

RESEARCH & EBP PROGRESS REPORT



We cannot afford to live with "doing it my way as we have always done it this way" mentality. Using data (evidence) to change the way in which nursing is practiced is essential to our future.

B. Brown (2006)



UPCOMING ACTIVITIES

- April 6-11, 2014 – *EBP Week*
- Q1 2014 – EBP Journal Club ... topic and dates to be announced soon.

NEWS AROUND THE HOUSE

Magnet



CERTIFICATIONS & GRADUATIONS

Newly Certified

- Laura Kroening, RN, CEN** successfully passed the Emergency Nursing certification exam.
- Rita Burns-Wooten, RN-BC** successfully passed the Gerontological Nursing certification exam
- John Byrd, RN-BC** successfully passed the Psychiatric and Mental Health Nursing certification exam
- Katelyn Millsaps, BSN, RN-BC** successfully passed the Medical Surgical Nursing certification exam
- Carol Thompson, MNA, RN, NEA-BC**, successfully passed the Nurse Executive Advanced certification exam.

Graduation

Master Degree Nursing

Cheryl Logan, MSN, RN-BC earned her Master of Science in Nursing degree from Gardner-Webb University.

Baccalaureate Degree Nursing

			
<p><i>L to R: Jessica Townsend, BSN, RN, Ashleigh Williamson, BSN, RN, Freda Glenn, BSN, RN (EBP&U graduate 2013) & Robin Sharpe, BSN, RN (not pictured) each graduated from Appalachian State University with a Bachelor Degree in Nursing.</i></p>			<p>Logan McDowell, BSN, RN, a Gardner-Webb University graduate, recently earned his Bachelor Degree in Nursing.</p>
<p>Amanda Baird, BSN, RN, Brandy Denton, BSN, RN, CCRN & Rachel Nadeau, BSN, RN-BC (all not pictured), earned their BSN degrees from Western Carolina University.</p>			

Associate Degree Nursing

Cindy Sykes, CST, AAS, graduated from Asheville-Buncombe Technical Community College with an Associate Degree in Surgical Technology



PRESENTING AT NATIONAL CONFERENCE – SHELLY BENFIELD, DNP, CNM

As a portion of her doctoral education, Michelle (Shelly) Benfield was challenged to design and conduct a research project as part of the academic curriculum. She completed a pilot study, “Effects of group prenatal care participation on weight gain during pregnancy,” with concrete plans for ongoing assessment and conducting a future full research study.

Invited to share her findings, Shelly presented her poster at the 4th National Conference convened by the Centering® Healthcare Institute in Washington DC this past October. More than 300 attendees from 36 states and three foreign countries followed the call of “Transforming Care through Disruptive Design: The Power of connection.”

Hear from Shelly as she reflects:

Centering® Healthcare is a model of providing prenatal care in a group atmosphere. Health assessment, education, and support are provided in a group, facilitated by a care provider. Centering® Healthcare Institute provides the expertise, training and tools necessary to start and sustain Centering group care practice. Currently there are five (5) approved Centering® sites in North Carolina. CVMC Maternity Services prenatal clinic is presently undergoing site approval.

The conference was designed to encourage the growing effort to change the face of healthcare delivery and celebrate the Power of Connections. The theme, "Transforming Care through Disruptive Design" was carefully chosen to highlight the issues surrounding the redesign of health care to meet the nationally recognized Triple Aim of better health, better care and lower cost. The host location, Washington DC, is a city of innovators and change-makers that embrace history in order to create a vision for a better future. A few of the guest speakers included Susan Dentzer, MA, Senior Policy Advisor for the Robert Wood Johnson Foundation; Harvey V. Fineberg, MD, PhD, President, Institute of Medicine; US Secretary of Education, Arne Duncan.

There were 23 breakout sessions and 20 poster presentations.

I conducted a small research project using a pilot prenatal Centering® group. The focus was to evaluate weight gain compliance within the Institute of Medicine's guidelines during pregnancy among group participants and traditional care participants. Although the sample size was small, I was able to conclude that 70% of all subjects gained more weight than the IOM recommends but that more group subjects (33.7%) had healthy weight gain than their traditional care counterparts (28.6%).

This was my first poster presentation and I was honored to represent CVMC Maternity Services!

‘Twas the Night before EBP Christmas...

The first three individuals that correctly solve the following Christmas quiz will receive a small prize!

Name the Council members Dr. Tart whistled, shouted and called for.

Hint: check out the bulletin board next to the pharmacy.

Submit your answer via e-mail to nknippschild@catawbavalleymc.org

Your Research & Evidence-Based Practice Council

Contact Us: ebp@catawbavalleymc.org

Resources: <http://irb.catawbavalleymedical.org/>