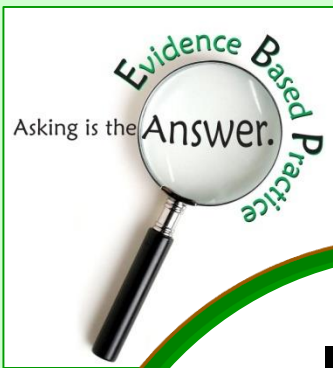




# VUMC Nursing Research & Evidence-based Nursing Practice Department

September 2020



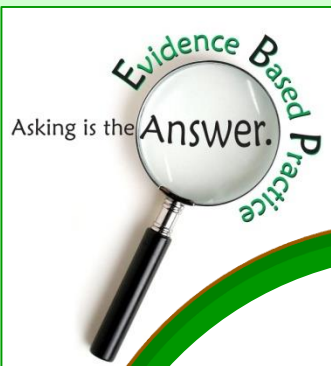


# Overview of the Program

- Nursing Research office (NRO)
- EBP & Nursing Research committee (NRC)
- Website

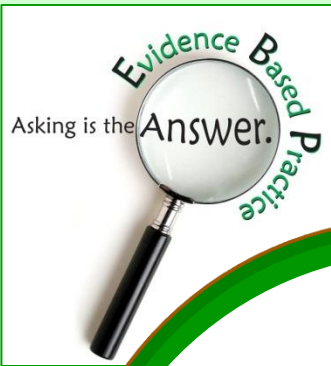
# EBP & Research Office Team

- Cathy Ivory, PhD, RN-BC, RNC-OB, FAAN,  
Senior Director Nursing Research  
[cathy.ivory@vumc.org](mailto:cathy.ivory@vumc.org)
- Elizabeth Card, MSN, APRN, FNP-BC,  
CPAN, CCRP, FASPAN  
[elizabeth.b.card@vumc.org](mailto:elizabeth.b.card@vumc.org)
- Patti Runyan, MSN, RN  
[patti.Runyan@vumc.org](mailto:patti.Runyan@vumc.org)
- Nadia Khalid, MBA [nadia.khalid@vumc.org](mailto:nadia.khalid@vumc.org)



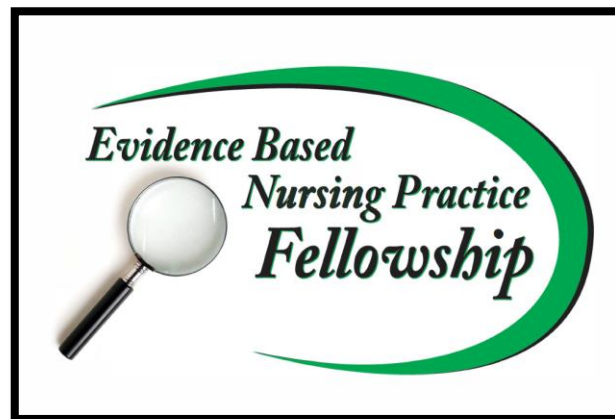
# Nursing Research & EBP at VUMC

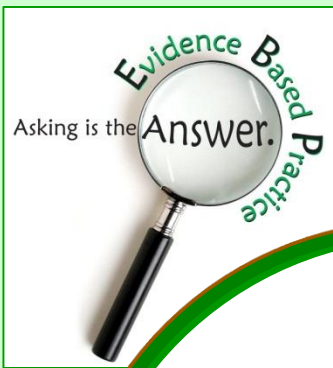
- Office established in 1992
- Hosted first Research Day 1996
- VUMC first Magnet recognized hospital in Middle TN
- First EBNP Fellowship launched 2009, was a 2 year fellowship
- The Empowered Nurse 2018



# NRO Services

- Education
- Consultation





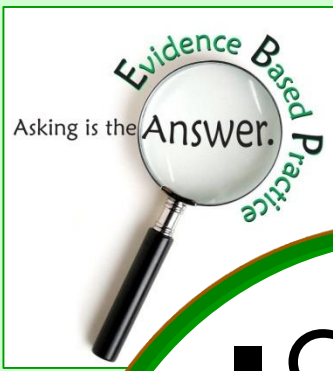
# Education: Opportunities for Growth

- EBNP Fellowship
- Clinical Nurse Scholars
- EBP 101
- Writing for Publication
- Poster creation sessions
- Resiliency Program



# EBNP Fellowship

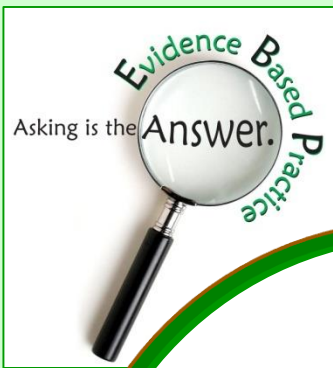




# Clinical Nurse Scholars Program

- Cohorts of 6-7 projects
- 2 Intensive days
- Job embedded action research
- Multiple layers of mentors and coaches
- 1 year





# EBP 101

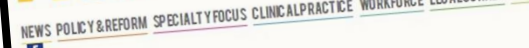
- 5-hour workshop
- Intended audience: leaders
- Resources available to help staff change practice



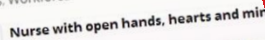
Evidence Based Practice

the Answer.

# Writing for Publication



**The Mindset Nurse**  
Nursing Review | December 2, 2013 | News, Workforce



Open hands are prepared for some kind of action. We give to others with our hands open. Conversely, we receive what others give us with our hands open. Nurses' hands are a vehicle to exchange energy with our clients.

Open minds seek new information and generate results in greater insights that can produce solving any dilemma and to answer any question already known and are familiar with.

Maira Maraun

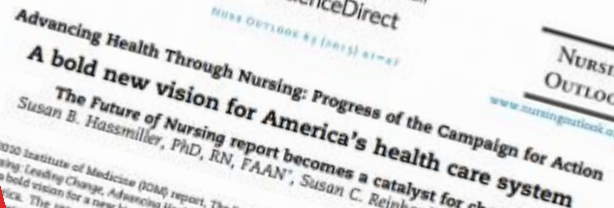
Volume 36 Number 5  
October 2010

**JNP**  
The Journal for Nurse Practitioners  
Nurse Practitioner, Advanced Practice Registered Nurse

**SPECIAL FOCUS: DERMATOLOGY**

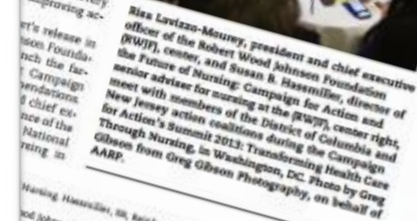
Diagnosing Skin Lesions in Primary Care (JCI)  
Multisystem Skin Syndrome in Older Adults (JCI)  
Dermatopathology (JCI)  
Acute Dermatitis (JCI)  
APRN Distribution in the United States (JCI)  
Cardiovascular Products: Patient Assessment (JCI)  
Dermatopathology and Hyperpigmentation (JCI)

Editorial Board  
Editorial Management of Clinical Evidence

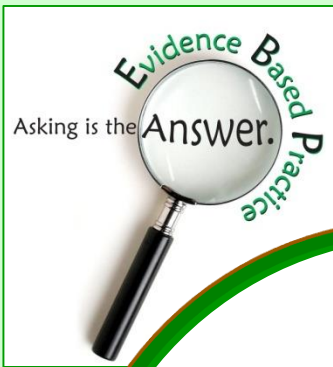


Washington, DC, by declaring it "the first day of a new future for nursing."

The JGIM report asserted that a transformed nursing profession would lead to an improved health care system—one that was more accessible, affordable, and patient- and family-centered, and, at the same time, more effective and efficient. The joint initiative between the KWRP, the nation's largest philanthropy devoted to health, and AANP, one of the nation's largest

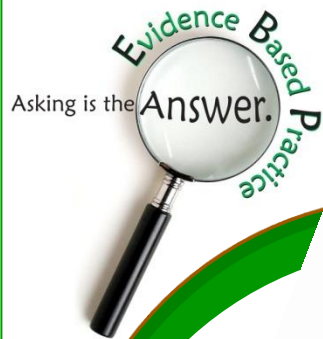


Photography, on behalf of Johnson Foundation, Senior Advisor for Nursing, P.O. Box 2316, House & William. All rights reserved.



# Resiliency Program

- Day long program offered quarterly
- Research study structured around evaluating and improving content in the program
- Practice resiliency skills
- Workbook to return to unit and establish unit based resiliency program



# Internal Peer Review Journal



THE JOURNAL OF NURSING ADMINISTRATION

## Empowering Nurses Creation of a Peer-Reviewed Journal as a Catalyst for Innovative Nursing Research and Enhancing Evidence-Based Nursing Practice

Elizabeth B. Card, MSN, APRN, FNP-BC, CPAN, CCRP,  
FASPN  
Nancy Wells, DNSc, RN, FAAN  
Stephanie N. Abdu, DNP, RN, CNML

An internal peer-reviewed journal was created to promote high-quality nursing practice, improve patient outcomes, and inspire nurses at an academic medical center. The goal of the journal was to increase nurses' utilization of evidence-based practice (EBP). The publication provides a platform that facilitates the dissemination of nursing research and supports the implementation of EBP across the organization.

Although the Institute of Medicine has mandated 90% of nurses' clinical decisions be evidence based by 2020, a lack of knowledge about evidence-based practice (EBP) and a proficiency in the application of EBP facilitates the translation of evidence, ultimately enabling the practice and care delivery. There is ample evidence that using the best and most current evidence combined

with patient preferences and clinician expertise, known as EBP, improves patient outcomes, decreases costs, and streamlines care for multiple healthcare disciplines.<sup>2,4</sup>

The American Nurses Credentialing Center expects nurses to use evidence to change nursing practice and generate new knowledge through research if a gap in the literature exists.<sup>3,8</sup> Evidence-based practice was introduced into nursing school curriculum in 2006.<sup>2</sup> As the mean age for nurses in the United States is currently 50 years,<sup>9</sup> the majority may not have received formal training on EBP during their initial nursing program, resulting in a knowledge and skill gap.

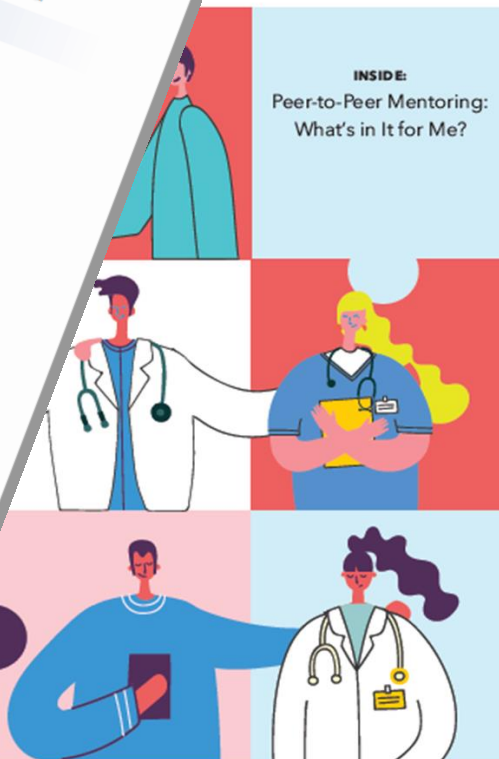
A study published in 2018 by Melnyk et al<sup>10</sup> revealed US nurses do not feel competent in their EBP knowledge and skills. Melnyk et al's<sup>10</sup> findings verified the lack of EBP competencies among practicing nurses. These results are surprising considering that, in 2003, the call was given for increased utilization and integration of evidence into clinical practice. Study participants, composed of 2,344 nurses across 19 hospitals and healthcare systems, completed a survey evaluating 24 EBP competencies. Respondents rated their competencies on a 4-point Likert scale (not competent, needs improvement, competent, and highly competent). For each of the 24 competencies, all nurses rated their skill level as either needing improvement or not competent. However, the results were not all negative because a strong positive association was shown between EBP competency and EBP beliefs ( $r = 0.66$ ). For EBP mentorship revealed a moderate association between EBP competency and EBP beliefs ( $r = 0.43$ ) and a

Janet M. Myers, DNP, APRN, FNP/GNP-BC, ADM-BC, CDE, NE-BC  
Traci D. Denton, MSN, BA, RN, CCRN, CPPS  
Marilyn Dubree, MSN, RN, NE-BC

# THE EMPOWERED NURSE

Nursing Research

INSIDE:  
Peer-to-Peer Mentoring:  
What's in It for Me?



Author Affiliations: Nursing Research Consultants (Ms Card), Vanderbilt University School of Nursing Clinical Business Coordinator (Dr Abdu), Neonatal Services, and Assistant Administrator, Women's Clinics and Vanderbilt University School of Nursing (Dr Myers), St. Quality and Patient Advisor (Ms Denton), Quality, Safety, and Risk Prevention Safety Team, and Executive Chief Nursing Officer (Ms Dubree), Vanderbilt University Medical Center, Nashville, Tennessee.

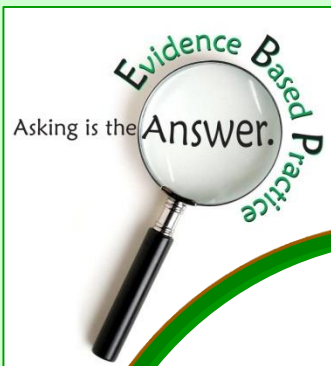
EBP received research funding from SAGE Pharmaceuticals, American Society of PerAnesthesia Nurses, and the Middle TN Community Foundation. For the remaining authors, none was declared.

Correspondence: Ms Card, Vanderbilt University Medical Center, 2611 W End Ave, Ste 328 Nashville, TN 37203 (elizabeth.b.card@vumc.org).

DOI: 10.1097/NNA.0000000000000907

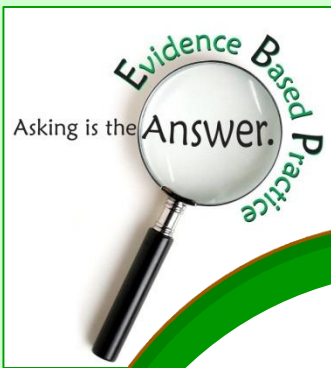
UNIVERSITY  
CENTER



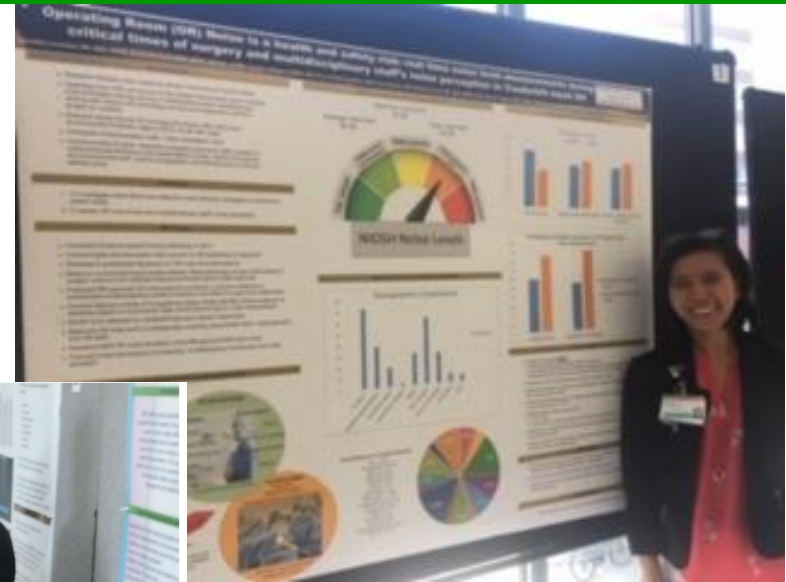


# NRO Consultation

- Guiding turning ideas into projects
- PICO question
- Literature Search/synthesis
- REDCap survey/database preparation
- Instrument selection
- Statistical analysis
- Poster & slide preparation
- Manuscript preparation



# VUMC Nursing Poster Sessions

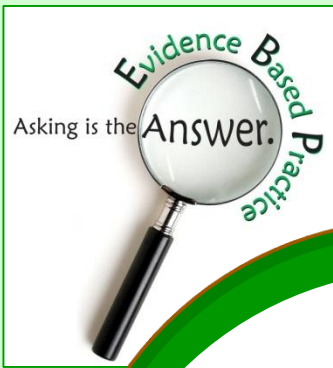




# Nursing Research Committee

- Chartered by organizational by-laws
- Part of shared governance structure
- Staff nurses, nursing leadership, APRNs
- Led by elected co-chairs
- Complete research
- Plan Nursing Research Day





# Examples of NRC Activities

- Oversight of fellowship program
  - Fellowship program
  - Website
- Evaluation of nursing EBP growth through surveys
- Feedback to nurses on presentations
- Communication channels
- Research Day during Octoberfest



# Website

Home About Us ▾ Quality Improvement (QI) Evidence Based Practice (EBP) Research Dissemination ▾ Education and Funding ▾

VUMC Virtual Nursing Research Day

2020 INTERNATIONAL YEAR OF THE NURSE AND THE MIDWIFE

VUMC Virtual Nursing Research Day

“Transforming Nursing 2020 and Beyond”

October 28<sup>th</sup>, 2020  
8am to 3pm

Questions?  
Email: Nadia.khalid@vumc.org

Welcome to VUMC Evidence Based Practice and Nursing Research

Contact Us



# Website Resource

## EBP at Vanderbilt

[Home](#) [About Us](#) [Quality Improvement \(QI\)](#) **[Evidence Based Practice \(EBP\)](#)** [Research](#) [Dissemination](#) [Education and Funding](#)

### Evidence Based Practice (EBP)

[View](#) [Add Manually](#) [Import from PubMed](#) [Add new Publication](#) [Edit](#) [Delete](#)  
[Revisions](#) [Replicate](#)



As VUMC nursing professionals, integrating current evidence into our current practice is not something extra, it is what we do! This page is full of resources to help VUMC nurses formulate EBP questions, search and summarize the literature and plan and carry out EBP activities on your unit or in your facility. Resources are organized using the Johns Hopkins Nursing Evidence-Based Practice Model.

The EBP process divided into 3 steps. The steps are organized by:



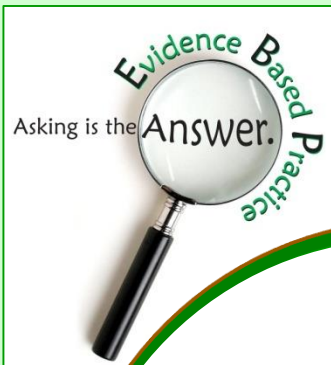
#### Resources

Vanderbilt had adopted the Johns Hopkins Hospital Nursing Evidence Based Practice Model, this guides you in the steps and order of leading a practice change based on the evidence.

- [John Hopkins Nursing Tools](#)

#### Biomedical Library

- [Live chat with a librarian](#)



# Website Resource

## Submit a Project

### Submit a Project

A project can be a research project, quality improvement project, publication, presentation (poster or podium), among other evidence-based practice work you may be working to complete. We look forward to hearing about your projects.

Click here to [submit a project](#)

[Home](#) [About Us](#) [Quality Improvement \(QI\)](#) [Evidence Based Practice \(EBP\)](#) [Research](#) [Dissemination](#) [Education and Funding](#)





# Website Resource

## ■ Nursing Research Committee

### VUMC Nursing Research Committee Goals

#### Long-term Goals

Provide leadership for the use of evidence-based practice as an integral component of clinical practice and management decision making.

#### Short-term Goals (1-2 yrs):

- Ensure access & ability to use data and evidence resources.
- Develop guidelines and tools to support nurses in meeting EBP competencies.
- Facilitate consistent practice through effective communication.

2020 Nursing Research Committee ▼

### 2020 Nursing Research Committee





# Website Resource

## Resources

### Practice Question

This tool helps you develop and refine your question in order to search the literature through VUMC bio-medical library.

- [JHNEBP Question Development Tool](#)

The evidence level and quality guide assists you in understanding how strong the evidence is (level) and how well the research study was conducted (quality).

- [JHNEBP Evidence Level and Quality Guide](#)

### Evidence

These JHU critique tools to guide and assist you in critiquing the literature. Have the out as you read the articles, complete them as you read. Be sure to select the appraisal tool based upon the type of article you are reading, for example if it is a randomized trial or systematic review, select the research tool.

- [JHNEBP Research Evidence Appraisal Tools](#)
- [JHNEBP Non-Research Evidence Appraisal Tools](#)
- [JHNEBP Individual Evidence Summary](#)

### Translation

As you read several articles, you will need to synthesize your findings and create a practice recommendation or nursing practice implication. These tools will assist you in that process.

- [JHNEBP Synthesis & Recommendations](#)
- [JHNEBP Synthesis and Evidence Guide](#)

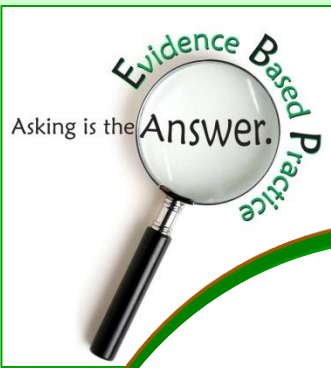
## Online Learning Resources

<a href="#">View</a>	<a href="#">Add Manually</a>	<a href="#">Import from PubMed</a>	<a href="#">Add new Publication</a>	<a href="#">Edit</a>	<a href="#">Delete</a>
<a href="#">Revisions</a>	<a href="#">Replicate</a>				

[CASP \(Critical Appraisal Skills Program\)](#). The Critical Appraisal Skills Program (CASP) is part of Better Value Healthcare, a training organization led by Professor Sir Muir Gray, and based in Oxford. The program has developed workshops and tools for critical appraisal covering a wide range of research. It has also developed finding the evidence workshops, interactive and e-

### Google Scholar

Google is the #1 search engine on the internet. We have gathered some tools below to help you search it faster and easier than ever!



# Website URL

[www.vanderbiltnursingebp.com](http://www.vanderbiltnursingebp.com)



# Questions?