

# Exchange

Information brought to you by nurses ... for nurses.

January 2007

*“...these nurse heroes use a real-time tool, the RRT...”*



## Nursing Research Day

— **Call for Abstracts is on ERNIE**

“The Case for Evidence-Based Practice” will be held on April 25.

The Call for Abstracts form is available on ERNIE now! This form can be submitted electronically. A link to the abstract form will also be e-mailed to all nurses. The deadline for submitting abstracts is March 2.

**Team up with other staff nurses and make a poster for Research Day highlighting the great work you do on your unit.** Tell us about the incredible project you implemented that has made an impact on patient outcomes. It would be great to have a poster from every unit.

## Heroes in Nursing

— Jackie A. Thielen, MSN, RN, APRN, Clinical Quality Specialist

Heroes are defined on Dictionary.com as “those who are regarded as role models or ideal and are admired for deeds and qualities.” They “perform heroic acts”.

Nurses who initiate Rapid Response Team calls (RRT calls) use a real-time tool to keep their patients safe by preventing acute deterioration in patient status. By recognizing changes in patient status such as vital signs changes, altered level of consciousness and declining urine output, these nurses act on danger signals that herald increased patient risk if not quickly addressed. Sometimes it is the expert nurse’s feeling that something is wrong that is the catalyst for initiating an RRT.\*5439\*These nurses use a real-time tool, the RRT, to bring available resources to the patient’s bedside and thus reduce the risk of harm or even death. They can certainly be regarded as heroes.

Of the 12 RRT calls placed in November 2006, seven of the nurses who initiated the calls can be identified from documentation on the evaluation form. These seven, as well as all the other nurses who have identified at-risk situations and initiated an RRT, are NMH heroes.

<u>Unit</u>	<u>Nurse Hero</u>
6N	Rose Anderson Judy Rhoades
7S	Deb Houchin Sara Hamilton Anna Gill Rachel Czaplewski
9S	Denise Pollard

***Each month, the names of nurse heroes who initiate an RRT will be published in the Sharing Exchange. THANK YOU for helping to promote the best care possible at NMH! ♦***

## Force of Magnetism #14

**Professional Development** – in a Magnet organization, personal and professional growth and development are valued. Programs that promote formal education, professional certification, and career development are evident. (Magnet Application Manual, 2005)

**Magnetic Thoughts on Certification from Michelle LeDroit, RN, BSN, BC, CON-1, Staff Nurse, 6 North, Chair, Practice and Research Council:**

I can't recall why I pursued certification after we achieved Magnet status, but I am definitely glad that I did. I had been a nurse in my current field for many years and was confident in my abilities, but I was surprised with the level of confidence I gained through the certification process.\*6217\*This has benefited not only me, but my patients and co-workers. I feel that I deliver better care to my patients and am able to give them improved information regarding their medical conditions and medications. I am confident that my patients are better informed and receiving safer care.

## Force of Magnetism #12

— **Marky Weeks, BSN, RNC, Staff Nurse Labor & Delivery, Magnet Co-Coordinator**

**Image of Nursing** – Nurses are viewed as integral to the health care organization's ability to provide patient care. Nurses effectively influence system-wide processes. (Magnet Application Manual, 2005)

One source of evidence required by Magnet is to give examples of how the community perceives nursing and nursing services provided within the organization.

Here is an example of how Americans perceive nursing: A Gallup Poll measuring honesty and ethics among 23 occupations was published in the December 12, 2006, issue of USA TODAY. **For the sixth year in a row, nursing was at the top of the list.** More than five out of six Americans, say standards for nursing are "high" or "very high."

Another source of evidence required by Magnet under the force *Image of Nursing* is to provide evidence of how the organization recognizes the contribution of nurses toward the achievement of strategic priorities and makes these contributions visible within the organization.

One way that Methodist Hospital recognizes nurses' contributions is through the Nurse Excellence Awards. The Nurse Excellence nomination forms are now available under "What's New" on the home page of ERNIE. Print out the form, complete, and return to your supervisor by Jan. 31.\*18362\*You may also ask your supervisor for a copy of the form.

Nominate someone from your area and help us celebrate Nursing Excellence at Methodist Hospital.

## Are You a Soft Touch?

— **Paula Clark RN, BSN, Staff Nurse, 5 South Ortho-Neuro**

A recent research study project completed by Sarah Shomshor, BSN, at Nebraska Methodist College explores the research question "How do beginning baccalaureate nursing students process their initial experience with comfort touch with a client?" Ms. Shomshor's study entitled *The Meaning of Comfort Touch From Beginning Baccalaureate Nursing Students' Perspective* was recently shared with the members of the Practice and Research Council at Methodist Hospital. Comfort touch is defined as "touch that involves nonmoving, rubbing, holding, and patting forms of contact to the clients' arm, hands, shoulder, or thighs." (Bottoroff, 1993) The findings were enlightening and validated the fact that nursing students are learning from us practicing RNs, although we might not always realize the lessons they are learning.

The study validates that comfort touching is not innately brought to the profession; but that it is a valuable learned behavior. The study also indicated that there is a need to cultivate comfort touch techniques into the nursing curriculum.

The study involved 10 participants, 19 years of age or older with diverse ethnicity, enrolled in a traditional nursing program.\*6726\*All participants were taking the class *Community Based Care with Adults*. The data was collected over a four-week period via face-to-face interview, as well as journaling, and field logs.

Analysis centered on the themes of **time, holism, caring, process of touch, connection, communication, and touch (the act itself)**. The students described the experiences they had while involved with providing care to patients and the experience of using comfort touch or seeing others using the techniques.

In conclusion, it is important that we realize comfort touch is alive and well in the nursing profession and especially at Methodist Hospital. The study manifest is available for review. If you are interested in more information please contact a Practice and Research Council member.

### Obstetrics Journal Club Magnesium Sulfate-Preventing OB Accidents

Date: Tuesday, Jan. 30

Dinner: 6:30 p.m.

Presentation: 7-9 p.m.

Location: Nebraska Methodist College —

The Josie Harper Campus, Clark Building, Room 3218

**Registration Deadline (for catering): Jan. 23**

Article: Rice Simpson, K., and Knox, G.E. (2004).

Obstetrical accidents involving intravenous magnesium sulfate – recommendations to promote patient safety.

*Maternal Child Nursing, (29) 3: 161-170.*

(For more information contact Diana Lutz #5632.)