Ronald Reagan UCLA Medical Center Receives Third Magnet® Recognition

By Jennifer Zanotti, MS, RN, CEN, CCRN, CPEN, Magnet Director

Ronald Reagan UCLA Medical Center has once again obtained Magnet® recognition as part of the American Nurses Credentialing Center’s (ANCC) Magnet Recognition Program®. This voluntary credentialing program for hospitals recognizes excellence in nursing. This credential is the highest honor an organization can receive for professional nursing practice. “Magnet Recognition is a tremendous honor and reflects our commitment to our patients, families, and continuous pursuit of excellence,” said Jennifer Zanotti, MS, RN, Magnet Program Director.

Magnet recognition has become the gold standard for nursing excellence and the U.S. News & World Report’s annual report of America’s Best Hospitals includes Magnet recognition in its ranking criteria for quality of care.

To achieve re-designation, RRUCLA provided documented evidence of how Magnet concepts, performance, and quality were sustained and improved since the previous designation in 2010. During a four-day site visit the last week of July, appraisers spoke with over 400 nurses throughout the hospital and licensed ambulatory clinics. Nurses shared why they were proud to work at UCLA. Nurses involved with the NPRC demonstrated how they consciously integrated evidence-based practice and drive new knowledge through research.

UCLA Medical Center, Santa Monica Submits Documentation for Initial Magnet® Designation (see page two)
Grand Rounds: Research, EBP & Quality Improvement Poster Winner Rapid Fire Presentations

By Jillian V. Kenney, BSN, RN, OCN, Clinical Nurse II, Oncology

Staff nurses from RRUCLA, SMUCLA and RNPH converged on Monday, August 24, to celebrate clinical inquiry during Nursing Grand Rounds. There truly was something for everyone on the menu, as representatives from local institutions highlighted projects which were initially shared at the 2015 Research and Evidence-Based Practice Conference.

Members of the RRUCLA, SMUCLA and RNPH community were joined by guests from Huntington Hospital and Hoag Memorial Hospital Presbyterian in a showcase of EBP projects. In this interactive, “Rapid-Fire” format, delegates introduced innovative, nurse-driven projects and studies, and then participated in question and answer sessions allowing the audience to gather more information. Two one-hour panel sessions allowed nurses to attend during scheduled breaks. Location was not a concern, as the RRUCLA-based Grand Rounds was broadcast in Santa Monica’s Auditorium with full teleconferencing that enabled all audience members to participate. Sessions were also recorded and are available on the web at nursing.uclahealth.org/nprc.

Frontline nurses spoke on a wide variety of topics, from improving transfer times between Trauma and ICU units to breast cancer screening; from pediatrics to elders; from patients in the psychiatric setting to those “exceptional” patients and family members we all struggle so much to manage. Grand Rounds offered an open forum for nurses to share knowledge, research, evidence and new ideas – and to promote communication and camaraderie between units and institutions.

Nursing Grand Rounds provide a meeting of the minds to promote and sustain change for the betterment of our staff and our patients. Our next Ground Rounds program is scheduled for November 19, and will highlight more unit projects in a wide variety of subject areas. Stay tuned to learn more about this and other upcoming quarterly sessions!

UCLA Medical Center, Santa Monica celebrates the submission of their inaugural Magnet® document on August 3, 2015. “The document reflected SMUCLA’s collective efforts over the past four years in achieving a culture of excellence under the transformational leadership of Dr. Edith Matesic, DNP, RN,” said Ms. Zanotti. SMUCLA nurses and their interprofessional colleagues are a passionate group of caregivers dedicated to delivering exceptional care to patients. The Magnet® document submitted to the ANCC has showcased their accomplishments in improving patient outcomes and advancing the nursing profession.

The SMUCLA document is now available online at http://nursing.uclahealth.org/secure.cfm?id=281. The Magnet® appraisers are currently reviewing the SMUCLA document submission to validate that the documented evidence meets the Magnet requirements. Upon successful review, SMUCLA would be granted a site visit.

The Magnet® movement has become an amazing force for improving patient care at UCLA Health and the Magnet® journey continues to transform the hospital culture and environment to support the best nursing care possible.
Rebecca Lash, PhD, RN transitioned from the Santa Monica Emergency Department (ED) to the Department of Nursing Research and Education (NRE) this summer as the first UCLA Health Nursing Publications Manager. In this new and exciting role, she will provide editorial, writing, and consultative services to support clinical nurses and nurse leaders in disseminating their accomplishments in quality improvement, evidence-based practice, and research.

In alignment with our professional role expectations for transferring new knowledge, Rebecca’s support of publication will contribute to the evidence-base for excellence in nursing practice. By supporting UCLA Health strategic goals, system-wide Magnet® efforts and other key initiatives, Dr. Lash will enhance the visibility of the impact UCLA nurses have on improving patient, staff, organizational, and healthcare system outcomes.

“I hope to serve as a resource to nurses at all levels who are focused on presenting and publishing the incredible work they do to advance the science of nursing and improve patient care,” said Dr. Lash. She will be spearheading the development of new publication workshops which will support participants to achieve their publication goals. In addition to serving as a member of the Nursing Practice Research Council to continuously reinforce publication as an essential component of the nursing research and evidence-based practice program, she will also support the development of grant proposals to advance nursing science and professional nursing excellence at UCLA.

Dr. Lash has a strong foundation in nursing practice as a clinical nurse in the Emergency Department at UCLA Health since 2008. While working in the Santa Monica ED, her enthusiasm and dedication to patient care were noted by all around her. She served as the first ED Unit Practice Council chair and as a member of the Clinical Practice Council until she returned to graduate school in 2011. She obtained her doctorate in Nursing Science and Healthcare Leadership at The Betty Irene Moore School of Nursing, UC Davis, where her dissertation work focused on ED use by oncology patients. Dr. Lash holds a Master of Science in Clinical Nurse Leadership from the University of Virginia, and a Master of Public Policy with an emphasis in Public Management and Health Policy from Georgetown University. Rebecca’s experience and education have provided her with the preparation needed to support UCLA Health nursing publication efforts.

Please join me in welcoming Rebecca to her new role!

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**Welcome Rebecca Lash, PhD, RN**

By Lee Galuska, PhD, RN, Director, Nursing Practice, Education and Research

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**Librarian’s Corner | Resource Highlight:**

**Nursing Education in Video**

By Adele Dobry, MLIS, Nursing Informationist

The UCLA Library has recently purchased *Nursing Education in Video: Second Edition*. This collection provides access to more than 400 nursing videos, which are updated regularly to reflect evidence-based practice. New and revised content will be added until the end of 2019, which includes at least 40 revised and 10 newly commissioned titles per year. Topics range from basic clinical skills and physical assessment to infection control. The videos are fully compliant with federal regulations from agencies such as OSHA and CMS and fully accredited by the American Nurses Credentialing Center.

The videos can be accessed through the Nursing Research Guide at [http://guides.library.ucla.edu/nursing](http://guides.library.ucla.edu/nursing), under the Reference Sources tab. The link is located in the upper right corner, in the “videos” box. The resource can be browsed by subject area, keyword, discipline, or advanced search. If you create a free account, clips from videos can be easily saved, and links created to embed in webpages, learning management systems, and slides.

MedCom, the producer of the videos is eager to add new content. If you are interested in new topics that are not covered, please feel free to submit a topic list to me and I will forward it on to Alexander Street Press. They are very excited to receive input for new material from UCLA! I welcome questions and comments, please contact me at adobry@library.ucla.edu or 310-825-8283.

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“Putting the Patient’s Voice Into Actions”

UCLA Institute for Innovation in Health Contest Winner

By Alyssa DeBellis, BSN, RN, Pain Management Nurse

Hey fellow nurses! Have you ever asked yourself, “What makes me feel fulfilled? How can I help my patients the most?” I asked myself these questions this past January, and realized my passion for effectively controlling patients’ pain. Well-controlled pain is vital in the progression of care plans, length of stay, reduction of postoperative complications and, ultimately, the well being of our patients. I decided to step a bit out of my comfort zone by applying to a contest sponsored by UCLA. Little did I know that this small action would make a great impact on my career and would lead to unexpected opportunities.

UCLA Institute for Innovation in Health sponsored a contest; “Putting the Patient’s Voice into Actions.” Contest winners would be rewarded $5,000 and given the opportunity to interview patients about their experiences with care while here at UCLA Health. I applied to the contest with a fellow nurse, proposing that our team would focus on patients’ pain management after surgery. To my pleasant surprise, we won the contest! Based on the patient interviews, we identified three main themes regarding pain control after surgery:

- Side-effects and impact on medication adherence
- Knowledge deficit related to pain medications and regimen
- Need for alternative methods of pain control

Findings from these interviews led to several solutions including implementing “pain boards” in each patient’s room. These are interactive whiteboards between the patient and the RN, which outlines the pain medication regimen.

As a result of the work I’ve done over the past months, I was given the opportunity to temporarily join the Acute Pain Team here at UCLA Health as a pain management nurse. I help facilitate the Pain Team’s needs from an RN perspective. I absolutely love what I’ve been given the opportunity to do. My goal is to inspire all of you to find your passion, find a need on your specific unit and be proactive in filling it. You never know where it can take you.

Magnet Research and EBP Meetings

Thank you to all who participated in the July Magnet® site visit at RRUCLA. Attendees of the Nursing Research and Evidence-Based Practice sessions (photos, below and left) enjoyed the opportunity to share their work and passions with Magnet appraisers in a comfortable, collaborative atmosphere.
Research Made Simple Series: Research Design
By Rebecca Lash, PhD, RN, Nursing Publication Manager

Most healthcare professionals are familiar with quantitative research methods. Generally speaking, quantitative research methods use measurable data of concrete phenomena. The researcher attempts to isolate variables to identify causal relationships or establish differences between groups and may use advanced statistical techniques. The role of the researcher is to observe and accurately measure variables. Examples of quantitative study designs include clinical trials, and observational studies such as cohort studies. Hypotheses are generated before the study beings, which are then accepted or rejected depending on the study outcome. Data may be collected through surveys or by performing interventions and collecting data before and after.

Healthcare professionals may be less familiar with qualitative research methods. Yet, qualitative methods may be very useful to study certain health-related phenomena. Qualitative research is often used to study areas where there is limited knowledge about a topic or process. Instead of focusing on cause and effect, qualitative research tends to explore associated patterns or perceptions of participants. Studies are conducted through a variety of techniques such as interviews, focus groups and participant observation. Hypotheses may be generated as the data is collected. Analysis generally involves coding text and identifying themes.

An example of a question that might be asked by a quantitative versus qualitative researcher about depression:

- Quantitative: Thinking about the past week, on a scale from 0-10, how depressed have you been?
- Qualitative: Tell me how you have been feeling lately? Under what conditions do you feel depressed? What makes it better or worse?


Research Trivia

Congratulations to our Summer edition trivia winner: Rebecca Lash, PhD, RN, Nursing Publication Manager, Health System, for her response (below) to last month’s question, “What is the difference between a prospective and retrospective research study?”

“A prospective study identifies participants and observes the group(s) over a given period of time for a certain outcome (or outcomes). Exposures or other variables of interest are tracked over the time period to identify potential relationships between exposure, variables and the outcome. On the other hand, retrospective studies identify participants after the outcome of interest is known. Then attempts are made to identify relevant exposures or variables of interest that may have occurred before the point of observation in order to identify potential relationships between exposures, variables and the outcome.”

Fall Research Quiz: What is a power analysis and why is it important?

The first person to submit the correct answer will win a $25 Amazon gift card.

Post your responses on the Nursing Practice Research Council Blog by October 30th: http://employee.uclahealth.org/nprc-trivia-question/.

Clinical Practice Council Highlights
By Pamela Miller, PhD, RN, ACNP, CNS, Nurse Scientist

The Clinical Practice Council (CPC) revises and develops new Policies, Clinical Guidelines, and Practice Alerts with the latest evidence. These documents can be accessed at http://www.mednet.ucla.edu/nursing. The following guideline and practice alert have recently been approved and posted:

- Nur-HS 129 Tracheostomy Care Practice Alert
- Nur-HS G6016 Hypoglycemia in the Neonate/Infant Practice Alert
- Nur-HS G1014 Non Invasive Blood Pressure (NIBP) Monitoring Practice Alert

Visit our Newly Revamped Research & EBP Webpage at http://nursing.uclahealth.org/researchEBP. For easy access to updated Call for Abstracts, Grant Opportunities, Resources, Research in Action, Events, Contacts and Consultations.
Nursing: Creating the “WOW” Nationally—Fall 2015

By Pamela Miller, PhD, RN, ACNP, CNS, Nurse Scientist

We would like to congratulate our amazing nurses for their awards, publications, and accepted abstracts for presentation at professional meetings and conferences. You are invited to post your congratulatory messages to our nurses and interdisciplinary colleagues in the Comments sections of the Nursing Practice Research Council’s The Investigator online blog located at http://employee.uclahealth.org/creating-the-wow-nationally-Fall-2015/.

Awards:


Ellen Pollack, MSN, RN-BC; Meg Furukawa, MSN, RN; Francisco Jordan; Yvonne Mugford, RN; Mike Pfeffer, MD; Cathy Ward, PhD, RN, NEA-BC. 2015 Larry L. Sautter Silver Award for Innovation in Information Technology for “The Creation of the Patient Story.” University of California Office of the President, Riverside, CA. August 2015.

Adult Intensive Care Unit - 4CW at Santa Monica- UCLA Medical Center and Orthopaedic Hospital. Beacon Award for Excellence - Silver Designation. American Association of Critical-Care Nurses. August 2015.


Grants:

Salpy Akaragian, RN-BC, MN. Prevalence of High Blood Pressure and its Risk Factors in the Armenians living in Armenia. Sigma Theta Tau-Gamma Tau-at-Large Chapter, Los Angeles, CA. ($2,000)

Publications:


Presentations:

Shannon Salveson, RN, PCCN; Angela Long-Truluck, RN, PCCN; Kaily McGrath, RN, PCCN. Utilizing the Teach-Back Method to Improve Patient Satisfaction. UCLA Health Research and Evidence-Based Practice Conference, Los Angeles, CA. April 21-22, 2015 (Podium).

Kandace Kelly, DNP, RN-BC; James Rosser, MSW; Ken Wells, MD, MPH; Armen Arevian, MD, PhD. Augmenting Psychiatric Care: A Participatory Mobile Framework. American Medical Informatics Association (AMIA) Annual Symposium San Francisco, CA. November 14-17, 2015 (Poster).

Quanna N. Batiste, MSN, RN, HCSM. Capturing the Effectiveness of the Ambulatory RN in a New Model of Care. American Academy of Ambulatory Care Nursing (AAACN) Conference, Palm Springs, CA. May 18-21, 2016 (Podium).


Theresa Haley, PhD, RN; Rosalyn Amparo, BSN, RN; Cherie Neil, MSN, RN; Rene Appleby, BSN, RN. Certification Explosion: A Hospital’s Initiative Ignites True Collaboration of Unit Management. 2015 ANCC National Magnet Conference, Atlanta, GA. October 7-9, 2015 (Poster).
Toyn Lawal, BSN, RN; Quanna Batiste, MSN, RN, HCSM; Ambulatory Nursing Care: Strategies for Success. 2015 ANCC National Magnet Conference, Atlanta, GA. October 7-9, 2015 (Podium).

Lee Galuska, PhD, RN; Kenneth Miller, MSN, RN. Standardized Patients-Making the Human Connection in Nursing Orientation. 2015 ANCC National Magnet Conference, Atlanta, GA. October 7 -9, 2015 (Podium).

Lee Galuska, PhD, RN. Discover a Bundle for Creating Transformational Clinical Leaders. 2015 ANCC National Magnet Conference, Atlanta, GA. October 7-9, 2015 (Podium).

Mae Reyes, RN, MSN; Tracy Guy, MPH; Cathy Ward, PhD, RN; Mary Erbeznik, MSN, RN; Raquel West, RN; Andrew Stepp. Holding Nursing Practice to the Highest Standards: A Transparent Standardized Professional Peer Appraisal Program. 2015 ANCC National Magnet Conference, Atlanta, GA. October 7 -9, 2015 (Poster).

Jennifer Zanotti, MS, RN, CNS, ACNP; Jennifer Baird, PhD, RN. Articulating Nurses’ World-Class Leadership Practices: Utilizing IHI Triple Aim and Magnet as a Framework. 2015 ANCC National Magnet Conference, Atlanta, GA. October 7-9, 2015 (Podium).


CLABSI Rate Reduction Through Standardization of Practice

I

n May of 2013, the RRUCLA Neuroscience Unit reported the highest incidence of CLABSI at 16.1/1000 catheter days. Despite the use of bundles, Chlorhexidine (CHG) bathing and yearly education, CLABSI rates were not improving. The previous approach of weekly dressing and hub cap changes, having been dependent upon individual insertion dates, was not effective due to inaccuracies and missed changes.

Dressing changes were standardized to occur every Sunday evening, using a two-nurse validation process. One nurse remained sterile, while the second nurse assisted and ensured strict sterile technique was followed. Although staffing changed, the constant that improved care was the validating nurse who often coached as necessary to ensure sterile technique was employed. While one nurse was sterile, masked, gowned and gloved; the second nurse was clean and removed the soiled dressings. The sterile nurse applied the sterile dressings and changed hub caps using a sterile approach.

Within one month of implementation of the standardized approach, CLABSI rates were reduced by nearly 50% (from 16.1/1000 catheter days to 8.4/1000 catheter days). This downward trend was sustained from June 2013 through January 2014 when the lowest rates were reported—5.52/1000 catheter days. For 10 of 12 months in 2014, CLABSI rates have been 0.0/1000 catheter days.

This project was submitted and accepted at the 2015 Research and Evidence-Based Practice Conference as a poster and podium presentation. A podium presentation was given on behalf of the 6N Unit Practice Council at the July 2015 UCLA Quality Council Meeting. The practice has since been adopted by other inpatient units as best practice for CLABSI rate reduction.

“Within one month of implementation of the standardized approach, CLABSI rates were reduced by nearly 50%.”
Call for Abstracts: Fall 2015

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<tr>
<td>9/28</td>
<td>National Association of Critical Care Nurses National Teaching Institute; New Orleans, LA</td>
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<tr>
<td>9/30</td>
<td>Oncology Nursing Society 41st Congress; San Antonio, TX</td>
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<td>10/1</td>
<td>National Association of Pediatric Nurse Practitioners; Atlanta, GA</td>
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<td>Association of Perioperative Registered Nurses; Anaheim, CA</td>
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<td>10/3</td>
<td>American Pediatric Surgical Nurses Association Annual Scientific Meeting; San Diego, CA</td>
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<td>10/7</td>
<td>Nursing Education Research Conference; Washington, DC</td>
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<td>10/15</td>
<td>Western Institute of Nursing Conference; Anaheim, CA</td>
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<td>University of Iowa Hospitals and Clinics EBP Conference; Coralville, IA</td>
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<td>11/3</td>
<td>International Society for Heart and Lung Transplantation; Washington, DC</td>
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<td>11/4</td>
<td>Wound Ostomy and Continence Nurses Society Conference; Montreal, Quebec, CA</td>
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<td>11/30</td>
<td>American Nursing Informatics Association (posters only); San Francisco, CA</td>
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<td>12/2</td>
<td>National Association of Clinical Nurse Specialists (student posters); Pittsburg, PA</td>
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<tr>
<td>12/28</td>
<td>Quality and Safety Education for Nurses (QSEN) National Forum; San Antonio, TX</td>
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Visit http://nursing.uclahealth.org/abstracts for updated Call for Abstracts

Grant Opportunities

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<td>BD Biosciences Immunology</td>
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<td>STTI/American Association of Diabetes Educators Grant</td>
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<td>10/20</td>
<td>Robert Wood Johnson Foundation - Center for Sharing Public Health Services</td>
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<td>AACN Impact Research Grant</td>
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<td>11/1</td>
<td>STTI/American Association of Critical-Care Nursing Grant</td>
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<td>12/1</td>
<td>STTI/Small Grants</td>
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<td>STTI/The Council for the Advancement of Nursing Science</td>
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<td>STTI/Rosemary Berkel Crisp Research Award</td>
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<td>STTI/Virginia Henderson Clinical Research Grant</td>
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<td>BD Biosciences Cancer</td>
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<td>ENA Foundation Seed Grant</td>
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<td>Robert Wood Johnson Foundation - Evidence for Action: Investigator-Initiated Research to Build a Culture of Health</td>
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Visit http://nursing.uclahealth.org/grants for additional Grant Resources

To Access Nursing Research and Evidence-Based Practice Information, visit our webpage at http://nursing.uclahealth.org/researchEBP.

“The Investigator” is a quarterly publication of UCLA Nursing Research and Evidence-Based Practice.

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Photography:
Karyn Greenstone; Kandace Kelly, DNP, RN-BC; Pamela Nye, MS, RN, CNRN, SCRN; RN;

Do you have newsletter comments or suggestions for future newsletters? Let us know! Email: Karyn Greenstone at kgreenstone@mednet.ucla.edu.

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