

The Power of Clinical Nursing Research

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UCLA Health System

The Work of Many...

Advanced Practice Nurses



The Power of Clinical Nursing Research:

*Engage Clinicians
Improve Patient Lives
and Forge a Professional Legacy*

Committed, Passionate,
and Talented...

Nurse Executive Leaders



Dr. Vivien Dee, Heidi Crooks, Dean Cowan (on top row), Dr. Cathy Ward

UCLA Medical Center
(The Old & The New)



UCLA Medical Center

Nurse Clinicians



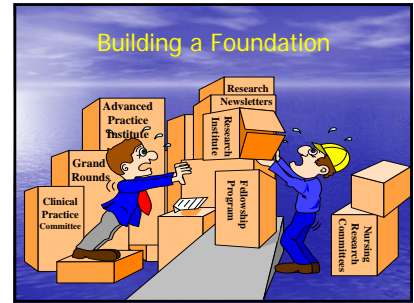
Discover...

Implement interventions...

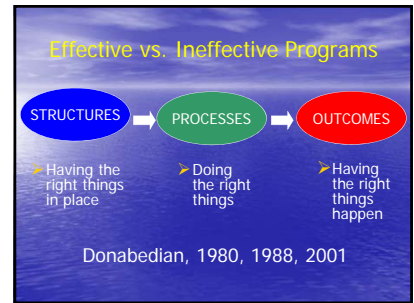
Improve patients' lives.



Research woven into practice...



The Power of Clinical Nursing Research:
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Engage Clinicians

*Research Knowledge...
Research Practice Changes...
Touch the Lives of Patients...*



The Power of Clinical Nursing Research – Anna Gawlinski, PhD, RN

2009 SNRC Keynote Address

Infrastructure for Advancing Research and Evidence-Based Practice

STRUCTURES → **PROCESSES** → **OUTCOMES**

- STRUCTURES**
 - Evidence-Based Practice Fellowship Program for Staff Nurses
 - Research Institute
 - Advanced Practice Institute
 - Transform Traditional Clinical Practice Committees
 - Nursing Practice Research Council
- PROCESSES**
 - Engage clinicians
 - Secure early involvement of staff nurses
 - Educate through involvement
 - Unleash staff creativity
 - Create internal expertise
 - Ensure patients experience principled implementation
 - Promote accountability and sustainability
- OUTCOMES**
 - Influence care for patients and their families
 - Improve patients' lives
 - Forge an individual professional nursing legacy
 - Foster retention and recruitment of nurses
 - Encourage professional growth and development

Staff Nurse Fellowship Program

Are you ready to take the extra step to develop your clinical expertise and leadership?

Are you ready to exert your influence and power over your practice?

If so, then you are ready to apply for the Fellowship Program...

Providing Support and Mentorship to Fellows

During monthly 8-hour didactic lecture series, fellows learn research and EBP fundamentals

Fellows find, critique, and synthesize latest literature to identify evidence-based interventions

With support of CNSs and unit directors/managers, fellows develop, implement, and evaluate practice changes

Fellowship ends with graduation ceremony attended by CNO, director of EBP, unit directors, CNS and peers

Effective Processes

STRUCTURES → **PROCESSES** → **OUTCOME**

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Staff Nurse EBP Fellowship Program

- Staff Nurse – recognized clinical resource & leader
- Identifies a clinical practice issue
- Requires EBP solution
- Discussed/approved/supported Nurse Manager/CNS
- Solved via 9-12 month Fellowship Program which includes EBP Mentored Program w/ Classroom Didactic (6cls/6months)
- Theory EBP, synthesis of evidence and integration of nsg research into practice
- Apply all phases of change theory & diffusion of innovations as they infuse new evidence-based practices into the unit & evaluate outcomes
- Mentored practicum for change and diffusing new innovations with a clinical mentor (CNS, or qualified individual)
- Competitive application process

Selection Criteria

- A minimum of 1 year of nursing experience;
- At least 1 year tenure on the current clinical area;
- Employed ≥ 50%;
- Interest in learning about use of research and other evidence in practice;
- Partnership between staff nurse fellow, the Unit Director and a Clinical Nurse Specialist;
- Leadership skills – informal leader among peers;
 - Fellows lead their unit in the EBP change
- Meets or exceeds clinical performance.

UCLA's Infrastructure for Advancing Research and Evidence-Based Practice

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UCLA's EBP Fellowship Program

Managers & Clinical Nurse Specialists discuss EBP Fellowship with staff members interested in answering practice question

Managers & CNS agree to assist nurse fellow with project

Approved Projects ask specific questions, have specific outcomes and metrics

UCLA Healthcare System
Department of Nursing
Staff Nurse Fellowship Program on Evidence-Based Practice

APPLICATION

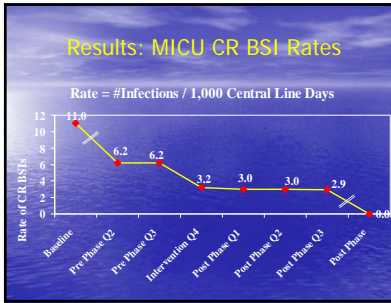
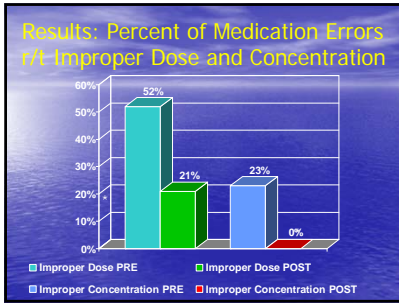
Name: _____
 Position: _____
 Project Description: _____
 Clinical Issue: _____

Direct Supervisor of Participation: _____

By the clinical mentor and research person for the application: _____ (signature)
 _____ (name)
 _____ (title)
 _____ (date)

Partial List of Fellowship Projects & Outcomes

Project	Outcomes
Effect of standardizing concentrations of IV infusions to ↓ medical errors	Significant ↓ in med errors r/t improper doses & concentration
Effect of an EB guideline on care of CVC	Significant ↑ in nurses' compliance w/ EBPs for care of CVC A ↓ in rates of CR-BSI
Effect of a pre-op instructional DVD on patients' knowledge & preparedness for engaging in post-op care activities	An ↑ in pre-op knowledge & preparedness of pts & their families for thoracic surgery



Nurse Fellows' Perspective

Partial List of Fellowship Projects & Outcomes

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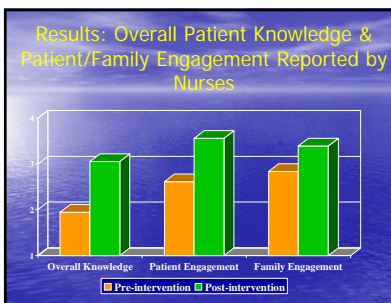
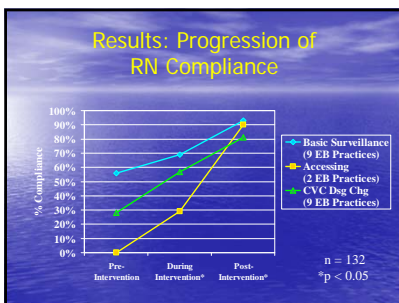
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Fellows' Comments

"It is amazing how through the classes and the way the process is structured..."

The light bulb goes on...

I can read articles now and advocate for my patients..."



Fellows' Comments

The process of improving patient care fuels the nurses' spirit:

"You need evidence-based practice..."

I am proud to say that I'll be a Beacon...

I am a Beacon of that change..."

A Clinical Nurse Specialists' Comments

"This program has changed the culture at UCLA..."

For the staff, it is so empowering...

We have our science...we have our knowledge...our practice reflects current research

Allows staff to think in the ozone,...the sky is the limit..."

Program Description

- Education & practicum is incorporated into unit-based research team meetings
- Teams simultaneously develop research proposals and learn the research process
- Teaches nurses to ask the right clinical research questions
- As a team, use research methods to discover new knowledge that ultimately improves patient care

Achievement is a we thing,
not a me thing, always the
product of many heads and
hands.

J. W. Atkinson

Research Institute

*Develop the critical skills to design
and conduct a research study and
touch the lives of millions*

Selection Criteria

- One to two unit teams are selected
- Each team is composed of staff nurses and an advanced practice nurse or other qualified individual
- Commit to completion of the project & success of the research team
- Consistently attend research team mtgs twice a month

Outcomes

Improving Patient Lives

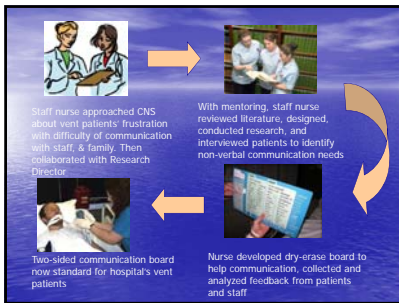
Program Description

- 12 month research-intensive institute that focuses on the essential elements of designing & conducting a research study to answer clinically relevant questions
- Staff nurse teams & APN (or qualified individual) learn to design research studies, to test hypotheses, and to answer clinically relevant research questions using the scientific process

2008 AACN Critical Care Research Grant Award

Comparison of High Frequency Chest Wall Oscillation versus Chest Physiotherapy on Patients' Pain, Dyspnea, and Preference while Maintaining Lung Function among Post Lung Transplant Patients

Research discoveries by nurses may go beyond a patient's hospital admission and could improve the long-term health of many patients.



Review of Literature

- No randomized controlled trials of the effects of animal assisted therapy (AAT) have been done in acute and critically ill patients hospitalized with HF.
- We hypothesized that AAT would improve cardiac function, neuroendocrine activation, and mood in patients hospitalized with HF.

Animal Assisted Therapy

- The use of AAT as an effective adjunctive treatment for the health of patients.
- Cole, et al., 2007
- Kathie (KC) Cole, RN, MSN




A Grateful Patient

- "I had two major surgeries on the same day. When I awoke in the recovery room, I had tubes in my mouth and nose, and could not speak. My daughter brought an EZ Board® to me and I was able to communicate all my needs through it... I think it was crucial to my time in the recovery room to have the board because it's frustrating to be unable to express your needs."
- Former ICU Patient
- UCLA Medical Center

Methods: Procedures

Volunteer & dog Group I Volunteer only Group II Control Group III



Intervention				
0	4m	8m	12m	16m
Baseline	During			Post


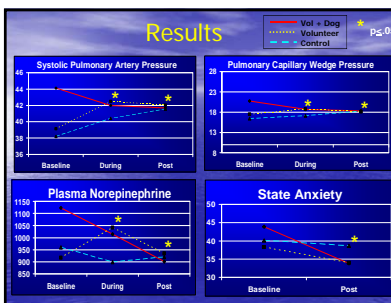
Forging a Professional Legacy

Meeting Patient Communication Needs



Level of Frustration	With Board	Without Board
Not	41%	7%
Somewhat Frustrated	29%	33%
Very	23%	34%
Extremely	3%	24%

- Lance Patak, RN, MBA
- Patak, et al., 2004, 2006

Learning skills for research and evidence-based practice...

