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Author

Ashton, Debbie, BSN, RN

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THE LIFECYCLE OF A PROJECT

By Debbie Ashton, BSN, RN, CNN

What does the evidence say...?

It all started with a question.

The American Nephrology Nurses Association (ANNA) maintains a bulletin board on their website for nurses to post questions and answers on all subjects relating to Nephrology nursing. I was particularly interested in a thread related to blood product administration during hemodialysis, and noticed each of the 12 responses to the post were different. I decided to poll my colleagues on the same subject. Again, several different techniques were described.

This lack of standardization inspired my clinical question: **What does the evidence say about management of intradialytic blood transfusions?** 100% of UC San Diego Acute Dialysis respondents indicated they wanted an evidence-based procedure.

Laura Dibsie, Chair of the Nursing Research and EBP Council, helped me develop a PICO question, and I was off! I spent a great deal of time investigating this topic and ultimately developed a standardized procedure for administration of blood during dialysis.

My first opportunity to disseminate the work I had done on my project was a podium presentation at the 2012 UC San Diego Nursing Research and Evidence-Based Practice Conference. The presentation was my opportunity to describe the process I followed to ask a question, search for evidence, and develop the procedure.

My second presentation was my work displayed in poster format at the 2012 American Nephrology Nursing Association (ANNA) National Symposium. I had never created a poster before, but learned there are helpful templates on the UC San Diego Nursing Resource Hub (EDR website). More importantly, I learned that using a template and following the suggestions made the process painless!

At that conference, two of the editors of our national journal, Nephrology Nursing Journal, asked if I would be interested in writing a manuscript and submitting it for publication. I agreed to do so and began writing my article. It took no less than a year, even with the tireless help of the journal's column editor. The revisions seemed endless. With the help and support of our own Nursing Research & Evidence-Based Practice Council, and the journal Editor, my article was accepted and published in the 2014 July/August issue of the Nephrology Nursing Journal.

My third presentation was another poster presentation at the 2013 UC San Diego Nursing Research and Evidence-Based Conference.

My fourth presentation was in October, 2014. I had the privilege and honor of being an invited speaker to present my work as a podium presentation at the ANNA Fall Symposium in Savannah, Georgia. The presentation was



Debbie Ashton BSN, RN, CNN graduated with a BSN from CSU Dominguez Hills. She has worked at UC San Diego for a total of 28 yrs. She works in the Nephrology Department and can be found treating patients at both campuses. She is specifically interested in the implementation of evidence-based practice as well as patient and family teaching. Debbie joined the Nursing Research and EBP Council because she desired to be a part of establishing evidence-based practice at UC San Diego. Through participation in the Council, she has worked with many UC San Diego experts in nursing research and EBP, and has learned a great deal. She says the group “energizes and inspires” her. She is an invaluable part of the group having taken on the role of ‘communication manager’ and secretary. When she is away from the Medical Center, Debbie enjoys spending time with friends, hiking, camping, gardening, sewing, quilting, and learning. She is a gifted artist.

titled “Transfusion Confusion”.

Here is the most amazing and rewarding part of this ‘lifecycle.’ I’ve been notified that my work will be cited in the latest edition of our professional organization’s Core Curriculum for Nephrology Nursing!

Finally, I presented my work at the Professional Development Council for my CN III project.

As you can see, I’ve gotten a lot of ‘mileage’ out of one project! It has provided me with a great deal of personal and professional satisfaction. In addition, this process is an example of the Magnet components related to lifelong learning, utilizing evidence-based practice, and disseminating findings internally and externally. However, the most significant part of this ‘journey’ is the contribution to the science of nursing practice, and insuring our patients receive care based on evidence.

If you have a burning clinical question, I urge you to consider taking these same steps. I can assure you, if you are curious about something, you will find others who feel the same. You can find help, encouragement, and nurturing from the members of the Nursing Research and EBP Council and from mentors within the Education Development and Research department.

If you decide to take this journey, you will be contributing to the advancement of our professional practice, which will lead you to our ultimate purpose as Nursing professionals: to deliver state of the art, evidence-based care. Our patients deserve nothing less!

My name is Debbie Ashton. I am a CNIII in the Acute Hemodialysis unit.

May the spirit of inquiry be with you!