RESEARCH AND EVIDENCE BASED PRACTICE AT THE CHRIST HOSPITAL

Judi Godsey, PhD, RN
Director of Nursing Research, The Christ Hospital
Assistant Professor of Nursing, Xavier University

Ohio Valley IACRN Meeting
February 17, 2016
Objectives:

1. Describe role of the Director of Nursing Research at The Christ Hospital.
2. Discuss some exemplary studies at TCH
3. Outline the role/responsibilities of nurses in unit based research (and my supportive role)
4. Consider the challenges/opportunities for research/EBP at TCH
Role of The Director of Nursing Research

• Collaborate with Leadership team of Patient Care Services
  • Develop hospital-wide research policy
  • Plan/coordinate research initiatives.

• Participate in grant proposal submission and execution
  • Mentoring nursing staff and administrators in grant writing procedures
Role of The Director of Nursing Research

• Work collaboratively to support interprofessional research efforts between nursing staff and other members of the healthcare team

• Consultant for hospital staff and administrators in IRB proposal development, submission, and management.

• Collaborate with administrative team to complete various reports related to the hospital’s research efforts.
Role of The Director of Nursing Research

- Develop nursing at all levels of the organization in scholarly presentations
  - Poster design and development
  - Professional presentations
  - Publications/professional writing

Strategies:
One on one meetings, educational sessions, poster templates/materials on the Research Council intranet site
Role of The Director of Nursing Research

• Provide education to team members through a variety of formats related to any phase of research/EBP.

• Mentor/develop all levels of nursing and nursing leadership in principles of research and EBP

Strategies:
• Mentor for the Nursing Research and PI Councils
• Collaborate with Research Council to develop staff education opportunities and annual Research Days
  • Recognize exemplary projects
• 28 Posters Presented on June 23-25, 2015
• Assisted With Design/Printing For Many Posters Presented
• Posters Remained on Display 24/7 For Three Days
• Greater Than 100 People Signed In
• Three Awards For “People’s Choice Award” Given
Using Simulation to Impact Confidence Level for Teamwork and Collaboration During an Inter-Professional Code Simulation
Patty Oppenheim, Linda Turpin, Sara Kurtz, Michelle Stimec, Dawn Keith, Christen Davis

The 30-Day Pill Project to Help Reduce Readmissions of Heart Failure
Heather Overbeck, Amy Dadosky, Lydia Weber, Eugene Chung MD, Santosh Menon MD

Predictors of New Onset Atrial Fibrillation Post Coronary Artery Bypass Graft Surgery
Abigail Marker, Shay Parris, Cheryl Bartone
Using Simulation to Impact Confidence Level for Teamwork and Collaboration During an Inter-Professional Code Simulation

Patty Oppenheim, Linda Turpin, Sara Kurtz, Michelle Stimec, Dawn Keith, Christen Davis
Research Days: 2nd Place Winner

The 30-Day Pill Project to Help Reduce Readmissions of Heart Failure
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Predictors of New Onset Atrial Fibrillation Post Coronary Artery Bypass Graft Surgery
Abigail Marker, Shay Parris, Cheryl Bartone
Research Days: Student Poster
Incredibly busy nurses with expanding roles and expectations:

A. Little time/desire to attend Research Council meetings or educational events that help develop research competencies

B. Confusion with difference between research/EBP/PI

C. Intimidation with research principles and IRB processes
CHALLENGE:

LITTLE TIME/DESIRE TO ATTEND RESEARCH COUNCIL MEETINGS/EDUCATIONAL EVENTS

Strategy:

• Offer information that is “value added” (CEs)
  • Use CE opportunities to make Research Council visible
  • Use CE opportunities to develop research/EBP competencies
  • Invitations to upcoming events and educational opportunities
Research Council Presents (Free CE):

Supports and inspires people from around the nation to take action in support of the Healthy People 2020 goal to improve the health and well-being of women, infants, children and families.

Join the National Healthy Start Association and be part of the generation that ensures that every baby has a chance...

To take their first step.
To say their first word.
To graduate from college.
To become President.
To Celebrate Day 366
Nursing Grand Rounds
The Christ Hospital Health Network Presents:

Mindfulness Based Interventions in Obesity and Eating Disorders

with Judi Godsey, RN, MSN
Director of Nursing Research, The Christ Hospital
Assistant Professor of Nursing, Xavier University

Tuesday, September 30, 2014
12:00 - 1:00 p.m.
The Christ Hospital Auditorium
2139 Auburn Avenue
Cincinnati, OH 45219
Application pending for 1.0 Nursing CE

Objectives:
1. Explore the incidence and prevalence of obesity and eating disorders.
2. Discuss the concept of mindfulness
3. Describe the role of mindfulness as an adjunct to obesity and eating disorder therapies
4. Integrate mindfulness based considerations into nursing practice
How to Create Professional Posters

Presented by Judi Godsey, PhD
January 27, 2015

- The developmental process of creating professional posters
- Important elements of the professional poster
- Responsibilities of the poster presenter
- Presentation styles
CHALLENGE:

LITTLE TIME/DESIRE TO ATTEND RESEARCH COUNCIL MEETINGS/EDUCATIONAL EVENTS

New Strategy:

Groups of nurses present study outcomes as a hospital wide CE event

- Serves to recognize nursing’s contributions to research/EBP at TCH
- Magnet “Internal Dissemination”
CHALLENGE:

CONFUSION WITH DIFFERENCE BETWEEN RESEARCH/EBP/PI

Strategy:

- Be visible
- Offer “Value Added”
- Take the research/EBP “product” to the nurse
  - eg. PI Council- PDSA Presentation (Clinical Ladders)
• **Is my project EBP?** *The answer should always be “YES”*
  - Evidence Based Practice (EBP) is the conscientious use of current best evidence in making decisions about patient care
    (Sackett, Straus, Richardson, Rosenberg & Haynes, 2000)

• **Is my project Performance Improvement or PDSA?**
  - The answer is…BOTH. PDSA is one type of Performance Improvement (PI) tool
  - Other familiar PI tools: Lean, Six Sigma, Root Cause Analysis
    (Hughes, R., 2008)

• **Is My Project Research?**
  - PDSA is *a type of* quality improvement research (not experimental research) which:
    • Is outcomes driven
    • Promotes merging of the clinical, operational, and educational disciplines to bring research and practice closer together.
    (Speroff & O’Connor, 2004)
<table>
<thead>
<tr>
<th>RESEARCH</th>
<th>PDSA PERFORMANCE IMPROVEMENT</th>
<th>OUTCOME</th>
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</thead>
<tbody>
<tr>
<td>PURPOSE: Create new knowledge</td>
<td>PURPOSE: Determine if an intervention results in an improved outcome</td>
<td>REPLICATION OF Viable SOLUTION</td>
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<tr>
<td><strong>DEFINE THE PROBLEM:</strong> Data/Score Cards/Literature (for Baseline Data) and Literature (Baseline and Intervention). Consider using Google Scholar to get started (scholar.google.com)</td>
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<td><strong>STEP 1:</strong> Determine Research Purpose</td>
<td><strong>STEP 1:</strong> <strong>AIM</strong> Develop Purpose Statement</td>
<td>Start With a Clear Purpose in Mind</td>
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<td><strong>STEP 2:</strong> Design the Experiment/Study and Select Methodology to Test Hypothesis</td>
<td><strong>STEP 2:</strong> <strong>PLAN</strong> Use scientific method to answer “How do we know a change will equal improvement?”</td>
<td>Describe/Address/Investigate Clinical Problems</td>
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<td><strong>STEP 3:</strong> Data Collection Methods: Use Reliable Valid Instruments (eg. randomized/controlled)</td>
<td><strong>STEP 3:</strong> <strong>DO</strong> Follow a study protocol with collection of data</td>
<td>Establish Rigor in Data Collection</td>
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<td><strong>STEP 4:</strong> Test and Analyze Data</td>
<td><strong>STEP 4:</strong> <strong>STUDY</strong> Analyze and Interpret the Results</td>
<td>Interpret Study Findings</td>
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<td><strong>STEP 5:</strong> Use Findings to Address/Answer Research</td>
<td><strong>STEP 5:</strong> <strong>ACT:</strong> Use Findings to Determine Future Action</td>
<td>Apply What is Learned and Determine Implications</td>
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CHALLENGE:

INTIMIDATION WITH RESEARCH PRINCIPLES AND IRB PROCESSES

Strategy:

• One on one mentoring/advice/guidance
• Make resources available with screen shots that help nurses walk through processes:
  • CITI Training
  • IRB Forms with “help notes” in the margins
  • Creation of an “exempt” process (which captures most nursing studies)
    • Shorter application
    • Most are waived consent/waiver of documentation of consent
Final Strategy: Love what you do....
Thank you!