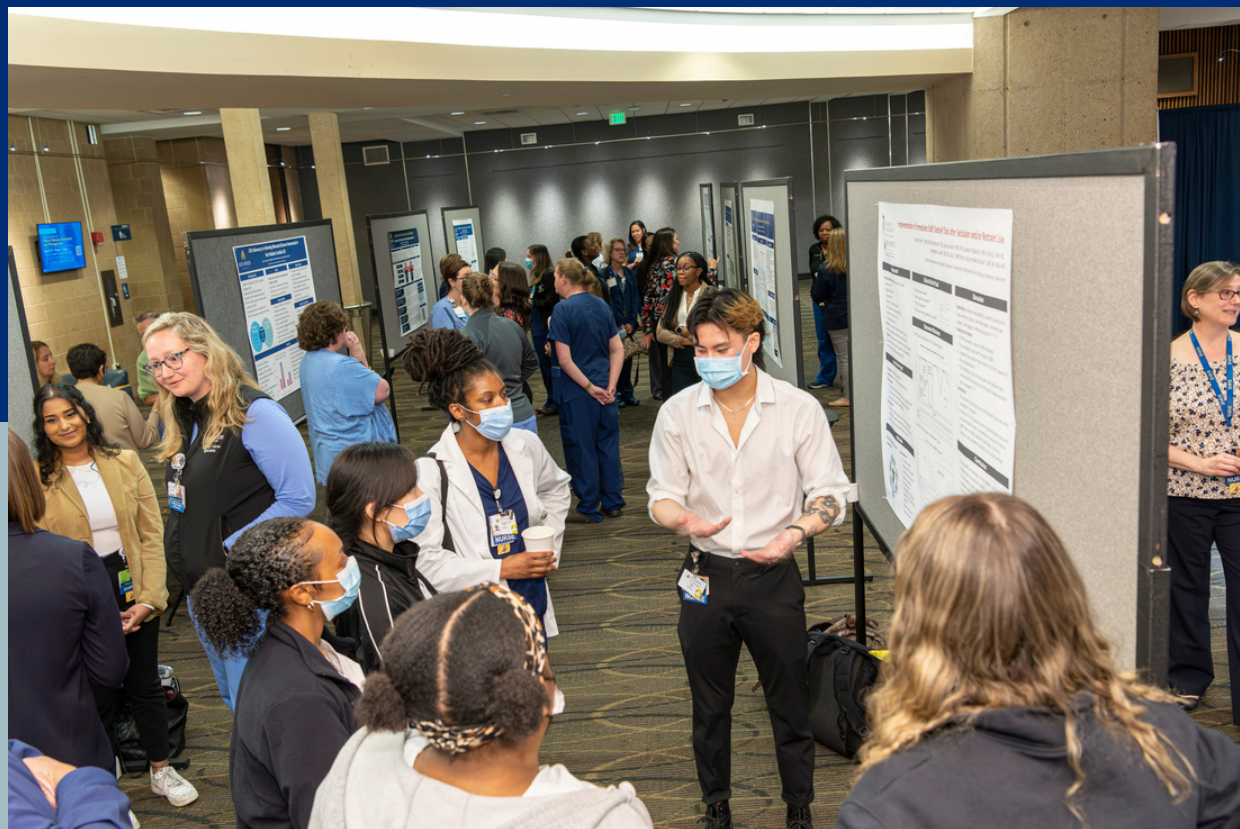


JOHNS HOPKINS CENTER FOR NURSING INQUIRY



**JHHS NURSING
INQUIRY IN
ACTION**

TABLE OF CONTENTS

ABOUT THE CENTER FOR NURSING INQUIRY

WELCOME
MISSION & VISION
LEADERSHIP
COLLABORATION

PROGRAMS & EVENTS

NURSE SCHOLAR FELLOWSHIP
EBP INTENSIVES
EBP IN NRP
SHINE CONFERENCE

JHHS INQUIRY WORK

FY 2023 PROJECTS, PRESENTATIONS
AND PUBLICATIONS

EDUCATION AND OUTREACH

WEBSITE
INQUIRY ONLINE
COACHING AND CONSULTING
WORKSHOPS/JOURNAL CLUB

THANK YOU

PARTNERS

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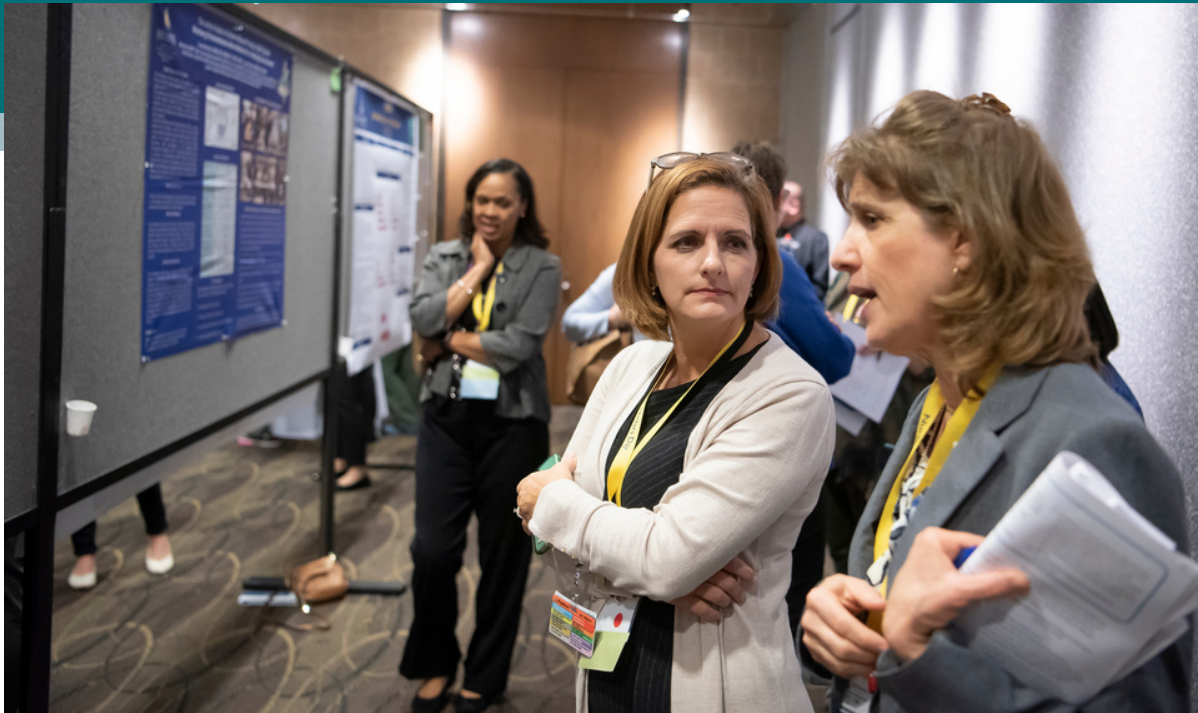
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ABOUT THE CENTER FOR NURSING INQUIRY

The Johns Hopkins Center for Nursing Inquiry is dedicated to advancing the science of nursing. We provide educational resources and expert guidance for nurses participating in clinical inquiry . . . we encourage nurses to **be curious!**



THE CENTER FOR NURSING INQUIRY TEAM



Heather Watson listens to a nurse at the 2021 SHINE Conference.

WELCOME

I am so proud of all the CNI has accomplished during fiscal year 2023. We have successfully built the foundation upon which nurses will contribute to inquiry work in support of our professional practice.

This year, we oversaw an expansion of our programs, ran a successful conference, and saw our website and online audience grow. I look forward to seeing all the amazing inquiry work to come.

Heather Watson, Ph.D, RN
Nurse Scientist for the Johns Hopkins
Health System

**WITHOUT RESEARCH THERE
IS NO EVIDENCE, AND
WITHOUT EVIDENCE THERE
ARE NO EVIDENCE-BASED
PRACTICES.**

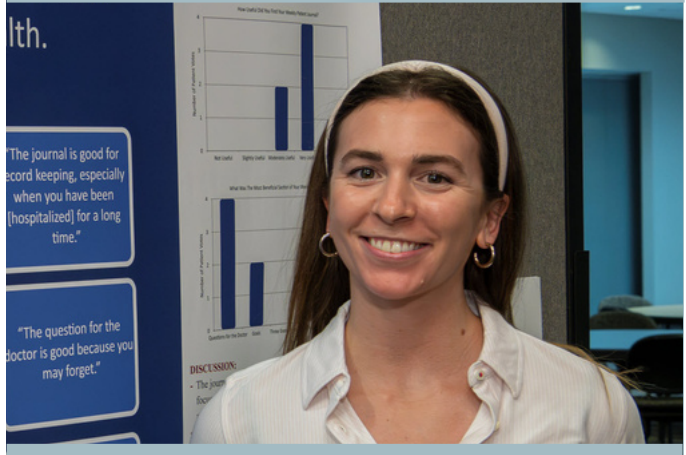
STAY CURIOUS!

HEATHER WATSON, PH.D, RN



MISSION

Our mission is to increase the competence, confidence, and capacity of Hopkins nurses to engage in meaningful scholarly activities.



VISION

Our vision is to exemplify nursing evidence-based practice, quality improvement, and research excellence.



VALUES

Johns Hopkins Medicine values guide our center:

- Excellence and Discovery
- Leadership and Integrity
- Diversity and Inclusion
- Respect and Collegiality

FARZANEH AGAHI, BSN, RN
KATE MCATEE, BSN, RN
KRISTY WORMACK, MSN, RN
PRESENTING AT SHINE

LEADERSHIP



HEATHER WATSON, PH.D, RN

Dr. Heather Watson is the Nurse Scientist for the Johns Hopkins Health System; leading and conducting discipline-specific and interprofessional research to strengthen the implementation, adoption, and sustainability of best evidence for clinical, administrative, and nursing practice. Dr. Watson started her career as a maternal/child nurse, taught in baccalaureate and master's curriculums, and held a senior research nurse position in public health.



MADDIE WHALEN, MSN/MPH, RN

Maddie Whalen is the Evidence-Based Practice (EBP) Program Coordinator for the Johns Hopkins Health System. In this role, she supports frontline nursing in completing robust and actionable EBP projects. She began her nursing career in the Emergency Department while earning her Master's Degrees in Nursing and Public Health. She continues to work clinically part-time as well as serve as a clinical instructor at the Johns Hopkins School of Nursing.



ALEXANDRA JOHNSON, MSN, RN

Alexandra Johnson is the Nursing Inquiry Program Coordinator for the Johns Hopkins Health System. In this role, she conducts and guides nursing research, evidence-based practice, and quality improvement work. Alexandra began her career in research as a Clinical Research Specialist, followed by a Research Coordinator position. Alexandra joined The Johns Hopkins Hospital as a nurse where she continues to work clinically part-time.



NADINE ROSENBLUM, MSN, RN

Nadine Rosenblum is the Nursing Inquiry Program Coordinator for the Johns Hopkins Health System. In this role, she conducts and guides nursing research, evidence-based practice, and quality improvement work. Nadine began her career as a Community Nurse Consultant in South Africa, then joined The Johns Hopkins Hospital. After receiving her IBCLC, she transferred to GYN/OB as a Lactation Consultant and Lead Clinical Nurse, then she became the Lactation Team Lead.

COLLABORATION

The Center for Nursing Inquiry works collaboratively within the Johns Hopkins Health System shared governance council structure to ensure the inquiry perspective is represented.

CNI COUNCIL LEADERSHIP

The CNI leads inquiry councils at the health system and affiliate levels:



CNI COUNCIL PARTICIPATION

We attend system level councils...



... and all affiliate inquiry councils.



CNI PROGRAMS

The Center for Nursing Inquiry leads several in-depth training programs each year. We teach JHHS nurses to engage in meaningful, high-quality inquiry projects.



NURSE SCHOLAR
FELLOWS AT
WORK



The 2023 fellows with the CNI team and Dr. Deb Baker on graduation day.

NURSE SCHOLAR FELLOWSHIP

The Nurse Scholar Fellowship, launched in May of 2022, accomplished a tremendous amount in 12 months! During the year long program, they:

- Developed two questions, and narrowed down 2900 search results to 40 relevant articles.
- Created executive summaries, conference posters, and a podium presentation.
- Wrote manuscripts to submit to professional nursing journals for publication.
- Presented their findings to the JHH Directors of Nursing!
- Earned **912** NCPD contact hours.

"I'VE LEARNED MORE IN THE FIRST TWO CLASSES THAN I HAVE IN AN ENTIRE SEMESTER OF MY NURSING RESEARCH CLASS DURING UNDERGRAD."

**CHANA PEELE, BSN, RN
NURSE SCHOLAR FELLOW**

And they're not done! Six of the fellows are continuing their work through November 2023.



The ACH EBP-I team won the award for best EBP Project at the 2023 SHINE Conference

EBP INTENSIVES

This year, the CNI built on last year's successful EBP-I launch, with intensives held at Suburban Hospital and Howard County Medical Center. Participants earned **216.75** NCPD contact hours for their efforts this year, and planning is underway for an intensive for the Johns Hopkins Hospital and Bayview Medical Center. Outside of the classroom:

- The All Children's Hospital cohort won the award for the best EBP project at SHINE. Their manuscript has been accepted by the Journal of Nursing Care Quality.
- The Suburban Hospital Cohort presented their project at SHINE and are currently working on a manuscript.
- The Howard County Cohort is working on both a manuscript and an executive summary for internal dissemination which will support a larger research study.

"I REALIZED THAT IT TAKES ALMOST TWO DECADES FOR NEW RESEARCH TO WORK ITS WAY INTO CLINICAL PRACTICE. THAT'S WAY TOO LONG!"

**ELIZABETH GABRIEL, MSN
SUBURBAN EBP-I**



SIBLEY MEMORIAL HOSPITAL
JOHNS HOPKINS MEDICINE

A Tough Pill to Swallow

Clara Barton, RN BSN, Mary Breckinridge RN BSN, and Patricia Benner RN BSN

Sibley Memorial Hospital, Washington, D.C. 20016



SIBLEY MEMORIAL HOSPITAL
JOHNS HOPKINS MEDICINE

Problem Statement

PICO: What is the best evidence based practice recommendation regarding the administration of oral medications in older people who experience dysphagia (difficulty swallowing)?

As the average life expectancy in the United States continues to rise, there is an increased incidence of older patients who present with difficulty swallowing that require oral medications during their hospital admission. However, without a unified or clear policy, there continues to be a wide variation in knowledge and practice by nursing personnel. Questions include how should these medications be administered or safely altered to maintain patient safety and proper therapeutic administration.

Current Unit Practice

Assess notes from pharmacy i.e. "Do not crush or chew" on MAR and contact the unit pharmacist with questions about medication alterations. Hold PO medications until SLP evaluation.

This practice results in delays to patient care and patient dissatisfaction. Furthermore, during times when an SLP or unit pharmacist is unavailable, it can result in missed doses altogether.



Best Evidence Recommendation

Initial recommendations would involve restoring the patient's swallowing ability to their baseline before beginning to alter medication administration. This includes postural adjustment, utilizing thickening agents, using swallowing techniques, and altering the route of administration.

Stakeholders to Engage

Speech-Language Pathologists, Clinical Pharmacists and Registered Dietitians

Recommendations to Bridge Gap Between Current Practice and Best Evidence

Recommendations include implementing aspiration precautions such as HOB > 45 degrees and maintain for minimum of 30 minutes after. In addition, standardize the practice of altering medications i.e. crushing into applesauce, dissolving into water or allowing patient to chew medication. Do not crush extended release or enteric coated medications as these medications are intended to be released slowly in the system. Consider alternative forms of oral tablets/capsules such as liquid formulations, IM/IV injections or SL/ODT formulations.

Data to Gather

HERO Safety Events, Patient satisfaction surveys and MAR audits of Missed/hold dose(s)

References

Cichero, J. A. (2013). Thickening agents used for dysphagia management: effect on bioavailability of water, medication and feelings of safety. *Nutrition Journal*, 12(1), 1-8.

Fodil, M., Nghiem, D., Collis, M., Bourry, S., Poisson-Solomon, A. S., Rezigue, H., & Trivette, C. (2017). Assessment of clinical practices for crushing medication in geriatric units. *The journal of nutrition, health & aging*, 21(8), 904-908.

Forough, A. S., Lau, E. T., Steadman, K. J., Cichero, J. A., Kyle, G. J., Santos, J. M. S., & Nissen, L. M. (2018). A spoonful of sugar helps the medicine go down? A review of strategies for making pills easier to swallow. *Patient preference and adherence*, 12, 1337.

Kukota. (2023). *Handful colored pills palm* [Photograph]. Freepik. https://www.freepik.com/premium-photo/handful-colored-pills-palm_6097645.html#from_view=collection.

Odumbe, M. Evidence Summary. Swallowing Impairment (Older Person). Administration of Medications in Food and Beverages. The JBI EBP Database. 2022; JBI-ES-2074-3.

A sample poster made by a participant in the Nurse Residency Program

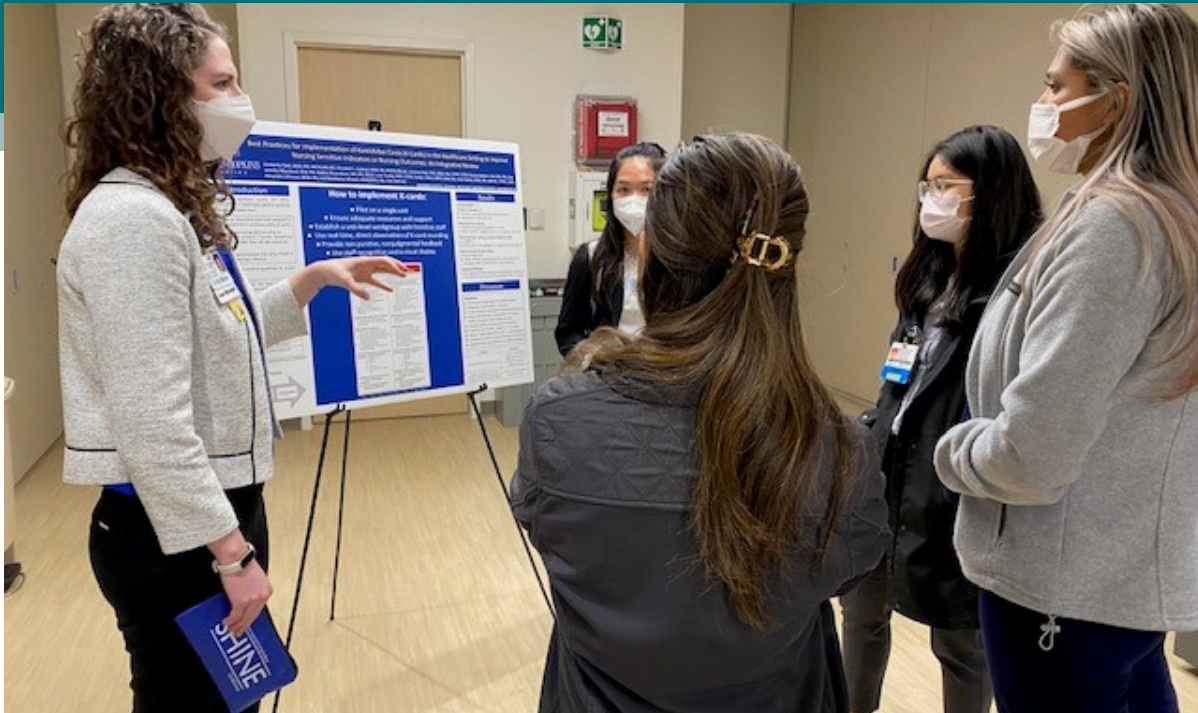
EBP IN NRP

Launched in FY 2022, the EBP in NRP curriculum has now reached hundreds of new nurses in the Health System, strengthening their understanding of the EBP process and encouraging them to be curious! In FY 2023:

- NRP programs can now choose from two tracks when delivering the curriculum: cases studies or EBP activities; **35** new case studies were completed this year.
- The Center for Nursing Inquiry has partnered with the Institute for Johns Hopkins Nursing to market the EBP in NRP curriculum and case studies to organizations outside the health system. We have sold the curriculum to a six-hospital health system.

"INCLUDING EVIDENCE-BASED PRACTICE IN THE NURSE RESIDENCY PROGRAM CULTIVATES CURIOSITY IN RESIDENTS WHILE INTRODUCING EBP CONCEPTS."

MADDIE WHALEN, MSN/MPH, RN



Emily Weiss and Linh Truong presenting the Suburban EBP-I's project at the 2023 SHINE Conference

SHINE CONFERENCE

The SHINE Conference is the Center for Nursing Inquiry's annual celebration of nursing innovation and discovery. The 2023 conference was a hybrid conference - participants could attend live in-person or virtually, and catch anything they missed online. In-person events were held at each affiliate over three days: April 17 - 19. In 2023, the SHINE Conference:

- Engaged over 600 nurse - 100 more attendees than the previous conference - from across the health system.
- Included **3** leadership presentations, **3** expert panelists, **6** education presentations, **10** podium presentations, and **44** posters.
- Provided up to **8.0** NCPD contact hours to **68** participants, who earned **242** NCPD contact hours

"THIS IS A WONDERFUL OPPORTUNITY TO SHARE THE INNOVATIVE PROJECTS BEING DONE ACROSS THE ENTERPRISE. I AM INSPIRED TO DO SOME NURSING INQUIRY!"

2023 SHINE ATTENDEE

INQUIRY ACROSS THE HEALTH SYSTEM

The Center for Nursing Inquiry tracks the scholarly work of JHHS nurses who participate in the three forms of nursing inquiry: research, evidence-based practice, and quality improvement.

**ANSWERING
QUESTIONS AT THE
2023 SHINE
CONFERENCE**



JHHS INQUIRY WORK

The Center for Nursing Inquiry supports the three forms of inquiry from inception to completion, and tracks the work of JHHS nurses. In FY 2023, we introduced a **new reporting system** that streamlined the tracking process and reached a wider audience.

INQUIRY WORK FY 2023**	ACH	BMC	HMC	JHH	SM	SUB	HOME CARE	MULTI SITE
PROJECTS	14	12	4	48	5	5	2	3
RESEARCH	1*	2*	1*	6*	2*	1*	0	2
EBP	2	2	1*	6	0	2	1	1
QUALITY IMPROVEMENT	11	8	2	36	3	2	1	0
PRESENTATIONS	9	9	3	24	4	4	1	1
PODIUMS	2	1	1	4	1	1	0	0
POSTERS	7	8	2*	20	3	3	1*	1
PUBLICATIONS	3*	8*	3*	31*	6*	2*	2*	7

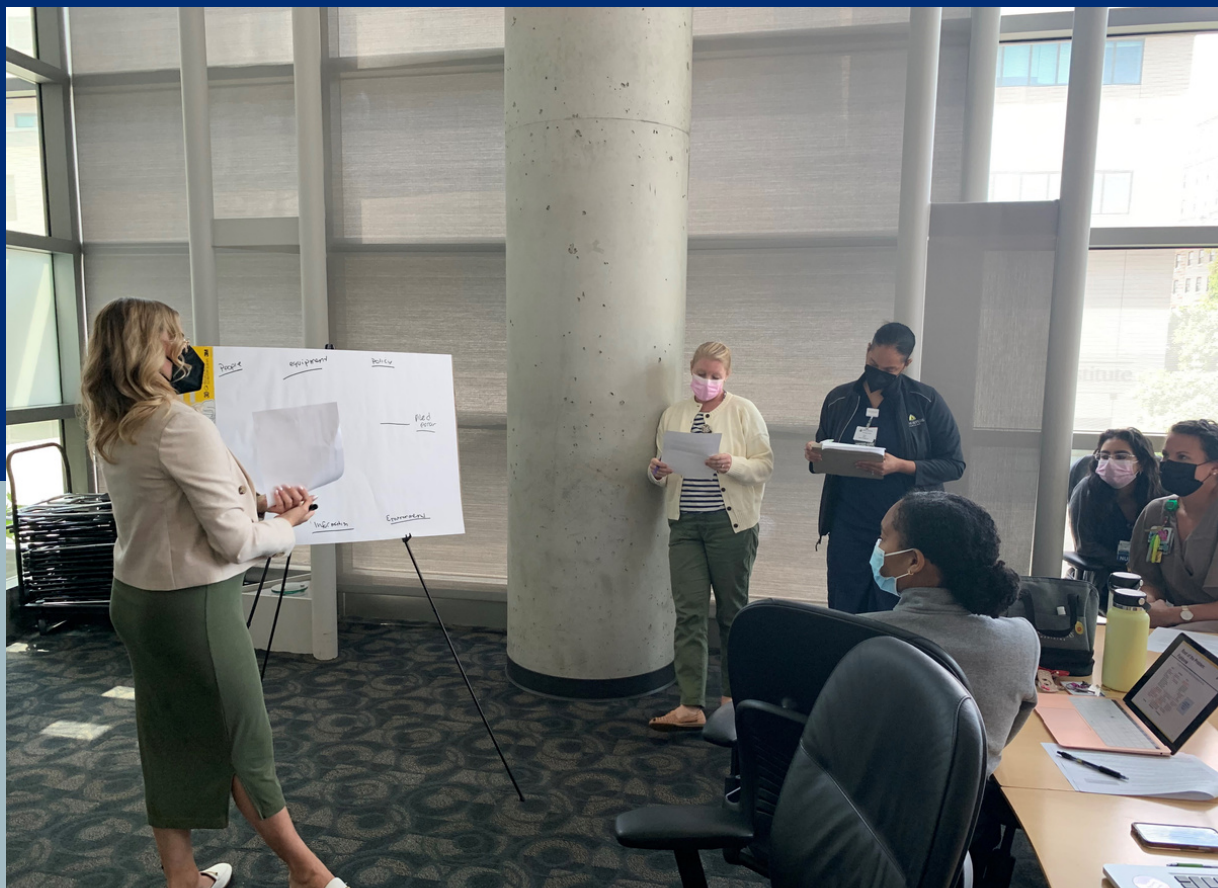
*Includes multiple sites

**The CNI recognizes this might not be a comprehensive list

***Multisite includes JHHS projects and publications

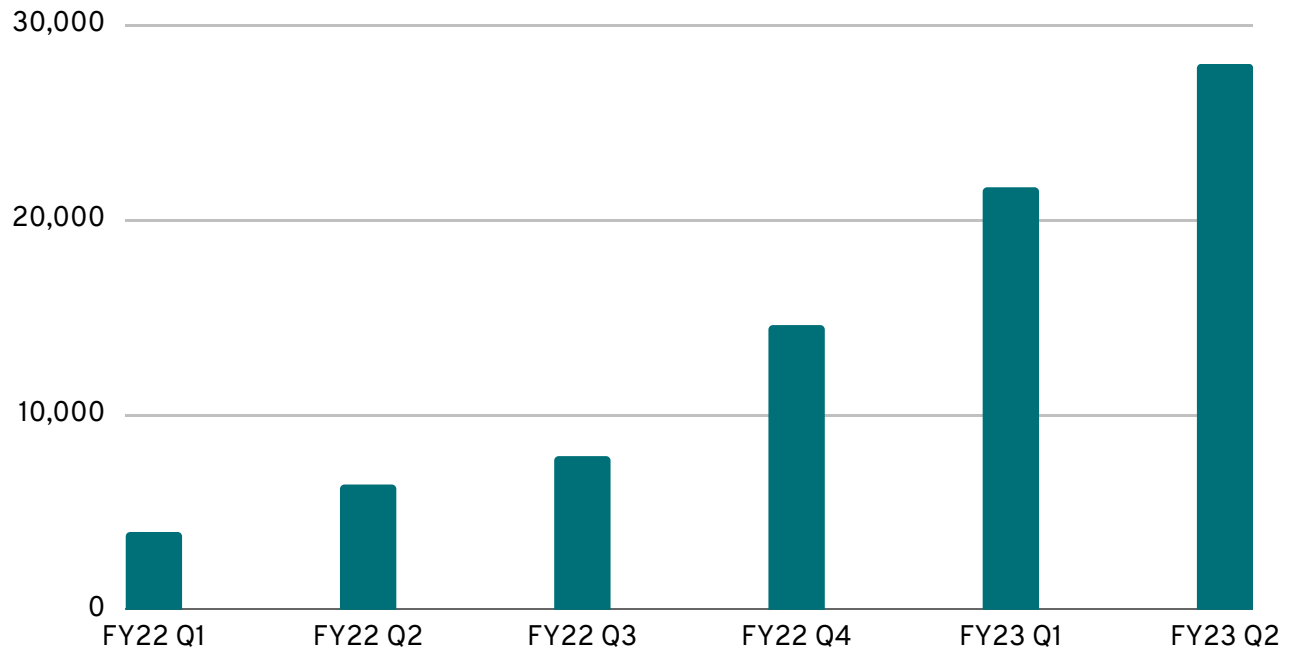
EDUCATION AND OUTREACH

To meet the needs of all JHHS nurses, the Center for Nursing Inquiry provides on-demand educational resources, a workshop series, one-on-one consulting and coaching, and more!



**TEACHING THE
FISHBONE DIAGRAM**

CNI WEBSITE VISITORS



WEBSITE

The Center for Nursing Inquiry's externally facing website has grown quickly since it was launched in the beginning of FY 2022.

In addition to information about the Center for Nursing Inquiry's programs and services, it is a rich resource of nursing inquiry educational materials.

Podcasts, articles, videos and inquiry tools are easy to search and access by topic. They, along with the *Quality Improvement* and *Evidence-Based Practice* pages are the most frequently visited pages on our website.

The CNI's website is also a valuable resource for nurses outside of the Health System. It is consistently at the top of Google search results related to nursing inquiry:

- Nursing quality improvement (#1 hit)
- Nursing inquiry (#2 hit)
- Nursing EBP (#3 hit)
- Clinical Inquiry (#6 hit)

We will continue to expand the website in FY 2024.

PODCASTS

We posted **11** new podcasts in FY 2023, for a total of **46**. Engagement increased this year: CNI podcasts were played over **2500** times, a **37%** increase, for over **550** hours - up **66%**!

VIDEOS

Our on-demand videos allow nurses to learn on their own schedule. The **6** new videos posted in FY 2023 bring our total to **50**. CNI videos were viewed **4200** times - up **30%** this year.

ARTICLES

Our monthly articles provide a quick snapshot on a variety of inquiry topics. Articles allow busy nurses an easy way to learn about inquiry work. We posted **11** articles in FY 2023.

SOCIAL MEDIA

We feature nursing stories, inquiry tips, and updates about program and resources on our social media. In FY 2023, our Facebook audience grew **9%**, our email list grew **43%**, and our LinkedIn audience grew by **680%**.



**NURSING
INQUIRY
ONLINE**



Getting advice from a nursing inquiry expert.

COACHING AND CONSULTING

The Center for Nursing Inquiry is always available to advise JHHS nurses! Support takes many forms and reaches nurses with all levels of inquiry expertise. In FY 2023, the CNI:

- Held monthly drop-in office hours, offered virtually so all JHHS nurses have access.
- Provided in-person consults to individuals and groups.
- Met directly with nurses on their units to present on nursing inquiry and answer questions.
- Shared resources and made connections between nurses by email and online.
- Provided pre-acceptance coaching to 15 SHINE applicants, and coached over 30 nurses who were conditionally accepted to the 2023 SHINE conference.

"ONE OF THE MOST IMPORTANT FOUNDATIONAL PRACTICES IN INQUIRY IS LEARNING TO ASK THE RIGHT QUESTIONS OF THE RIGHT PEOPLE, IN THE RIGHT WAY, AT THE RIGHT TIMES."

**CAROLYN CUMPSTY-FOWLER,
PH.D
SENIOR DIRECTOR FOR
NURSING WELL-BEING**

WORKSHOPS

The Center for Nursing Inquiry's live workshop series includes *Three Forms of Inquiry*, *Tools for Inquiry Work*, and *Dissemination*. Together, the three workshops provide a thorough overview of nursing inquiry.

In FY 2023, the CNI team delivered the *Dissemination* and *Tools for Inquiry Projects* workshops, reaching **35** participants who earned **140** NCPD contact hours.

JOURNAL CLUB

The Center for Nursing Inquiry hosts a quarterly journal club to discuss scientific articles. The CNI engaged **17** nurses throughout the year.

Journal Club helps participating nurses keep up with current literature, improve their appraisal skills, and learn how to translate knowledge to guide clinical practice. It is also a great networking opportunity!



TEACHING THE
EBP PROCESS

THANK YOU

PRESENTING AT
THE SHINE
CONFERENCE



THANK YOU

The Center for Nursing Inquiry works closely with nurses throughout the Health System. We'd like to particularly thank members of the **JHHS Inquiry Council** and the **SHINE Work Group**; we could not accomplish our goals without their support!

JHHS INQUIRY COUNCIL

The JHHS Inquiry Council works with the CNI to develop system-wide strategic plans and goals related to nursing inquiry. Thank you for helping to advance the science of nursing!

All Children's Hospital

- Kristina Burger, DNP, APRN
- Samantha O'Leary, RN, BSN, CPN

Bayview Medical Center

- Cathy Lindauer, DNP, RN
- Taylor Yiankos, MSN, RN, CMSRN

Howard County Medical Center

- Vicki Lowe, PhD, RN
- Rachel Gordon, MSN, RN-BC

The Johns Hopkins Hospital

- Judy Ascenzi, DNP, RN

Sibley Memorial Hospital

- Suzanne Dutton, DNP, GNP-BC
- Rowena Milburn, DNP, RN

Suburban Hospital

- Karin Nevius, MSN, RN
- Meha Delal, MSN, RN

Home Care Group

- Dawn Hohl, PhD, RN

SHINE WORK GROUP

Thanks to the SHINE Work Group for helping to plan and promote the SHINE Conference and for organizing the in-person events at their affiliates. A huge amount of work goes into the SHINE Conference, we couldn't do it without them!

All Children's Hospital

- Kristina Burger, DNP, APRN

Bayview Medical Center

- Cathy Lindauer, DNP, RN
- Annie Duremdes, MSN, RN

Howard County Medical Center

- Vicki Lowe, PhD, RN
- Rachel Gordon, MSN, RN-BC

Sibley Memorial Hospital

- Suzanne Dutton, DNP, GNP-BC

The Johns Hopkins Hospital

- Stefanie Mann, MS, NPD-BC
- Stephanie Wilmer, MSN, BSN
- Kelly Williams, MSN, RN
- Myrna Mamariil, DNP, RN
- Laura Motel, MA, BA
- Megan Mangione, MSN, BSN

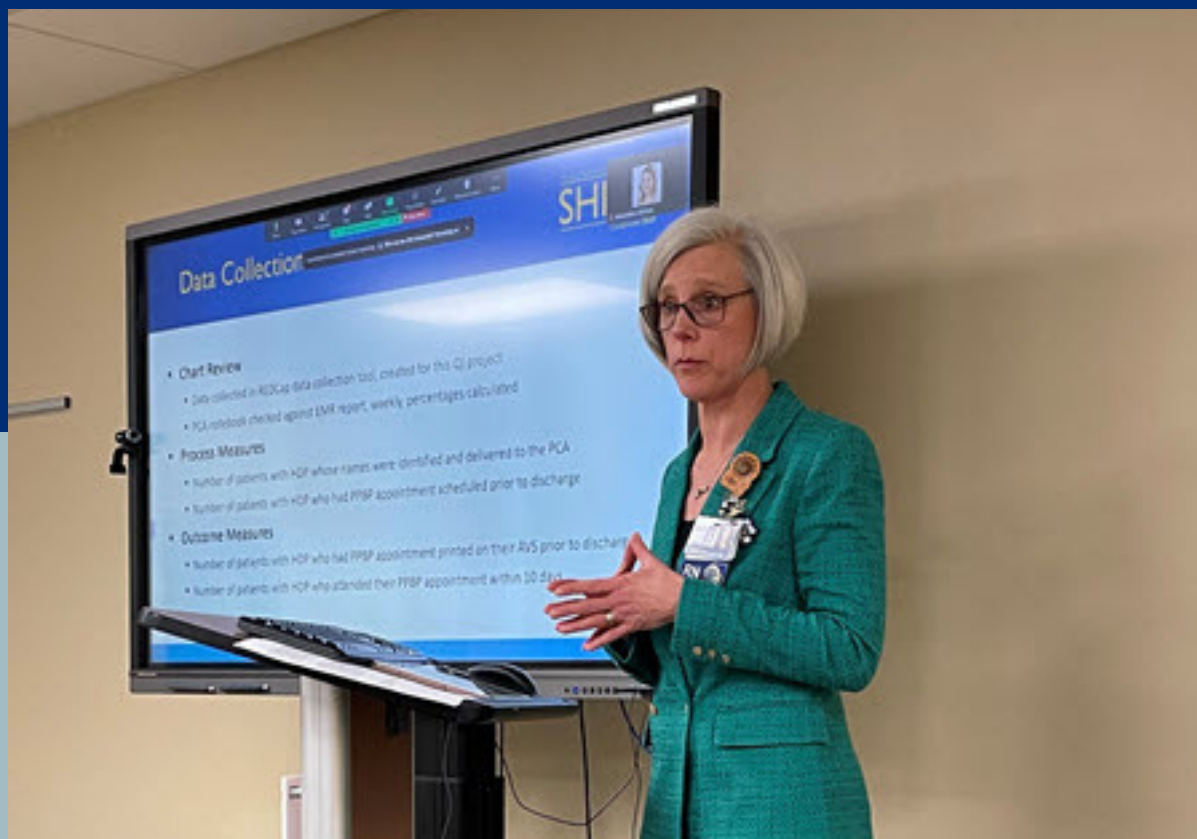
Suburban Hospital

- Karin Nevius, MSN, RN
- Rachel Meltzer, MS, BSN, RN

Annual Report prepared by Jeanne Mahoney, Administrative Coordinator for the Center for Nursing Inquiry.

**THANKS TO ALL
JHHS NURSES WHO
PARTICIPATE IN
INQUIRY WORK.**

STAY CURIOUS!



Data Collection

SHI

- Chart Review**
 - Data collected in REDCap data collection tool, created for this QI project
 - PCA notebooks checked against EMR report, weekly percentages calculated
- Process Measures**
 - Number of patients with HCP whose names were identified and delivered to the PCA
 - Number of patients with HCP who had PPSF appointment scheduled prior to discharge
- Outcome Measures**
 - Number of patients with HCP who had PPSF appointment printed on their AoS prior to discharge
 - Number of patients with HCP who attended their PPSF appointment within 30 days