Wednesday, May 6, 2015
Join WebEx Meeting

8:00 – 8:30 AM
Sam Johnson
*Healthy Living Promotion for Clients with Autism Spectrum Disorder*
Individuals diagnosed with autism spectrum disorder population are at an increased risk for developing obesity and its related chronic diseases. This has to do with many of the challenges they face when it comes to staying active and maintaining a well-balanced diet. Some of these struggles are related to the executive function deficits that this population displays. The Biggest Achiever Program used education sessions to improve knowledge of healthy living strategies, physical challenges to increase activity, and cooking classes to advance skills and comfort in the kitchen. The overall successes and struggles of the program will be discussed.

8:30 - 9:00 AM
Leah Ellsworth
*Implementation of Individualized, Evidence-based Patient Education System on an Inpatient Mental Health Unit*
Patients on an inpatient mental health unit benefit from patient education appropriate for their diagnosis. A system which included print and electronic sources was developed that allows patients to access current evidence based health information related to common medical diagnoses, wellness, coping, mental health, and holistic approaches to symptom management.

9:00 - 9:30 AM
Carol Retz
*Reducing Hospital Readmission Rates in Home Care Patients with Heart Failure*
The goal for this project was to reduce re-hospitalization rates in home care patients diagnosed with heart failure. Although the hospital rate was below the national mean, individuals were still
being readmitted and changes in practice were necessary. The objective of utilizing in-home monitoring equipment will need to wait until the equipment arrives but the objective related to increased care provider and patient knowledge about heart failure was met through educational activities and materials distributed.

9:30 – 10:00 AM
Jamie Machayya
**Onboarding for Extended Care Pediatric Patients**
The admission of a pediatric extended home care patient can be a challenging process. The goal of this project was to create a checklist tool to ensure all safety, equipment, medication, and infection control needs are addressed upon admission and implemented into the home medication administration record (MAR).

10:00 – 10:30 AM
Allison Fuchs
**Nurse-to-Nurse Hostility: Ending the Bullying and Burnout**
Approximately 60% of newly hired registered nurses leave their first position within 6 months because of some form of horizontal hostility (Vessey, Demarco, Gaffney, & Budin, 2009). In addition, nurses who report the greatest degree of conflict with other nurses also report the highest rate of burnout (Wilson et al., 2011). Through this project the intent is to educate and raise awareness regarding the horizontal hostility that occurs within the nursing profession and discuss approaches to minimize the occurrence and attain organizational commitment.

10:30 – 11:00 AM
Jennifer Boeckmann
**Home Care Nurses as a Transition Coaches for Stroke Patients**
Utilization of home care agency nurses as transition coaches can improve the transition to home for patients who have experienced a cerebral vascular accident (CVA.). This project focuses on reducing re-admission rates and improving patient safety in the home environment.

11:00 – 11:30 AM
Erin Broton
**Enhancing Parkinson’s Disease Education for Nursing Staff**
Providing quality care for patients with Parkinson’s disease requires education and knowledge of the symptoms exhibited by those affected. Outcomes of an existing staff educational program for network facilities of a large interdisciplinary Parkinson’s disease clinic were assessed and evaluated through staff interviews. This feedback was used to revise and expand the program content.

11:30 AM – 12:00 PM
Jessica Stewart
**Improving the Substance Abuse Withdrawal Process in a County Jail**
Research has showed that there is a widespread problem of inadequate treatment of withdrawal from alcohol and drugs in U.S. jails. The goal of this project was to improve the assessment and monitoring process to prevent serious complications from occurring in residents on the Substance Abuse Withdrawal (SAW) program. To achieve this goal a designated sign was
created and used to identify residents on the SAW program, correctional staff was educated about signs and symptoms to report promptly to medical, and SAW documentation was incorporated into the electronic medical record.

Emily Utecht
12:00 -12:30 PM
Using Pictorial Discharge Instructions for Effective Communication with Patients in Guatemala
While caring for post-operative surgical patients in Guatemala, one of the biggest barriers proved to be the language barrier. Using pictorial discharge instructions improved patient understanding, which hopefully assisted with patient recall, reducing medication errors and increasing compliance.

12:30 – 1:00 PM
Pamela Ditmarson
Reducing Fragmentation of Care
The purpose of this project was to improve patient outcomes and safety by reducing care fragmentation of medical home patients both in the clinic and through the 24 hour nurse triage line. Through a series of meetings with groups including physicians, nurses, receptionists, patients, informational support services issues were identified and suggestions were collected. A series of actions were identified to reduce the identified areas of fragmentation. This was a collaborative effort to improve communication of patient centered goals to the health care team.

1:00 – 1:30 PM
Ariel Boswell
Development of a Faith Community Nursing Program
Since faith community or parish nursing was founded in 1984, it has expanded to over 23 countries around the world. This project, inspired by experiences in the MSUM Public Health class and informed by Greenleaf’s Servant Leadership Theory, focused on developing a sustainable faith community nursing program in a local church.

1:30 – 2:00 PM
Deb Hanson
Creation of a Pediatric Trauma Education Curriculum
The goal of the Pediatric Trauma Nursing Education Curriculum was to prepare nursing staff to provide exemplary nursing care to injured children. This program was created in response to education requests by nurses in the Sanford Children's Hospital and Emergency Department, and to address a weakness determined during the Level II Pediatric Trauma verification site review by the American College of Surgeons in June 2014.

2:00 – 2:30 PM
Cyndy VanOverbeke
Gastrostomy Tubes in Schools
Gastrostomy tubes are being used with increasing frequency by school-aged children. The purpose of this project was to create a school district wide standardized plan for care for students with gastrostomies based on current evidence and regulations. This will assist school nurses and
unlicensed assistive personnel to provide safe and effective care while in the school setting promoting an optimal learning environment.

2:30 – 3:00 PM
Amber Nelson
**Acute Stroke Ready Hospital**
Stroke hospital designation is a certification given by the Minnesota Department of Health (MDH) which can improve outcomes for those experiencing an acute stroke. This project was directed toward meeting the required criteria certification and included the development of stroke protocols, developing transfer agreements with a Primary Stroke Hospital and Emergency Medical Services and programs for annual staff education and credentialing.

3:00 – 3:30 PM
Gina Millington
**Effects of Nighttime Environment on ICU Delirium**
Delirium in the intensive care unit (ICU) occurs in up to 80% of critically ill patients and is an independent predictor of adverse outcomes such as increased mortality, hospital length of stay, cost of care, and long-term cognitive impairments (Barr et al., 2014). This project included an education component on ICU delirium assessment. Additionally, nighttime modifications were implemented to promote normal sleep/wake cycles in ICU patients. Effects of these modifications on sleep quality and incidence of delirium were evaluated.

3:30 – 4:00 PM
Patti Johnson
**Improving Immunization Compliance in a Middle School**
Minnesota requires all students enrolled in kindergarten through 12th grade show proof they have received the required immunizations for school or have a valid exemption on file (Minnesota Department of Health, 2014). Failure to be compliant with the state mandated immunizations can lead to lost time from school for students in districts that enforce the ‘No Shots-No School’ policy. This project will demonstrate how evidence-based research led to the implementation of new procedures that will assist with immunization compliance at the middle school level.

4:00 - 4:30 PM
Krysta Jacobsen
**Successful Pain Management Assessment**
Documenting an initial pain management assessment upon admission to the acute care setting is important for every patient, let alone patients who are admitted with severe pain. When there is a delay in nursing documentation related to the patient’s pain, other areas of the interdisciplinary team may be unaware of how detrimental the pain really is to the patient, which leads to poor pain management control. The focus of this project was to design and implement an initial nursing pain assessment tool to improve nursing assessment skills which leads to a prompt and thorough pain assessment and improved patient satisfaction and outcomes.
4:30 – 5:00 PM
Devon Alwin
*Debriefing in an International Surgical Setting*
The presentation will explain the use of the debriefing process with a critical incident that occurred during a surgical mission trip to Huehuetenango, Guatemala. The changes to improve practice and procedures that took place as a result of the debriefing session will also be discussed as well as the positive influence that the implementation of debriefing had on patient outcomes.

5:00 – 5:30 PM
Caitlin Kumpula
*Nursing Home Fall Reduction*
Long term care staff was educated on contributing factors to falls, consequences of falls, and ways to reduce falls through proper root cause analysis, adequate post-fall charting, and anticipation of resident needs. Education was provided through presentations individualized for nursing assistants, practical nurses, and registered nurses.

5:30 – 6:00 PM
Cara Herdegen
*Reducing Barriers to Anticoagulation Management of Hmong Patients*
Warfarin, one of the most widely used anticoagulants, is a high risk medication that can have potentially life threatening consequences. St Paul is home to the largest Hmong population in the nation. Providing culturally competent nursing care is essential to ensure optimal patient outcomes for this group. Review of current evidence, client and staff interviews and anticoagulation nurse education were used to identify and reduce barriers to safe anticoagulation management in the Hmong population.

Thursday, May 7, 2015
Join WebEx Meeting

8:00 – 8:30 AM
Kelsey Borgen
*Teen Pregnancy Prevention*
Teen pregnancy rates in the United States are on the decline, yet in a rural northwestern Minnesota county, they seem to be on the rise. Teamwork and collaboration among the school, health community, students and parents resulted in changes to the current school sexual health curriculum.

8:30 - 9:00 AM
Sharon Brett
*Improving Quality and Safety of Intravenous Insertion and Therapy for Hospital and Nursing Home Patients*
In order to improve patient intravenous (IV) care, an IV training module was developed as a component of the orientation process for new and inexperienced nurses. Patricia Benner’s
Novice to Expert theory was used as a framework for the performance improvement plan of the project.

9:00 - 9:30 AM
Wendy Winkelman
Improving Post Anesthesia Care Unit Handoffs
Research shows that many serious medical mistakes are made because of poor communication during handoff reports for post-surgical patients. To improve communication and prevent adverse events, a standardized handoff tool for patients in the post-anesthesia care unit was developed.

9:30 - 10:00 AM
Allison McDougall
Reduction of Intensive Care Unit Delirium through Evidence Based Screening and Prevention Strategies
Delirium is an issue in intensive care units and can lead to many significant complications and poor patient outcomes including longer hospital stays, higher costs, and increased mortality. The goal of this project is to promote increased compliance with intensive care unit delirium screening and prevention strategies.

10:00 – 10:30 AM
Jennifer Linehan
Development of an Intravenous Therapy Orientation Module for Urgent Care Nurses
In Urgent Care (UC), intravenous (IV) therapy is a commonly applied treatment intervention. Upon hire, newly hired UC nurses had limited IV therapy training opportunities. This project involved developing a multi-modal orientation module to address training needs, especially for nurses with minimal to no previous IV experience. Ultimately, application of this module will serve to increase knowledge and skill in IV therapy, therefore increasing patient safety.

10:30 – 11:00 AM
Chelsea Engebretson
Quality Improvement of Home Health Care Supply Management
Managing supply inventory in any healthcare setting can be difficult. Poorly managed inventory, especially wound care supplies, can not only have negative financial effects on the organization but it also puts the clients at risk for decreased quality of care because proper supplies are not available. This project focused on implementing the use of technology, in the form of a kiosk, to replace the agencies prior practice of using paper and pencil to track supplies being used and promote more efficient management, ordering, and billing of supplies.

11:00 – 11:30 AM
Nicole Higel Baches
Development of Cardio-Vascular Thoracic Unit Orientation Program
Recent nursing staff turnover has created a patient safety issue as the cardiovascular thoracic unit (CVTU) frequently has nurses assigned to care for high acuity patients with multiple diagnoses, who have not been oriented to the unit. A program was developed with the goal of improving staff competency to provide safe, quality nursing care for this group of patients.
11:30 AM – 12:00 PM
Gina Pederson
**Staffing Based on Patient Acuity**
Registered nurse (RN) staffing is a complex issue that requires critical thinking as well as flexible solutions. Not only is it a nursing issue, but a logistical and financial issue as well. Through staff surveys and literature review, an acuity tool was designed, implemented, and trialed on a 22 bed medical surgical hospital unit.

12:00 – 12:30 PM
Samantha Newberg
**Enhancing Patient Satisfaction with Postoperative Pain Through Preoperative Educational Intervention**
Postoperative pain is a common occurrence that can cause numerous postoperative complications for surgical patients. Lack of knowledge for both nurses and patients can create barriers to effective pain management. The goal of this project was to use educational interventions to improve spinal surgery patients’ and medical surgical floor nurses’ knowledge of pain and pain management to decrease postoperative pain and complications.

12:30 – 1:00 PM
Meghan Margheim
**Safe Patient Handling**
Musculoskeletal injuries among health care workers are catastrophic to the nursing profession. Work related musculoskeletal disorders caused by manual patient handling such as repeated lifting, transferring, repositioning of patients, are the leading cause of occupational health problems, and continue to be the most expensive health problem in the U.S. Evidence based research strategies to promote patient and nursing safety were identified for patient handling activities.

1:00 – 1:30 PM
Kelly Culver
**Healthcare Education to Somali Families Presenting for Non-Urgent Care in the Pediatric Emergency Department**
A culturally competent educational process was developed for Somali patients that bring children to the pediatric emergency department (ED) for visits that would be more appropriate for a primary care provider. A literature review and client survey identified reasons why this culture chooses the ED for primary care visits and guided the project. Tools were developed that include a health system "how-to" handout, a reference sheet of nearby clinics, and a media presentation for patients to listen to while being seen in the department. The educational tools offer nurses an effective teaching strategy with hopes of reduced non-urgent ED visits and improved healthcare outcomes for patients of Somali culture.

1:30 – 2:00 PM
Sarah Hall
**Substance Use Assessment Emergency Room Patients**
The assessment process is fundamental for health care professionals to understand the patients’ needs and be able to develop appropriate treatment plans. The emergency department can be the
patients first and only portal of entry into the health care system, and therefore intervening when substance use is identified can be vital in preventing negative health and social consequences. The focus of this project is to select an appropriate standardized assessment tool for identifying substance use in emergency room patients located within a rural hospital.

2:00 – 2:30 PM  
Sue Beavis  
*Using Patients’ Own Medication During Hospitalization to Cut Out of Pocket Expenses*  
Depending on the classification of a patient’s stay in the hospital, administration of their regularly taken medications may not be covered by their insurance. With the added costs associated with hospital administered medications this can lead to a substantial amount for out of pocket expense for the patient. This presentation will discuss the implementation of using patients’ own medication during hospitalization as observation status to not only avoid out of pocket expense for the patient, but also increase quality of care.

2:30 – 3:00 PM  
Stephanie Danger  
*Heart Failure Management in Long Term Care*  
Informal discussion with a long term care facility indicated that there were issues following an evidence-based heart failure management protocol. A heart failure management teaching session and resource manual were developed for case managers to improve the process. Chart audits one month later were reviewed to identify impact of this project.

3:00 – 3:30 PM  
Break

3:30 – 4:00 PM  
Amy Harding  
*Development of Process to Communicate Critical Bed Census*  
Currently there is no formal process for communicating critical bed capacity in an effort to manage unscheduled admissions with planned bed flow logistics. The goal of this project was to create a formal process to disseminate information at specific times during the day related to critical bed capacity, improving bed flow and organization wide communication. Key stakeholders were engaged, the process of bed status dissemination has been determined, and a system has been identified to streamline communication during periods of high patient census to assure quality care is provided.

4:00 – 4:30 PM  
Joelle Anderson  
*Improvement of Breastfeeding Education for New Mothers*  
In a small critical access hospital, the information and teaching of breastfeeding for new mothers was lacking or seriously out of date. The goal of this project was for new mothers to feel competent and comfortable in breastfeeding their new baby, as well as in managing their new health status upon discharge. Through collaboration and coordination with nursing, medical and other providers, information and teaching was improved to new mothers and follow up was implemented.

4:30 – 5:00 PM
Azeez Rufai

Best Practices to Decrease Hospitalization among COPD Patients
Research studies have established that undiagnosed depression and anxiety among chronic obstructive pulmonary disease (COPD) patients have contributed to symptom exacerbation and increased the rate of acute hospitalization. Utilization of best practices such as the use of Generalized Anxiety Disorder 7 and Geriatric Depression Scale assessment tools, along with motivational interviewing skills were implemented to improve patient care outcomes and reduce hospital admissions.

5:00 – 5:30 PM
Katie Meierhofer
Promoting and Honoring Health Care Directives
The majority of Americans would like to be able to make their own decisions surrounding end of life care. This project focused on promoting the development of health care directives for geriatric clients and increasing collaboration with primary care providers in honoring their client’s choices.

5:30 – 6:00 PM
Kristin Miller
Assessment and Management of Delirium in the Cardiac Care Unit
The goal of this project was to improve patient care by identifying delirium in cardiac care unit patients and intervene effectively. This was accomplished by educating nursing staff about hospital acquired delirium, how to identify it, prevention methods to reduce it, and ways to manage patients that develop delirium. Staff education and some systems issues were addressed as part of the project.