The Power of Clinical Nursing Research

Anna Gawlinski RN, DNSc, FAAN
Director, Evidence-Based Practice
UCLA Health System

The Power of Clinical Nursing Research:
Engage Clinicians
Improve Patient Lives
and Forge a Professional Legacy

Advanced Practice Nurses

The Work of Many...

The Work of Many...
Committed, Passionate,
and Talented...

Nurse Executive Leaders

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

UCLA Medical Center
(The Old & The New)

Nurse Clinicians

Discover...
Implement interventions...
Improve patients' lives.
The Power of Clinical Nursing Research – Anna Gawlinski, PhD, RN
2009 SNRC Keynote Address

TRADITIONAL RESEARCHER

ADVANCED PRACTICE NURSE

Research woven into practice...

Building a Foundation

Practice Questions?

The Power of Clinical Nursing Research:
Engage Clinicians
Improve Patient Lives
and Forge a Professional Legacy

Effective vs. Ineffective Programs


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

Infrastructure for Advancing Research and Evidence-Based Practice
The Power of Clinical Nursing Research – Anna Gawlinski, PhD, RN
2009 SNRC Keynote Address

Infrastructure for Advancing Research and Evidence-Based Practice

**STRUCTURES**
- Research-Based Practice Institute
- Advanced Practice Institute
- Transforming Practice: Clinical Policy Council
- Nursing Practice Research Council

**PROCESSES**
- Influence care for patients and their families
- Improve patient's lives
- Forge an individual and professional nursing legacy
- Foster retention and development of nurses
- Encourage professional growth and development

**OUTCOMES**
- Nursing Practice Research
- Transform traditional Clinical
- Advanced Practice Institute
- Research Institute
- Evidence-Based Practice

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...

Selection Criteria
- A minimum of 1 year of nursing experience;
- At least 1 year tenure on the current clinical area;
- At least 50% employed;
- At least 1 year of nursing experience;
- Partnership between staff nurse fellow, the Unit Director and/or Clinical Nurse Specialist;
- Leadership skills – informal leader among peers;
- Follows lead their unit in the EBP change;
- Meets or exceeds clinical performance.

Effective Processes

**STRUCTURES**
- 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

**PROCESSES**
- Discussed/approved supported Nurse Manager/CNS
- Fellows lead their unit in the EBP change
- Discussed/approved supported Nurse Manager/CNS
- Fellows find, critique, and develop evidence-based interventions to practice change
- Develop new evidence-based practices into the unit and evaluate outcomes

**OUTCOMES**
- Influence care for patients and their families
- Improve patient’s lives
- Forge an individual and professional nursing legacy
- Foster retention and development of nurses
- Encourage professional growth and development

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

UCLA’s EBP Fellowship Program

- Staff Nurse – recognized clinical resource & leader
- EBP solution
- Discussed/approved supported Nurse Manager/CNS
- Staff Nurse EBP Fellowship Program

Selection Criteria
- minimum of 1 year of nursing experience;
- At least 1 year tenure on the current clinical area;
- Employed > 50%;
- At least 1 year of nursing experience;
- Partnership between staff nurse fellow, the Unit Director and/or Clinical Nurse Specialist;
- Leadership skills – informal leader among peers;
- Staff Nurse Fellowship Program on Evidence-Based Practice

Partial List of Fellowship Projects & Outcomes

<table>
<thead>
<tr>
<th>Project</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effect of standardizing concentrations of IV infusions to ↓ medical errors</td>
<td>Significant ↓ in med errors</td>
</tr>
<tr>
<td>Effect of an EBP guideline on care of CVC</td>
<td>Significant ↓ in nurses’ compliance to EBP</td>
</tr>
<tr>
<td>Effect of a pre-op instructional DVD on patients’ knowledge &amp; preparedness</td>
<td>An ↑ in pre-op knowledge &amp; preparedness of pts &amp; their families for thoracic surgery</td>
</tr>
</tbody>
</table>
The Power of Clinical Nursing Research – Anna Gawlinski, PhD, RN
2009 SNRC Keynote Address

**Results: Percent of Medication Errors**
- Improper Dose and Concentration
  - Improper Dose PRE: 12%
  - Improper Dose POST: 5%
  - Improper Concentration PRE: 52%
  - Improper Concentration POST: 0%

**Results: MICU CR BSI Rates**
- Rate = Infections / 1,000 Central Line Days
- Pre-Phase Q2: 3.0
- Pre-Phase Q3: 6.2
- Intervention Q4: 3.2
- Post Phase Q1: 0
- Post Phase Q2: 2
- Post Phase Q3: 4
- Post Phase

**Partial List of Fellowship Projects & Outcomes**
- Effect of standardizing concentrations of IV infusions to ↓ medical errors
- Effect of an EB guideline on care of CVC
- Effect of a pre-op instructional DVD on patients' knowledge & preparedness for engaging in post-op care activities
- Effect of an EB guideline on care of CVC

**Partial List of Fellowship Projects & Outcomes**
- Effect of standardizing concentrations of IV infusions to ↓ medical errors
- Effect of an EB guideline on care of CVC
- Effect of a pre-op instructional DVD on patients' knowledge & preparedness for engaging in post-op care activities

**Nurse Fellows’ Perspective**

**Phase**
- Pre-Intervention
- During Intervention
- Post-Intervention

**Overall Patient Knowledge & Patient/Family Engagement Reported by Nurses**

**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

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

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

J. W. Atkinson

Research discoveries by nurses may go beyond a patient's hospital admission and could improve the long-term health of many patients.
Staff nurse approached CNS about vent patients’ frustration with difficulty of communication with staff. They collaborated with Research Director.

With mentoring, staff nurse reviewed literature, designed, conducted research, and interviewed patients to identify non-verbal communication needs.

Two-sided communication board now standard for hospital’s vent patients.

Nurse developed dry-erase board to help communication, collected and analyzed feedback from patients and staff.

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

<table>
<thead>
<tr>
<th>Intervention</th>
<th>0m</th>
<th>4m</th>
<th>8m</th>
<th>12m</th>
<th>16m</th>
<th>Baseline</th>
<th>During</th>
<th>Post</th>
</tr>
</thead>
</table>

Results

Animal Assisted Therapy

- The use of AAT as an effective adjunctive treatment for the health of patients.
- Cole, et al., 2007

Forging a Professional Legacy

Learning skills for research and evidence-based practice...
Creates a Unique Personal Professional Legacy