

Exchange

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

August 2007

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**May
RRT Heroes!
21 Calls!**

Congrats to our heroes!

Linda Steg RN	1S
Sharon Smith RN	5S
Erica Tippets RN	5S
Jean Chase RN	5S
Deb Robinson RN	5S
Linda Sedlacek RN	6N
Chris Homan RN	6N
Jessica Matulka RN	6N
Ron Salsbury RN	6N
Michelle Miller RN	7S
Monica Anderson RN	7S
Trish Scott RN	8N

Nurses Return with a Great Sense of Pride in Our Accomplishments and Ideas for the Future!

— Rhonda Segura, RN,C,CRRN, Acute Rehab Care Coordinator

The 10th Annual Nurses Improving Care for Healthsystem Elders (NICHE) conference, sponsored by the Hartford Institute of Geriatric Nursing, was held in New York in February, attracting nurses and other health care providers from all over the country with the main purpose of improving and implementing Gerontological Evidence-based Practice (EBP) nursing in the care of the older adult.

I was given the exciting opportunity to attend, along with two other Methodist gerontology-certified nurses, Karen Huston, RN,C, 7 South; and Eileen Ginbey, RN,C, 4 South.

With our recent NICHE designation, we knew we had a good start on developing strong programs within our own hospital, but we were eager to learn what other hospitals were doing and how we compared with them.

Initially we were all a little nervous about being among some of the nation's experts on gerontological nursing, but that was short-lived. We were made to feel very welcome as we shared our experiences with one another.

The first day focused on the latest evidenced-based practice and research. I was amazed to realize how much of our practice here at Methodist is strongly based on the latest evidence. Many of the concepts that were originally implemented on our ACE unit and are now being spread to other areas of our hospital were the main topics discussed. This gave me a strong sense of pride in our accomplishments. The second day presenters gave insight into how they developed, implemented and are evaluating EBP programs. These discussions provided us with ideas to implement at NMH.

Key areas in which we want to focus include:

- **identifying delirium**
- **pain control**
- **fall prevention**
- **nutritional assessment**
- **continuation of care after discharge from the hospital.**

In the near future, Karen, Eileen and I will be bringing some of these ideas to the Practice and Research Council as well as our own Unit-based Councils.

We, here at Methodist, are fortunate to have an administration that supports the Magnet and NICHE standards, allowing nurses to have an active role in how we practice nursing. Hopefully, together, we can create an environment that will decrease some of the challenges that the older adult faces while hospitalized. I have no doubt that we have the ability and the drive to improve care for elders!!

Be Ready for Joint Commission

The Joint Commission surveyors will be at MH soon. Be prepared by reading the [2007 Readiness Guide](#).

Go to the ERNIE home page, scroll down, and select 2007 Readiness Guide to be prepared. You'll be glad you did.

Nursing Research Day 2007

— Marky Weeks, BSN, RNC

"The Case for Evidenced-based Practice" was the title of this year's Nursing Research Day, sponsored by Methodist College, Methodist Hospital, Jennie Edmundson Hospital, and Sigma Theta Tau International Tau Tau Chapter. Nursing Research Day is held annually offering an opportunity for staff to learn about current nursing research and best practices.

Last year, this event drew in approximately 105 participants. This year more than 200 participants took part in the day. The keynote speech and concurrent sessions were held in the Cancer Center and meeting rooms on the second floor. The event was also video streamed to the Centennial Room, Jennie Edmundson Hospital, and Methodist College.

Barbara Rakel, PhD, RN, research nurse specialist, University of Iowa Hospital and Clinics, was the keynote speaker this year. Her presentation titled "The Case for Incorporating Evidence-Based Practice to Promote Quality Patient Care" focused on the University of Iowa Model for Research, and ideas on how to implement research findings into practice.

Twenty one Nursing Research/Best Practice posters were available for viewing on such topics as:

- Perceived Quality of Life in Heart Failure Patients
- The Comfort Care Cart for End of Life Care
- Self-Reported Adherence to a Four-Component Behavioral Sleep Intervention During Adjuvant Breast Cancer Chemotherapy
- One Unit-based Council's Efforts in Reducing Door to EKG Times for Chest Pain Patients

Comments from the evaluations of Research Day:

"I will apply the information into practice by looking more deeply into the way nursing processes are completed."

"Gave me a lot of ideas, nice to network with others, thank you."

"As a bedside nurse, I hope to use new EBP (Evidence-based practice) data in giving improved care."

"Advancing our knowledge of best practice in many venues can only give our patients the best care and elevate the standards of our profession."

Research Day presentations taped in the Cancer Center Auditorium are available for viewing on ERNIE under "Just for Nurses."

"Magnet" Nursing: What it's all about.....

— Marky Weeks, BSN, RNC, Magnet Co-coordinator

"I think one's feelings waste themselves in words: they ought all to be distilled into actions which bring results."
Florence Nightingale

Methodist nurses' actions are responsible for the following impact on outcomes:

- Nursing staff national certification rate went from 13.4 to 20.6% in one year (Professional Development Council).
- Hand hygiene compliance went from 56% to 87% in 2006 (Practice and Research Council).
- Number of RRT calls increased 100% from an average of 5 calls per month in 2005 to an average of 10 calls per month in 2006 (Performance Improvement Council).
- Decreased door-to-EKG time for ST elevation MI patients by 60% from an average of 14 minutes in 2005 to an average of six minutes in 2006 (ED).
- Decreased ventilator associated pneumonia from 3.7 per 1000 patient days in 2005 to 2.1 per 1000 patient days in 2006 (Critical Care).

Nursing at Methodist Hospital has many accomplishments to be proud of. Additional initiatives that have improved the care of patients or the work environment include:

- Multidisciplinary rounds initiated on 7S.
- Hourly rounding for cause initiated on 7S & 8S.
- Baby-Friendly recertification granted after submission of PI project done by OB nursing staff.
- 4 South improved communication between nursing & therapists, especially related to patient's plan of care.
- 6 South changed their staffing grid to assist with patient loads due to the high complexity of the oncology/surgical patient.
- 5 South changed their model of care to utilize more RNs and fewer CPAs to assist with patient acuity.
- 6 North improved their unit's CHF & MI core measures to almost 100%.
- Surgical Services UBC helped to obtain placement of foam sanitizers in all ORs to facilitate staff hand hygiene.
- Through the Cerner Workgroup changes have been made and screens added to facilitate clinical documentation.

These are just a few examples of how Methodist nurses are still demonstrating the "Forces of Magnetism." Nursing excellence and good patient outcomes are what Magnet designation is all about. Magnet is an honor and recognition for the great work being done by the nurses at our hospital. Nursing does not exist in a vacuum, and we rely on all departments and disciplines to assist us in providing excellent nursing care. As we prepare for Magnet redesignation next April, we applaud all of your efforts.

That is what "Magnet" is all about.