“When more research is needed”

Advancing EBP projects to research activities

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Educator / Coordinator of Nurse Residency Program
Objectives

1. Describe methods for advancing nurse residents’ EBP projects to research or quality improvement projects.

2. Discuss the benefits of creating a structure to promote the advancement of NR EBP projects.
Penn State Hershey Medical Center

- 551-bed Academic/Quaternary Care Medical Center in central Pennsylvania

The Medical Center campus also includes the Penn State:
- College of Medicine
- Hershey Cancer Institute
- Hershey Children’s Hospital
Residency Cohort Characteristics

- Mean size per cohort is 50 (range 35-70).
- Cohort start times February and July.
- BSN (some AD grads).
- All inpatient clinical units including perioperative.
- Ambulatory care locations.
Supportive Structures

- Strong orientation programs for all clinical units.
- Medical surgical units, critical care specialties, pediatrics, periop, oncology.
- Preceptor program
- Mentorship programs
Nursing Leadership

- Full support
- Scheduling support
- Monthly 4 hour sessions
- Bargaining Unit
EBP presentations

- Submit abstract.
- Submit poster on Power Point slide template.

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**Will geriatric patients have increased quality and duration of sleep with use of non-pharmaceutical nursing interventions?**

**Emma Enders, BSN, RN and Julian Derr, BSN, RN**
Heart and Vascular Progressive Care Unit (HAPCU)

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<tr>
<th><strong>Introduction</strong></th>
<th><strong>Literature Review</strong></th>
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<td>Geriatric patients are predisposed to sleep disturbances due to decreases in stages three, four, and REM sleep. Sedative hypnotics increase risk for falls and delirium in hospitalized elders. Therefore we investigated the use of non-pharmaceutical nursing interventions on the quality and duration of sleep in hospitalized elders.</td>
<td>The experimental group receiving sleep protocol intervention (perineal hygiene, back rub, bedtime snack and re-bedding) verbalized experiencing better sleep quality.</td>
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<td><strong>PICO Question</strong></td>
<td><strong>Results</strong></td>
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<td>Population: hospitalized geriatric patients. Intervention: non-pharmaceutical nursing interventions. Comparison: patients with no additional nursing interventions. Outcomes: positive patient perceptions of length and quality of sleep.</td>
<td>The treatment group identified eye masks (28%) and earplugs (22%) as interventions that promoted sleep.</td>
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<td>Individuals in the heat wrap therapy group stated feeling less stressed and able to get a better night's sleep.</td>
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<td><strong>Methods</strong></td>
<td><strong>Conclusions</strong></td>
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<td>A literature search was conducted using CINAHL, PubMed, and PsycINFO databases. Keywords: non-pharmaceutical sleep interventions, geriatric sleep promotion, sleep nursing interventions.</td>
<td>Sleep is essential for our patient's health and quality of life. Research demonstrates evidence of improved quality of sleep when non-pharmaceutical nursing interventions are implemented. As nurses, we should choose to use these non-pharmaceutical interventions to promote sleep and decrease the risk of delirium in the geriatric patient population.</td>
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**Discussion**

Nursing plays a key role in promoting sleep in hospitalized patients. Eye masks, earplugs, exposure to white noise, heat therapy, sleep hygiene and progressive muscle relaxation have been found to increase the quality and duration of sleep in the patient population and improve their overall health outcomes.

In the Heart and Vascular Progressive Care Unit, efforts towards improving patient quality of sleep using non-pharmaceutical nursing interventions has had positive results. Of 55 patients answering a survey, 56.4% (n=31) stated that ear plugs and eye masks decreased noise level around their room at night time and improved their sleep. Those results showed an 7.3% improvement in patient satisfaction since implementation of eye masks and ear plugs during Quarter 3 of 2014. We continue to work towards 100% patient satisfaction and improved sleep with the recent implementation of white noise machines.
EBP Project Presentations

- Formal presentations during session 11.
- Location - Hospital Auditorium.
- Nursing leadership in attendance.
- One 4 hour session = 16 presentations.
Organizational Impact

Potential Impact

- Provide supporting evidence that helps in sustaining ongoing quality initiatives.
- Introduce new knowledge to quality activities.
- Pose questions for generating research studies.

Creating Impact

- Utilizing Research and EBP Council structures.
- Identifying project teams underway or forming.
- Sustaining the QI work already initiated.
Utilizing Council Structures

Examples of projects selected for advancement to research studies:

- Use for mechanical lift devices.
- Pain perceptions.
- Bedside shift report.
NRP Coordinator Role

- Summarizing information for dissemination to Nurse Managers and Nursing Leadership.
- Communicating through internal publications.
- Distributing EBP project posters to nursing units.