

## **UC San Diego**

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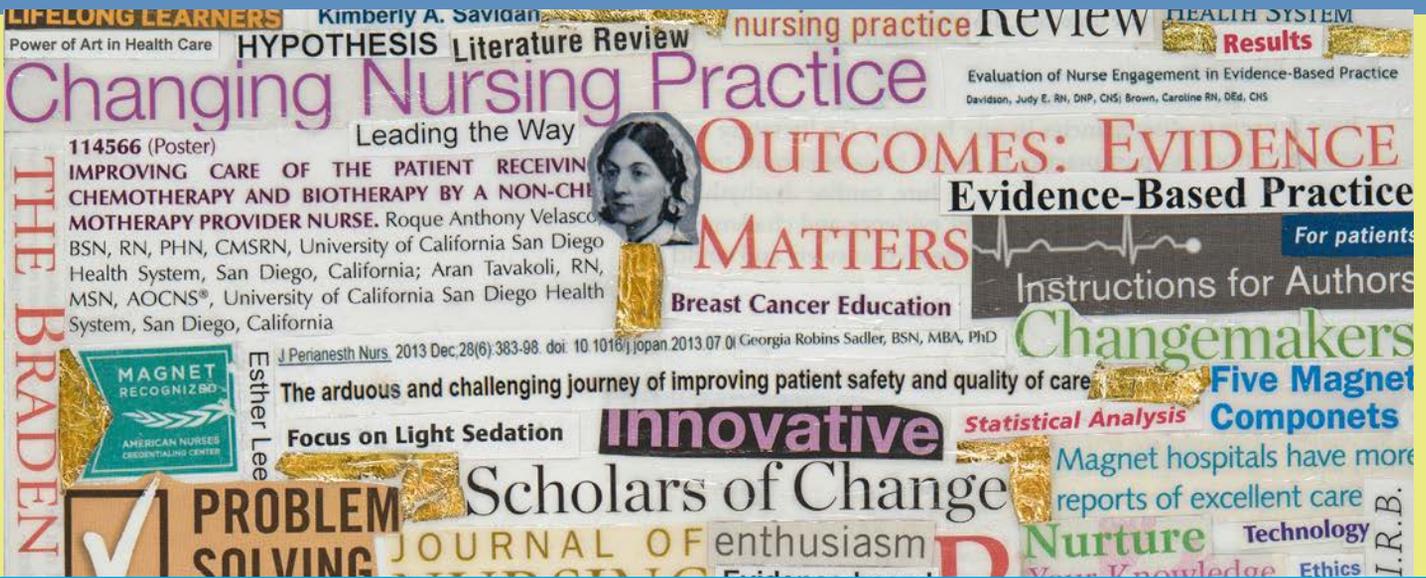
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## NEW KNOWLEDGE AND INNOVATIONS

UC San Diego Nursing Research and Evidence-Based Practice



Five Magnet  
Components

Transformational Leadership

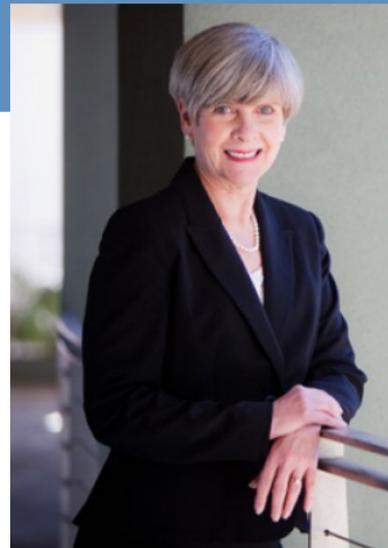
Structural Empowerment

Exemplary Professional Practice

New Knowledge and Innovation

Empirical Outcomes

Shared Governance committee membership is a great way to become personally involved in the Magnet journey and to help shape the future of nursing at UCSD. For more information go to our nursing website at [http:// medinfo.ucsd.edu/nursing/ committees/](http://medinfo.ucsd.edu/nursing/committees/) to learn about committee membership opportunities.

Message from the  
The Chief Clinical Officer

This issue of the UC San Diego Health System nursing journal highlights how our nurses generate and disseminate new knowledge. We have a lot to be proud of in this regard as UC San Diego Health System Magnet nurses. I applaud our many nurses who are dedicated to life-long learning, and their contributions to nursing. We have recorded over 50 research projects since our Magnet designation, and over 200 publications and presentations. I strongly encourage nurses to participate in research and develop their own investigations to move our practice forward.

Reflecting back on how fortunate we are to work in an environment that supports this spirit of inquiry, I came to the conclusion that I should personally lead by example. This year, with the changes in our professional practice model, adoption of the Joanne Duffy Quality Caring Model, and emphasis on improving the patient experience, I have decided to become a UC San Diego Health System nurse researcher to help solidify these changes in our nursing practice. The new practice model focuses on self-care and the development of caring relationships. The Quality Caring Model informs us that feeling cared for is essential for health promotion. People are more likely to engage in self-care activities if they feel cared for by others.

It is clear that nurses are ready for this change. An unprecedented 86% of you engaged in the on-line learning about the changes in the practice model, and nearly 400 of you provided direct feedback and affirmation that the changes, with renewed attention to self-care and caring, will better meet your needs as nurses. I read each and every one of your comments submitted to me on the survey and also in the RN satisfaction survey. I understand and accept that we have room for improvement in developing caring practices at all levels in the organization; including at the leadership level. The practice model is beautiful on paper, but now we all have to do the hard work to make it come alive.

How is nursing research going to help to make this happen? We need to understand at a deeper level what it means and what is required to feel cared for by others. What contextual features promote caring behaviors that result in the feeling cared for emotion? What workplace conditions lead to the feeling cared for emotion? I have worked with Judy Davidson to build an interprofessional team, with a variety of skills, to explore this phenomenon: the human emotion of feeling cared for by others. Research is best performed in a team, building on the skills of others. Catie Madani has completed her PhD in nursing and is guiding us on the methodology for the study. We will be conducting a survey of patients, families, staff and physicians and then analyzing the data for the answer to our research questions. The very unique part of this project is that after data analysis, we will be soliciting a volunteer group of artists to transform the findings into a variety of art forms, which may include poems and visual art. Those art forms will be used for educational purposes to disseminate our research findings.

I have joined the ranks of UC San Diego Health System nurse researchers with pride, and with hopes that this effort will shed new light on strategies to promote caring between each other, our healthcare team colleagues, and the patients and families we serve.

Sincerely,

MARGARITA BAGGETT, MSN, RN  
CHIEF CLINICAL OFFICER

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