Where’s the Evidence?

Clinical Nurses and Nurse Leaders Participate in Ohio State University EBP Immersion Workshop

By: Tia Wheatley, DNP, RN, AOCNS, BMTCN, EBP-C

Last October, UCLA Health partnered with The Ohio State University to host an evidence-based practice (EBP) educational intensive for clinical nurses and leaders. This unique 5-day “Immersion” was facilitated by Dr. Lynn Gallagher-Ford, PhD, RN, EBP-C, NE-BC, DPFNAP, FAAN; Senior Director and Clinical Core Director for the Helene Fuld National Institute for EBP in Nursing & Healthcare, who led participants on a transformational journey to improve healthcare and quality outcomes using research and evidence-based decision making.

(continued on next page)
Spotlight:
2019 Anna Gawlinski Research and EBP Scholarship Recipient

By: Heather M. Foley, MA, BSN, RN

The 18th Annual Research and Evidence-Based Practice (EBP) Conference held at UCLA in September 2019 epitomized the nursing profession’s dedication to the integration of EBP into clinical decision-making, complex healthcare systems, and contemporary public policy.

The conference brought together talented nurses and nurse leaders from across the globe to share their expertise, exchange ideas, and identify further areas of opportunity for EBP implementation. The myriad of incredible educational posters and insightful podium presentations created by nurses shed light on how EBP can successfully transform, strengthen, advance, and improve nursing practice. The conference exemplified the all-encompassing versatility of nursing via the broad range of topics addressed, including: infection prevention, palliative care, pediatric sepsis screening, behavioral health, fall prevention, as well as medication compliance and barcode-assisted medication administration.

As a recipient of the 2019 Anna Gawlinski Research and EBP Scholarship, this very special conference at UCLA provided me with an unique opportunity to develop my leadership capabilities through solution-oriented thinking, creativity, and reflection. I loved learning about the strong connections between EBP and clinical inquiry that generates new knowledge and improves the nurses’ day-to-day practice. Serving on the frontlines of healthcare delivery, nurses play a unique and pivotal role in the identification of challenging clinical issues. The holistic approaches of nursing combined with a scientific framework can catalyze and inspire excellence in innovation, research, and EBP. This extraordinary EBP Conference sets a precedent for other healthcare organizations to follow by supporting EBP initiatives created and carried out by registered nurses.

Where’s the Evidence?

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Sixty UCLA Health nurses participated in the EBP Immersion, representing members of Professional Governance Councils, Clinical Nurse Specialists, Subject Matter Experts, Nursing Professional Development Specialists, Unit Directors, and Executive Leadership. Participants were assigned to interdisciplinary teams focused on UCLA Health organizational priorities and zero-harm best practices. Using EBP skills and strategies learned during the program, teams developed practice recommendations for:

- Leadership Development & Workplace Well-Being
- Education / Professional Development Communication Strategies
- Workplace Violence Prevention Strategies
- Pediatric Fall Risk Assessment & Prevention
- Sepsis / Mortality Screening using Frailty Index Scoring
- Non-pharmaceutical Interventions for Pain & Comfort Management
- Device-Related Pressure Injury Prevention
- Catheter-Associated Urinary Tract Infection (CAUTI) Prevention
- Adult Fall Prevention Related to Toiling
- Central Line-Associated Blood Stream Infection (CLABSI) Prevention and Blood Culture Collection
- Neonatal Exclusive Human Milk Supplement

These UCLA "EBP Mentors" will continue implementation and sustainability of their system-wide EBP initiatives over the next several months. Additionally, these “EBP Mentors” can serve as direct resources for clinical and administrative staff who need assistance with identifying and appraising relevant research and evidence to inform clinical practice and care delivery.

Clinicians at every level should feel empowered to question the rationale for routine patient care practices that are performed “because we’ve always done it that way.” With ongoing curiosity and enthusiasm for EBP ignited during the Immersion, UCLA Health nurses are now asking the compelling question: “based on what evidence?”

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Let’s Get Some EntrepreNurses!

By: Lynn Mayer, BSN, RN, PCCN

In fall of 2019, I participated in a Research and Innovation Council (RIC) meeting, listening to a presentation by Desert Horse-Grant, Senior Director of Research and Innovations at UCLA Health and Co-executive Director of UCLA Biodesign concerning the new “Innovation Fellowship” at UCLA. The Innovation Fellowship comprised of impressive, creative individuals ranging from PhDs in neuroscience to engineers to business majors to surgical residents. What was their innovative task? To create something new that would benefit patients at UCLA Health.

Immediately I thought, “But ... where are the nurses?”

Who better than the nurses to help create innovative products, processes, or improvements for patients?

I immediately set up a meeting with Desert and I asked her the same question that popped in my mind when I first heard about the Innovation Fellowship. She completely agreed with me and was interested in getting nurses more involved in innovation at UCLA Health, since nurses are ideally positioned to identify patient needs, create solutions, and sustain outcomes.

As a first step, Desert invited the three New Knowledge and Innovation (NKI) facility council chairpersons (Ronald Reagan UCLA Medical Center “RRUCLA”, UCLA Medical Center, Santa Monica “SMUCLA”, and Stewart and Lynda Resnick Neuropsychiatric Hospital at UCLA “RNPH”) to take an innovation inventory on what nurse have created in the past two years.

The chairpersons of each NKI Councils: Iris Mayoral, BSN, RN-BC (RNPH), Christine Trebonik, BSN, RN (SMUCLA), and I were invited to share our ten best innovations from each hospital to a select group of leaders, including marketing teams, lawyers, physicians, Linda Sarna, PhD, RN, FAAN, Dean of UCLA School of Nursing, and Johnese Spisso, MPA, President, UCLA Health Chief Executive Officer, UCLA Hospital System, and Associate Vice Chancellor, UCLA Health Sciences.

Our three NKI council chairpersons shared some of UCLA Health System’s best nursing innovations including the implementation of: electronic patient rounding systems, serenity rooms, mobile stroke ambulances, improvisation techniques in therapeutic groups, sepsis training, and comfort carts for patients who are at end-of-life. The presentation highlighted the unique opportunities and perspectives that nurses bring to innovations due to the fact that nurses are at the bedside 24/7. Nurses understand what makes a better patient experience because we are with them all the time experiencing their challenges with them.

Since the presentation in January, nurses have had more input on innovations at UCLA. Karen A. Grimley, PhD, MBA, RN, NEA-BC, FACHE, Chief Nurse Executive at UCLA Health, and Interim Chief Nursing Officer, Ronald Reagan UCLA Medical Center approved a position for a nurse to become an Innovation Fellow for 2020. NKI is working with Desert to further involve nursing in the next Innovation Challenge this year. Lastly, Johnese is sharing our nursing innovation presentation at conferences and meetings to showcase the innovations of nurses at UCLA.

We as nurses are innovating every day in our practice. Whether it is connecting a drain in a new way or coming up with a new process to prevent falls; we are constantly creating. I am excited to see what the amazing nurses at UCLA come up with to further our commitment to heal humankind, one patient at a time.

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Magnet® Conference 2019

By: Alisa Kimberly Monicayo, BSN, RN-BC

What does Magnet® mean? Magnet® recognition is the highest designation given by the American Nurses Credentialing Center (ANCC) for nursing excellence worldwide. The five vital components of Magnet® are: Transformational Leadership, Structural Empowerment, Exemplary Profession Practice, New Knowledge, Innovations & Improvements, and Empirical Outcomes.

In October 2019, I was fortunate to attend the ANCC Magnet® Conference in Orlando, Florida. Being a first-timer, I was amazed at the magnitude of the conference! I was able to attend multiple educational sessions, hear empowering nurse speakers, and see new innovative ideas in the healthcare world.

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As a clinical nurse at the Stewart and Lynda Resnick Psychiatric Hospital at UCLA (RNPH), 4 West (Children and Adolescent Inpatient Psychiatry), a session that caught my attention was, “Making Children SAPhE: A Pediatric Mental Health Safety Instrument” by the Nottingham Children’s Hospital and University of Nottingham in Nottingham, England. During this session, they highlighted the lack of a suicide risk and self-injurious risk assessments for “young people (adolescents).” Their goal was to create a “standardized, rapid, validated and dynamic risk assessment tool with triggers and escalation.” As a result, they created the “Children and Young People Mental Health Safety Assessment Tool (CYP-MH SAPhE).” It was great to see nurses who are so passionate about their craft and committed to improving their assessments. I look forward to bringing back this useful information to my colleagues at RNPH.

The biggest highlight of the conference was the ceremony to recognize RNPH as one of the first free standing psychiatric hospitals to receive the prestigious designation as a Magnet® hospital. It was really exciting to be able to walk across the stage with my nursing colleagues and celebrate all of our hard work and success!

We are accepting your ideas, articles or suggestions throughout the year. Please contact the editor Jane Hikichi JHikichi@mednet.ucla.edu.