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Author

Dibsie, Laura, MSN, RN, CNS

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Nursing Research and Evidence-Based Practice Council

By Laura Dibsie, MSN, RN, CCRN, CNS

When Shared Governance was in its formative stages at UC San Diego, there were many people invited to participate in the process and contribute to the future of Nursing within the organization. Staff in the Nursing Education, Development and Research (EDR) Department felt strongly about bringing their experience, knowledge, and expertise to Shared Governance as well. EDR was asked to spearhead a Research Council and to take responsibility for facilitating the incorporation of evidence-based practice into the Department of Nursing.

The mission and activities of the Council were expected to align with the Magnet® component of New Knowledge, Innovations and Improvement. A few of the specific activities the manual indicates Magnet®-recognized organizations will perform are:

- Integrate evidence-based practice (EBP) and research into clinical processes.

- Educate nurses about EBP and research.
 - Enable nurses to explore safest and best practices for patients.
 - Generate new knowledge.
 - Evaluate and use published research in practice.
 - Disseminate knowledge gained to the community of nurses (internally and externally).
- (American Nurses Credentialing Center [ANCC], 2014, p. 55)

It did not take long to realize that Nursing Research and Evidence-Based Practice was at the root of many aspects of Nursing Shared Governance. The image representing the original Shared Governance model, with its overlapping circles of influence, was soon modified. The new image reflected a foundation beneath the entire Shared Governance model of Nursing Research and Evidence-Based Practice, thus reflecting that all the work within each of the Councils should, and could, have evidence-based practice as its base. The



Laura G. Dibsie, MSN, RN, CCRN, CNS is currently the chair of the Nursing Research and Evidence-based Practice Council. She began her nursing career while in high school and took the opportunity to become a volunteer at the local community hospital. Upon being introduced to the Chair of the Health Sciences Department at University of Southern California (USC), she decided to submit an application to the newly opened School of Nursing and was accepted into the 3rd graduating class. After having grown up in the LA area, Laura decided to begin her working career in San Diego and was offered a new graduate position at Mercy Hospital.

Nursing Research and EBP Council was thought to be a source of support, and a resource to find information necessary to make enlightened decisions.

The Council was originally given several important responsibilities:

- Promote concepts of evidence-based practice and ensure staff recognize the concepts within their practice.
- Provide education to staff about evidence-based practice and nursing

research.

- Review projects and mentor staff pursuing CNIII advancement.
- Support nursing research within the Department of Nursing.

Just a few months ago, Council members reviewed, updated, and approved the bylaws which include the following mission statement and purpose. The bylaws were also submitted to the Nursing Cabinet.

Since the beginning of the Council, and under the initial leadership of Dr.

Caroline Brown, policies and nursing clinical practice guidelines have been closely linked to the latest nursing evidence. Under Dr. Brown's leadership, UC San Diego collaborated with nursing leaders within the community and formed the San Diego Evidence-Based Practice Institute (EBPI). In this 9-month course, staff nurse fellows with their advanced practice mentors, learn about each stage of an EBP change project and receive education and resources needed to take an idea

from 'asking a question' through implementation, to adoption of the change. It is from this collaborative venture that the UC San Diego Nursing Evidence-Based Practice model – the 8 A's – was developed and is now utilized by the Department of Nursing as our model for EBP and change.

UC San Diego remains involved in the EBPI through our current Nursing Research and EBP Liaison, Dr. Judy Davidson, serving on the faculty. Additionally, several staff nurses and

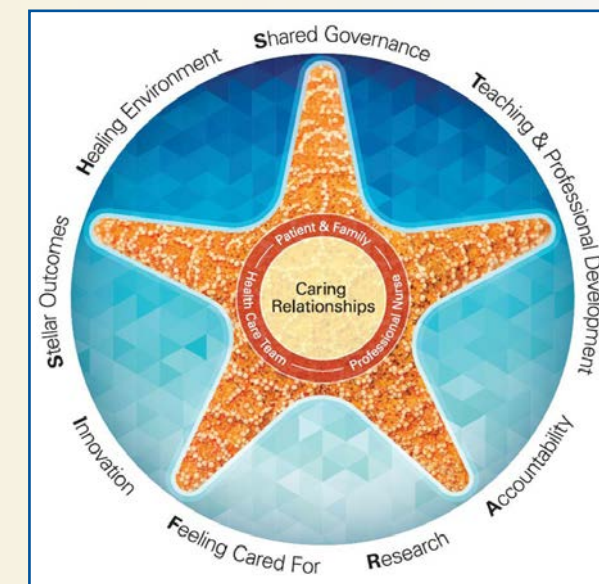
Mission Statement

The UC San Diego Nursing Research and Evidence-Based Practice Council:

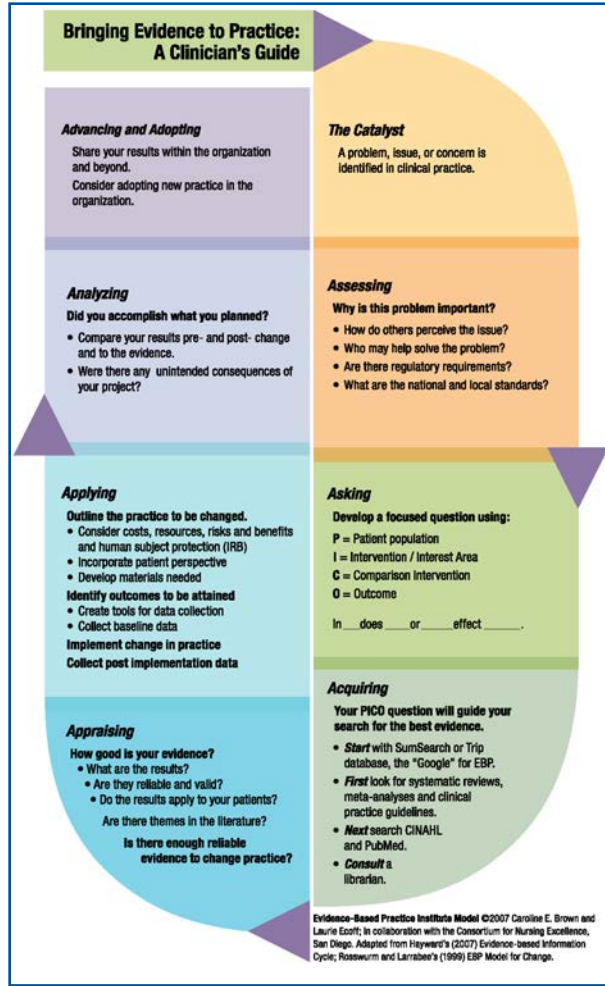
- Exists to ignite the spirit of inquiry and create, nurture, and sustain a culture of evidence-based nursing practice.
- Endeavor to improve patient outcomes by promoting, facilitating, and conducting nursing research studies, as well as develop evidence-based practice changes, quality improvement and innovations.
- Foster an understanding of principles of evidence-based practice, quality improvement, research and innovations, and significance to nursing practice.
- Facilitate interprofessional collaboration on evidence-based practice projects, quality improvement projects, research, and innovations.
- As part of Shared Governance structure supports other councils and committees within the Department of Nursing with issues related to project development and dissemination, upon request.

Purpose

- Create and oversee the structure and process for nurses to conduct projects with the intent to improve and advance practice.
- Support evidence-based practice, quality improvement, research, and innovative projects.
- Encourage interprofessional collaboration to generate advances in practice.
- Provide resources to promote evidence-based practice, quality improvement, research and innovation.
- Provide a forum for creative and innovative thinking.
- Facilitate dissemination of the results of nursing and interprofessional evidence-based practice, quality improvement, research, and innovative projects.
- The Council aligns to the professional practice model by operating within a shared governance model overseeing the structure and processes supporting nursing research and innovative projects intended to optimize stellar outcomes. Also, the Council provides teaching and professional development programs.



The 8 A's



Council has partnered with the Professional Development Council (CPC) to offer workshops to CNIII candidates. The goal of the CNIII workshops is to review advancement criteria, address frequently asked questions, review project types (Quality Improvement, EBP, and Nursing Research) to help candidates frame their work, and use examples of completed projects for small group discussion.

This forum allows many more candidates to directly hear CNIII information and encourages participants to provide peer review to other attendees, all the while interacting with members of both Councils, in the hope of eliminating the mystery of the advancement process. Ultimately, the goal of the CNIII workshop is to facilitate the growth

and advancement of as many staff nurses to CNIII as are interested in completing a project and promoting.

In order to fulfill the objective of education and dissemination, Council members coordinate the Annual Nursing Research and EBP Council Conference – Nursing Innovations and Inquiry. The conference has grown a great deal over the last 8 years and is recognized as a high quality and professional forum for the dissemination of the wonderful work being done by nursing at UC San Diego and from the San Diego area as a whole. Additional information about the conference, and details about this year's event are located on page _____.

An innovative approach to connecting at least 55 nurses who have conducted research at UC San Diego is the "virtual interest network". This network is considered a 'task force' of the Council. Nurses within this group may use the list for networking, consultation, or to celebrate in their successes as they advance the practice and science of nursing. Contact jdavidson@ucsd.edu if you would like to be added to the list.

The Nursing Research and EBP Council welcomes new members. Meetings are located in Hillcrest in the EDR conference room located at 4235 Front Street, Room 130. A call in option is available, if you are unable to be present. No experience with nursing research is required, just a spirit of inquiry and desire to learn about and support nursing research and evidence-based practice within our organization.

	PI	EBP	Research
Purpose	Review, Revise & change processes to achieve improved outcomes	Improve practices by using the latest, most appropriate evidence	Create new knowledge
Structure	Group/team	Individual or group	Individual or group/team
Process (all involvement measurement)	Process Improvement Methods: PDSA	EBP methods: 8A's method, Ecoff/Brown	Research methods
Outcomes	Improved procedures or processes	Practice changes, new protocols, standards	New knowledge that can be tested and applied to practice

mentors participate and develop change projects every year. UC San Diego participants are selected each year by the Nursing Research and EBP Council and asked to share their work at our annual conference. The culmination of the EBPI each Fall is a wonderful conference to highlight the participants' work and graduation ceremony. This is an opportunity for any interested staff to learn more about the program and what is involved in the projects.

Staff nurses interested in advancing to Clinical Nurse III are strongly encouraged to bring a project idea to the Council for support and feedback on their project ideas. The group will help to narrow the project scope, suggest steps for initiating the project, direct the nurse to resources, and help determine appropriate outcomes for monitoring success. In the last three years, the Nursing Research and EBP

Fact or Fiction: Evidence Surrounding Family Presence

By Judy Davidson, DNP, RN, FCCM

This year Mary Ekno, Kim Savidan, Nancy Newman, Dianne Warmuth, Annemarie Degen-De Cort and Judy Davidson conducted a review of the literature and wrote a manuscript that will be published in Critical Care Nursing Quarterly, reviewing the literature on the obstacles to implementation of a family-centered care model inclusive of family presence. Test yourself on these statements regarding family presence. Are they fact, fiction or partial fact? (See answers below)

	CONCERN	ANSWER
1	Open visiting practices increase infection	
2	Family presence during procedures increases infection	
3	Family presence in burn patients increases infection	
4	Family presence in the NICU increases infection	
5	Family presence on rounds is anxiety producing for families	
6	Family presence on rounds will slow down rounds	
7	Family presence on rounds will decrease the quality of teaching rounds	
8	Family presence on rounds increases legal risk	



Judy Davidson, DNP, RN, FCCM is an experienced researcher, educator, lecturer and clinical nurse specialist. She is doctorally prepared with a specialization in Organizational Leadership from Case Western Reserve University. She is actively involved in the Society of Critical Care Medicine (SCCM) as chair of the Post Intensive Care Syndrome task force, chair of the SCCM Ethics Committee, co-author of the 2013 SCCM Pain Agitation and Delirium guidelines, and lead author of the SCCM guidelines for Patient and Family Centered Care. Dr. Davidson is also involved in the American Association of Critical Care Nurses, Research Chair for the Gamma Gamma Chapter of Sigma Theta Tau and member of NaCNS and the ANA. She is adjunct faculty for SDSU and guest lecturer for PLNU. She is a nurse theorist and has published a midrange theory entitled Facilitated Sensemaking which guides nurses in the care of the families of patients experiencing critical illness. Dr. Davidson has published over 50 peer-reviewed manuscripts in medical and nursing journals. She has also authored book chapters on "Measuring CNS Outcomes" and "Moral Distress".

Answers:
 (1) Fiction, (2) Fiction, (3) Fiction, (4) Fiction, (5) Partial fact. If rounds are not managed properly both staff and family may have anxiety. The majority of family members would prefer to be present on rounds (6) Fiction, (7) Fiction, (8) Mostly fiction. The risk of confidentiality needs to be managed, but the benefit to the patient and family of improved communication appears worth the risk.
 For a list of references supporting these statements contact jdavidson@ucsd.edu