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Test Yourself: Is this an Evidence based practice, performance improvement or research project?

By Judy Davidson, DNP, RN, FCCM

Project A: Pain Management

Cassia and Bev read a new practice guideline which highlighted to them that the pain assessment tool used at UC San Diego Health System, for patients who could not provide a verbal response, was outdated. The guidelines advocated a newer assessment method with better validity and reliability. The two nursing leaders decided to do a project to replace the outdated assessment tool for an up-to-date version.

Is this EBP, PI or Research?



Cassia Yi and Bev Morris

Project B: Seizures

Rachelle works with seizure patients. She had looked to the literature for setting up nursing guidelines for seizure care, but found no answers to some of her questions. She decided to do a project to look at video recordings of seizure patients and analyze the different transitions a patient makes during the seizure, to better describe the characteristics of the lifecycle of a seizure. Two of the questions she is trying to answer are, "What percent of patients have a head turn to signal the start of a tonic clonic seizure?" and "How long are patients with tonic clonic seizures apneic during a seizure?"

Is this EBP, PI or Research?



Rachelle Compton

Project C: Surgical Site Infections

The American Association of Operating Room Nurses publishes guidelines for surgical preparation. The guidelines are not new. UC San Diego Health System has published practice standards to follow the guidelines. Sarah is working on a team to help decrease surgical site infection rates. Sarah is doing a project to determine compliance with the policy and potential areas for improvement.

Is this EBP, PI or Research?



Sarah Fieberger

Answers:

Project A: Evidence-based practice change because the published guidelines supported a change in practice that had not yet been implemented at UCSDHS. Others had already tested the new assessment tool and found it to be valid and reliable.

Project B: Research. Rachelle is investigating something new or novel that has not been reported in the literature before.

Project C: Performance improvement. We know this because there are published guidelines that UC San Diego Health System has adopted internally and this project is designed to improve adherence to the best practices which should have already been implemented.

PI, EBP OR RESEARCH DONABEDIAN: STRUCTURE, PROCESS & OUTCOME			
	PI	EBP	Research
Purpose	Review, Revise & change processes to achieve improved outcomes	Improve practices by using the latest, most appropriate evidence	Create new knowledge
Structure	Group/team	Individual or Group	Individual or group/team
Process (all involvement measurement)	Process Improvement Methods: PDSA	EBP methods: 8A's method, Ecoff/Brown	Research methods
Outcomes	Improved procedures or processes	Improved procedures or processes	New knowledge that can be tested and applied to practice

The difference between Evidence-based practice, performance improvement is represented in the graphic. Additional resources are available on the nursing resource hub under the Research and EBP tab.

In Support of Nurses Resources Available to all Staff

Nurses at UC San Diego are fortunate to have access to many resources to complete projects. Not only are many mentors available to provide support and guidance, but access to publications within the online clinical library is unparalleled. Two exceptional people are also readily available to all staff, and we would like to introduce you to them here.

Nurse Scientist



In July of 2013, Judy Davidson, DNP, RN was hired to support nurses with project development, presentation, and publication. She is a consult

service to all nurses who are working on projects to advance practice. Any nurse in any department may contact her for advice or support. Although her office is in La Jolla in the MCM trailer (located East of Moores Cancer Center), she is available to come to any location, upon request, and spends approximately half of her time in Hillcrest. She has developed a variety of tools that are posted for public use on the nursing resource hub. There are over a dozen worktools to help nurses perform evidence-based practice, performance improvement, and research projects at the Nursing Research Council website: <http://medcenter.ucsd.edu/edr/research-EBP/Pages/WorkToolsTemplates.aspx> These tools include:

- Poster and Presentation templates for EBP, PI and Research Projects
- A self-assessment guide to determine whether your project is EBP, PI or Research
- Guidance on presenting and publishing

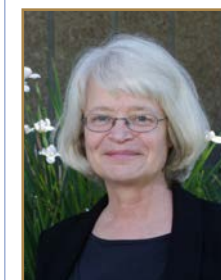
- Guidance on presenting case studies while protecting patient privacy rights.
- A project report-out tool to use at internal meetings to update others on project progress

Additional tools are found at the CNII website: <http://medcenter.ucsd.edu/edr/development/council/Pages/CNII-CNIII-resources.aspx>

Although targeted for those advancing to the level of CNIII, these project management tools might be helpful to any nurse considering a practice change. These include PICO and PDSA worksheets.

Medical Librarian

For many years, Mary Wickline has served UC San Diego Health System



nurses as "the nurse's librarian". She has supported countless nurses create lists of meaningful search terms, learn how to search the literature, refine

PICO or research questions, conduct literature reviews, and obtain full-text articles. Mary's office is located in the Biomedical Library on the main campus in La Jolla. You can visit her there for personalized instruction. A trip to the library is easy using the UC San Diego free shuttle from either Hillcrest or La

Jolla campuses. However, if you'd like to engage in evidence review from the comfort of your home or workplace, she is only a click away from any nurse who needs her advice or support: mawickline@ucsd.edu. This service to UC San Diego nurses exists because of our relationship with the School of Medicine. The UC San Diego Health System library access for nurses is the best in San Diego County. Mary goes above and beyond to keep our services a cut above. Once she knows your topic of interest, it is not unusual for her to email you information about a new article or grant opportunity related to your work.

Mary also performs very high level professional volunteerism. Just as in nursing, librarians have projects of increasing complexity. Mary is currently working together with Judy Davidson and Patty Graham on an international project with the Society of Critical Care Medicine to update the SCCM/ACCM Guidelines for Family Centered Care. Mary is the guideline writing team's librarian leading a group of over 20 scientists from all over the world in a systematic review of the literature related to family centered care. This is one of the most challenging and rewarding experiences a librarian can engage in. She is the 'keymaster' to the data that is being reviewed to assure that the document is evidence-based. As Mary pointed out one day, "If one of the nurses or physicians does not know how to do their role on the project, they can learn from someone else. If a doctor or nurse makes an error in analysis of the evidence, there is a second person always assigned to assure accuracy as a quality control, but if the librarian is not accurate, it can be a real problem because there is only one librarian on the guideline writing panel". Mary just

finished organizing and executing a literature review including over 250 citations so that the group could review every published report of surveys or interviews of families, patients, staff or physicians related to family centered care in the ICU.

We are grateful for her enduring support and willingness to share her expertise. Mary encourages us to add the library website to our favorites at <http://libraries.ucsd.edu/clinlib/nursing/>. From this site you can use a variety of search engines to begin a literature review, request an article or book, or learn utilize remote access to the library from home.

Nursing Evidence-Based Practice and Statistics Consultant

JoAnn Daughtery PhD, RN, CNL has worked for UCSD health Systems since 2002. Her first position was in Nursing Education Development and Research as an Academic Liaison to the schools of nursing in the area.



Currently, she is a per diem staff RN in Preoperative Care center at Chancellor Park (La Jolla). Joann also teaches nursing at California State University San Marcos. At Judy Davidson's invitation, she has been working with staff nurses on the statistical analysis of their EBP and research projects. She thoroughly enjoys helping the staff with their interesting and important questions that lead to improved care of patients at our hospitals. It is great to be a part of a nursing department that encourages staff involvement in nursing research and QI. She hopes to meet more of the staff at our future data analysis classes. If you would like to be notified of upcoming data analysis classes, please contact Judy Davidson jdavidson@ucsd.edu to be placed on the interest list.

For My Mother

By Jiraporn (Ann) Rouysaen, RN and Esther Lee, MBA, MNP, RN

It was an honor to be by her side when she took her last breath.

As my sister and I watched my mother's chest rise and fall with each slowing breath, we saw a single tear fall from her eyes as they lay close, it was then that we knew my mother's time had come. My sister and I sat silently next to her. We both kissed her goodbye for the last time. I gently thanked her for the wonderful time we had together, and all the great opportunities she had afforded me.

When my mother was diagnosed with an end stage cancer, she had made a phone call from her home in Chiangrai, Thailand to discuss with me, her last wishes. She had made it clear during our conversation that she did not want heroic measures to save her life, like CPR and intubation. When she started to lose her mobility, I flew back to be with her during her end of life care. Soon after my arrival, she lost her ability to swallow, but she was still able to communicate. At this point, she did not want to have any treatment that prolonged her life. Despite her rapidly deteriorating condition, many decisions still need to be made other than her wishes not to have CPR and intubation. I knew that she needed a Living Will.



The healthcare and legal team at Chiangrai Hospital and I had initiated the first draft of Living Will that allowed my mother to make her medical choices ahead of time. She became the first person to sign a Living Will in Chiangrai, Thailand. The Living Will had not only taken stress off our family decision, but also enhanced our meaningful conversation at a difficult time. Soon after the Living Will was signed, my mother started to lose her consciousness, and she could no longer make decisions for herself. However, the Living Will had extended her right to have comfort care when she needed it, and a peaceful passing at her end of life. — *Jiraporn (Ann) Rouysaen, RN*

I always remember my mom as a kind, tolerant, forgiving, and generous person.

Jointly, my mom and dad's unconditional love have given me the strength and wisdom to overcome many of my life challenges. My mom's passing in 2013 has left me with much grief which motivated me to writing and completing my first scholarly work, "The Arduous and Challenging Journey of Improving Patient Safety and Quality of Care", a project I started earlier and now dedicated to the memory of my mom. In the process of finishing this manuscript, I found strength and comfort which filled a void left by her departure. I feel most honored that this manuscript was published in the 2013 December issue of the Journal of PeriAnesthesia Nursing; I take pride in the fact that this article was also nominated and won the 2014 Mary Hanna Journalism Award presented to me in the 2014 National Conference of PeriAnesthesia Nursing.



This photograph of my mom and me is the last photograph of us taken together after lunch in a place famous for its chocolate dessert. It was never the intention to sit in front of the script on the wall behind us. The discovery of the narrative in the photograph after my mom's passing touches me with tenderness and makes it more poignant and meaningful whenever I look at this picture of us together. "I invite you to watch, smell, taste and feel my love story." — *Esther Lee, MBA, MNP, RN, Assistant Director, PeriAnesthesia Nursing, Hillcrest/Thronton/SCVC*