Creating New Initiatives in Unchartered Water: The Virtual Nursing Journal Club and Nursing Research Fellowship Program

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Objectives

At the conclusion of this session learners will be able to:

• discuss an interactive mechanism for nurses that will help them to critically evaluate nursing research studies and keep abreast of current research findings.

• describe a hospital initiative that promotes nurse-initiated research studies.
The Virtual Nursing Journal Club (VNJC)

Jacki Rosen MS, RN, PMHCNS-BC
Planning The Program

Why Virtual?

Literature review - Journal clubs

- Promote EB nursing practice
- Improve quality of patient care
- Promote an increased awareness of research
- Educate about research utilization
Barriers to Journal Clubs

Literature review

- Time
- Lack confidence leading
- Interest
- Comfort with current practice
Purpose of VNJC

To provide an interactive mechanism for nurses that will help them to:

- critically evaluate nursing research studies
- keep abreast of current research findings
- promote an evidence-based practice environment by translating new research knowledge into practice
- strengthen collegial relationships within South Nassau
Creating the VNJC

- Reviewing the literature
- Program development
  - Process
  - NREBPC work group
    - Shared review of literature
    - Selecting the first article
    - Critique of article
- Collaborating with IT
The VNJC!

Working with IT took several meetings and familiarizing ourselves with the intranet!
Marketing

- Flier
- Email
- Council meetings
Creating the VNJC

- Pilot of website
  - First article - April 2013
    Perceptions, Knowledge, and Commitment of Clinical Staff to Shared Governance by Karen Frith, PhD, RN & Meryl Montgomery, MSN, RN

- Contact hours
  - Enduring activity
VNJC Challenges

- Marketing
- Interest
- Intranet literacy
- Accessibility at home PCs
- Contact hours
VNJC Outcomes

- Website visit counts
- Feedback and comments on site
- Future Plans
  - Quarterly articles with critiques
  - Home access
  - CNE contact hours
The Nursing Research Fellowship Program

Marybeth Ryan, PhD, RN
Creating the Program: Background

- A visionary leader
- An exciting new initiative
- The Magnet Journey
Creating the Program: Planning

- Reviewing the Literature
- Developing Application Process
- Creating Curriculum & Forms
- Selecting and Preparing Mentors
- Administrative Details
- Contacting Guest Speakers
Program Goals

- Create an infrastructure and culture that promote nurse-initiated research studies

- Impart education related to the nursing research process

- Offer guidance and support to novice nurse researchers through mentoring
Program Objectives

The fellows will:

- Use the appropriate steps in the nursing research process to develop a nursing research study.

- Write a research proposal for presentation at a Nursing Research/ Evidence-Based Practice Council (NREBPC) and Protocol Review Committee (PRC) meeting.

- Implement a nursing research study.

- Analyze and interpret findings with statistical assistance as necessary.

- Seek guidance and support from her/his mentor throughout the program.
Program Objectives (contd.)

The fellows will:

- Share ideas with and learn from the research work of peer fellows.
- Prepare a poster to present findings to South Nassau staff at the last session.
- Identify a venue(s) for disseminating findings, through a paper and/or poster presentation, at a local, state, national or international nursing conference.
- Report an increase in confidence, at the conclusion of the program, in the ability to initiate and conduct a nursing research study independently.
- Serve as ambassadors for the third Nursing Research Fellowship Program.
Program Design

- Eighteen month on-site program
- 8 hours of dedicated release time monthly to attend:
  - 4 hours (am) – Nursing Research/EBP Council Meeting
  - 4 hours (pm) – Fellows’ session
- Structured sessions – educational, group sharing and mentoring
- On-going mentoring with advanced practice nurse
Eligibility Criteria

- Registered nurse
- Employed at least 2 years at South Nassau
- Employed part time or full time
- Minimum of a BSN degree
- Completed a nursing research course
Application Process

- Program advertised with application form via email and South Nassau newsletter
- Application form submitted to Nurse Scientist
- Anonymous applications reviewed by NREBPC members
- Prospective fellows interviewed
- Fellows selected and notified
- Fellows re-interviewed
Fellows’ Session Format

- Educating
  - Pretest
  - Collaborative Institutional Training Initiative (CITI Program)
  - Program Coordinator, Mentors and Guest Speakers

- Group Sharing
  - Problem-Solving, Feedback and Support

- Mentoring
  - Individualized during last portion of session
In-Between Formal Sessions

- Fellow-Mentor Meetings/Contacts as per mutual arrangement
- Completion of assignments due for next session
- Support from a former fellow as needed
Research Challenges

- Dedicated not protected time
- Western Institutional Review Board submissions
- Time constraints
- Subject accrual
Program Outcomes

- Poster Presentations
  - 2013: Adelphi/Sigma Theta Tau’s Ninth Annual Leadership Conference
  - South Nassau’s Nurses’ Week
  - 2014: South Nassau’s First Annual Research & Clinic Day

- Program Evaluation Results:
  - Pretest Average = 2.6
  - Posttest Average = 3.6

Note: A paired t-Test would have been conducted to indicate statistical significance had the sample size been greater than N=5.
Future Plans

- Podium Presentations
  - 2014 – NREBPC’s October Nursing Research Conference
- Completion of Studies
- Writing Manuscripts
- Podium Presentations
Fellows’ Completion Ceremony: Celebrating Achievements
# Fellows’ Nursing Research Studies

## 2012 - 2013
- Hospitals Empowering Lifelines through Peers (HELP) Project – (Lynn Bert)
- Attitudes & Beliefs of Perinatal Staff Nurses Regarding Implementation of the Baby-Friendly Hospital Initiative at South Nassau – (Laurel Book)
- Nurses in CCUs: Taking Grief Support into Their Own Hands – (Katie DeMelis & Nydia White)
- The Effects of Oral Intake of Clear Fluids During First Stage Labor on Maternal Satisfaction & Neonatal Hypoglycemia – (Madeline Cozzi-Gottlieb)

## 2014 - 2015
- The Lived Experience of African-American Women Who Have Had Bariatric Surgery – (Irene Ficaro)
- Prenatal Education via Social Networking: A Survey – (Janice Campbell)
- The Effect of Animal-Assisted Therapy on Oncology Patients’ Pain – (Liz Bachoo-Garib)
- Educating Nurses about Self-Care Strategies – (Dena Alberti)
Questions and Feedback

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