening.

After the education was completed, there was a 50% increase in the RN staff knowledge of delirium and the CAM assessment tool. The short version CAM tool was added to impact to be implemented on the unit. Chart audits showed from both UNSN and W7N units, 50% of all patients 65yrs old and over had a CAM assessment completed in impact on a daily basis. Continued staff education, chart audits, and evaluation of assessment tools will improve the efficiency in which we can better assess and document delirium.
Professional Nurse Development Program Awards by Geri Warman

The Professional Nursing Development Program committee has been undergoing some major changes in the past year. In addition to a new point system and new submission dates, we have instituted a brand new way to honor those nurses that have advanced. The “PNDP Advancement/Evidenced Based Practice Knowledge Exchange” is a luncheon with a short presentation given by the committee highlighting a few select projects and patient and family centered stories. Then the nurses are called up and presented with their pins and certificates.

Congratulations to all the new PNDP recipients this submission!

Level III
Kathy Carisch
Ashley Davis
Deborah Elliott
John Lindsey
Bailey Walker
Melanie Hancock
Sarah Markette
Brittany Marsh
Erin Williams
Kim Smith
Amanda Estes
Alesha Phillips
Angelique Heimbach
Lori Harrison
Dianna King
Kelli Burdette
Kristi Elrod
Katie Kretzschmar
Jessica Upton
Tiffany McGill
Tracey Hydrick
Johnathon Dawson
Odethea Nichols
PACU
PACU
L&D
RNICU
MBU
Level II
MBU
MBU
MBU
MBU
MBU
MBU
BMT
BMT

Congratulations to all the PNDP renewals this submission:

Level III
Erin Townsend
Meredith Palmer
PACU
PACU

2013 Clinical Excellence Award Winners

The Clinical Excellence Award is the highest nursing award for UAB and is highly valued and respected. 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 in living UAB’s core values, exceed in performance, and exceed in professionalism every time, every patient, every day.

Nursing Award Winners
Amanda Davis, HTICU
Sarah McMinn, CCN
Ann Agnew, CCN
Stacey Stutts, MBU
Toni LaRiviere, RNICU
Elizabeth Wilson, BMT
Jodie Love, Resuscitation
Meredith Palmer, TBICU
Erin Townsend, TBICU
Jill Moyer, SICU
Sharon Dubin, M8
Thelma Paige, PreOp
Victoria Martin, C6S/C7S
Katherine McKibbon, 9 North

Caring Partner Winner
Terri Middlebrooks, 4 Main (ACE)

Advanced Practice Winner
Peggy Abbott, SICU

Nursing Leadership Winners
Terri Poe, UED/Center for Patient Flow
Jody White, HTICU

Patient Care Support Winners
Audra Greathouse, PCT, RMS
Tandal Whisenant, PCT, HTICU

Nursing Support Winners
Christy McDougall,
CNE
Lunette Simpson, RNICU

Think about someone who should be nominated for next year!
**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 4 and December 3 in JT 1014.

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**Education Offerings: Register at cmcdougal@uabmc.edu**

**EBP, Research, and Quality Improvement 101: Definitions and Processes**
This class presents the definitions of Evidence Based Practice, Research and Quality Improvement along with the processes of each. Place: 1014 Jefferson Tower Center for Nursing Excellence
November 5, 2013, 11:00am to 12:30pm

**How to Complete and IRB Application**
The class will go step by step on how to complete an IRB application. Place: 1014 Jefferson Tower Center for Nursing Excellence
September 3, 2013, 11:00am to 12:00pm

**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 August 21, 2013, 9:00 am to 11:30 am

**Hands on Evidence Based Practice Project**
This class presents the steps of the EBP process and will walk you through the process with your idea. Place: 1014 Jefferson Tower Center for Nursing Excellence September 11, 11:00am to 12:30pm

**Nursing Research Workshop (2.5 hours)**
This workshop presents the definition of Research and related terms. It also describes the research. Place: WPCC Room D October 10, 2013, 9:30 am to 12:00pm

**How to Be a Good Reviewer for a Journal**
This class will review the steps of reviewing articles for journals. This class can also be helpful for helping nurses to critically appraise articles. Place: 1014 Jefferson Tower Center for Nursing Excellence October 8, 11:00am to 12:30pm

**A Taste of Statistics Series (1.0 hours)**
These classes are designed to introduce nurses to statistics, and discuss specific tests and how you would use them. This will help the nurse to think of how they wish to examine the data they are collecting for projects. Total number of participants per workshop: 15 Place: 1014 Jefferson Tower Center for Nursing Excellence Dates:
Correlations July 2, 2013, 11:00am to 12:00pm
Regression August 20, 2013, 11:00am to 12:00pm