

# Annual Nursing Scholarship Report

Fiscal Year 2023 (July 1, 2022 to June 30, 2023)

This scholarship report recognizes nurses who are advancing evidence-based practice and sharing innovations and excellence in care with audiences outside MedStar Washington Hospital Center.

## Poster and Podium Presentations Women's & Infants' Services and Ambulatory Services

### Poster Presentations

1. Chugh, R., & Swineford, A. (2023, March 16). Utilizing the Bedside Mobility Assessment Tool 2.0 for fall prevention [Poster presentation]. MedStar 2023 Virtual Nursing Conference.
2. Anderson, L., Bello, W., Calpin, C., Caudill, K., Finelli, M., Nam, A. S., & Seymour, A. (2023, March 16). Infant Driven Feeding Scale utilization in a Level III NICU [Poster presentation]. MedStar 2023 Virtual Nursing Conference.

3. Hufford, K., Neubauer, C., Coleman, C., Becker, L., Pettit, C., & Schreiber, M. (2023, March 16). Effect of focused education on clarifying goals of care in patients who have a 'do not resuscitate' (DNR) code status [Poster presentation]. MedStar 2023 Virtual Nursing Conference.
4. Sciaratta, P., Barry, G., Seddon, I., Kelsey Rondini, K., & Mirabal-Beltran, R. (2023, June 17-21s). How Visitor Restrictions Impact Birth Experiences: A Qualitative Study. 2023 The Association of Women's Health, Obstetric and Neonatal Nurses Convention.

## Critical Care and Emergency Services Podium Presentation

1. Degitz, C., Kachemov, Z., & Wedeneh, S. (2023, March 6-9). Jackson-Cubbin Scale vs. Braden Scale for HAPI Prevention - CVICU [Conference session]. 2023 Vizient/AACN Nurse Residency Program™ Conference, New Orleans, LA, United States.
2. Miller, M. (2023, May 16-19). Reducing Moral Distress in Burn Trauma ICU Nurses. 2023 American Burn Association Conference, Dallas, TX, United States.

### Poster Presentations

1. Balajthy, S., & Craft, S. (2023, March 16). Effects of a non-pharmacological sleep promotion bundle in reducing delirium [Poster presentation]. MedStar 2023 Virtual Nursing Conference
2. Combs, A., Curtiss, S., Foster, C., Musa, S., Ononiba, J., & Vanek, K. (2023, March 16). Specialty system emergencies [Poster presentation]. MedStar 2023 Virtual Nursing Conference.
3. Ejigu, A., Yombouno, F., & Khoury, N. (2023, March 16). Restraint decision support tool for nonviolent physical restraints [Poster presentation]. MedStar 2023 Virtual Nursing Conference.
4. Garrity, C., Roane, P., Dumadag, M., & Jenkins, A. (2023, March 16). Reducing the number of CAUTIs by implementing a two-nurse witness insertion [Poster presentation]. MedStar 2023 Virtual Nursing Conference.
5. Ghartey, N. (2023, March 16). Effects of bariatric sensitivity training on medical intermediate care unit nurses [Poster presentation]. MedStar 2023 Virtual Nursing Conference



## Journal Articles and Books

**Hill, D.** (2023). Contributing author for: *Scope & Standards of Practice for Professional Ambulatory Care Nursing, 10th Edition*, by E. Moss, C. L. Murray and D. Vonderheide.

**Halaseh, R. M., Drescher, G. S., Al-Ahmad, M., Masri, I. H., Alayon, A. L., Ghawanmeh, M., Arar, T., Mohammad, S. A.-D., Pavate, R., Bakri, M. H., Al-Tarbsheh, A., and AlGhadir-AlKhalailah, M.** (2023). Risk Factors and Outcomes Associated With Reintubation Secondary to Respiratory Failure in COVID-19 Subjects With ARDS. *Respiratory Care*. <https://doi.org/10.4187/respcare.10881>

**Zipp, J. S., Mustapha, S. M., Hancock, J. M., Perry, D. L., Harris, L. M., Aneni, J. A., Liberto, S. A., Shekie, A. N., Dean, C. A., McCabe, P. A., Yan, Yun., VanDerVoort, R. S., Sherbert, B., Minter, C. L., Rowland, J. N., Estes, S. L., and Bardsley, J. K.** (2023, January 1). Effect of a nursing research council on system-wide practice changes: An evidence-based practice process improvement. *Journal of Continuing Education in Nursing*, 54(1), 25-31. <https://doi.org/10.3928/00220124-20221207-07>

# Message from the Director of Nursing Research

## A bit about Pam Jones:

I joined MedStar Washington Hospital Center in November 2022 as the Director of Nursing Research. It has been wonderful to return to the place where my nursing career began on 3NE – back when it was an oncology unit. My role is to support nursing research, facilitate doctoral projects and dissertations, host the annual nursing research and evidenced-based conference, and conduct my own research (coming soon). I'm inspired by the amount of evidenced-based practice and research that has occurred here even during the pandemic. As we continue our magnet journey, I look forward to engaging associates in research questions and projects that are designed to improve patient safety, quality of care, and nursing practice. I'd love to hear questions you might have about what research is all about, the institutional review boards, the difference between a DNP or PhD, and other questions you may be pondering. My door and email are open and I look forward to hearing from you.



*Pamela Jones, PhD, MPH, RN  
Director of Nursing Research*

- Hussain, M., Meyer, E., Prompt, M., Rosen, R., & Weaver, K. (2023, March 16). Improving communication with mechanically ventilated patients [Poster presentation]. MedStar 2023 Virtual Nursing Conference.
- Spires, A., Buhari, H., Hanes, K., Lewis, K., Escobar, L., Hink, L., Brinkley, L. (2023, March 16). HAPI prevention with turn teams in burn trauma ICU [Poster presentation]. MedStar 2023 Virtual Nursing Conference.
- Strokis, M., Tighe, E., Swartout, S., Smith, M., Thomas, K., Machado, E., Sesay, I., Patel, K., et al. (2023, March 16). Reduction of operating room traffic and surgical site infection using interdisciplinary education [Poster presentation]. MedStar 2023 Virtual Nursing Conference.
- Aguila Conway, G., Chang, S., Cieslowski, B., Landis, A. (2023, March 2nd). Educating Graduate Nurses to be Primary Palliative Care Competent through a Palliative Care Education Curriculum Project [Poster Session]. 2023 National Symposium for Academic Palliative Care Education and Research, Long Beach, CA, United States.
- Aguila Conway, G., Chang, S., Cieslowski, B., Landis, A. (2023, March 22nd-23rd). A Systematic Review of Palliative Care Curriculum in Nursing Programs and its Outcomes [Poster Sessions]. 2023 VCNP Annual Conference, Roanoke, VA, United States.

## Medical and Behavioral Health

### Poster Presentations

- Chugh, R., & Swineford, A. (2023, March 16). Utilizing the Bedside Mobility Assessment Tool 2.0 for fall prevention [Poster presentation]. MedStar 2023 Virtual Nursing Conference.
- Edwin, H. S., & Watkins, R. (2023, March 16). AAA Wellness Connection: Awareness, assistance and advancement to promote associate wellbeing [Poster presentation]. MedStar 2023 Virtual Nursing Conference.
- Olajuyigbe, B. (2023, March 16). An educational program to reduce central line associated bloodstream infections [Poster presentation]. MedStar 2023 Virtual Nursing Conference.

## MedStar heart & Vascular Institute (MHVI)

### Poster Presentations

- Hannan, M. E., & Wilson, T. (2023, March 16). Nasobridling for the improved delivery of enteral nutrition [Poster presentation]. MedStar 2023 Virtual Nursing Conference.

## Surgical & Oncology

- Agnew, A., & Groff, S. (2023, March 16). Building a foundation of acceptance and advocacy [Poster presentation]. MedStar 2023 Virtual Nursing Conference.

## Resource & Capacity Management and Pulmonary Services

### Poster Presentations

- Alfred-Francis, C., Swanston, R., Charles, M., & Oncho, H. (2023, March 16). Whiteboard as a communication tool [Poster presentation]. MedStar 2023 Virtual Nursing Conference

- Ejigu, A., Yombouno, F., & Khoury, N. (2023, March 16). Restraint decision support tool for nonviolent physical restraints [Poster presentation]. MedStar 2023 Virtual Nursing Conference.
- Wyche Latham, K. (2023, March 16). Impact of remote video monitoring on costs and patient outcomes [Poster presentation]. MedStar 2023 Virtual Nursing Conference.
- Drescher, GS., Verwiel, C., Lawrynowicz, M., Glowacki K., Hsieh, S., Mendivil, A., Gaieski, DF., & Goyal, M., (May 16, 2023). Use of Lung Protective Strategies Among Hypoxemic Patients Intubated in the Emergency Department. Society for Academic Emergency Medicine, Austin, TX, United States
- Verwiel, C., Drescher, GS., Lawrynowicz, M, Glowacki, K., Hsieh, S., Mendivil, A., Gaieski, DF., & Goyal, M. (May 16, 2023). Low Tidal Volume Ventilation and Hyperoxia Use among Intubated Adults with Normal Oxygenation. MedStar Health Research Symposium
- Drescher, G., Verwiel, C., Lawrynowicz, M., Glowacki, K., Hsieh, S., Mendivil, A., Gaieski, DF., & Goyal, M. (May 8, 2023). Use of Lung Protective Strategies Among Hypoxemic Patients Intubated in the Emergency Department. MedStar Health-Georgetown University Research & Education Symposium, Bethesda, Maryland

## Nursing Excellence & Organizational Transformation

### Podium Presentations

1. Brown, Julie M. (2023, May 17). Software Deployment: Best Practices or a Successful Launch. [Panel Presentation] InPlace Smart Placement Solutions Webinar.
2. Edwin, H. S. Watkins, R. (2023, March 16). AAA wellness connection: Awareness, assistance, and advancement to promote associate wellbeing [Conference session]. MedStar 2023 Virtual Nursing Conference.
3. Edwin, H.S (2022, October). 7S Model for Inter-Professional Continuing Education (IPCE) Program. Oral presentation at the NCPD Summit, ANCC, Philadelphia, PA
4. Edwin, H.S (2022, October). Increasing nurse certification using interactive teaching strategies. Oral presentation at the MNA District 3 Annual Business Meeting, Maryland
5. Perrotta, M., Hinson, L., Reisenberg, C., Brown, M., Brown, J., Castro Rexach, J., & Feyisetan, O. (2023, March 16). Development and implementation of a student preceptor workshop [Poster presentation]. MedStar 2023 Virtual Nursing Conference.

6. Riddle, S. A. (2023, March 16). The Jackson/Cubbin Skin Risk Assessment tool: Implementing an evidence-based practice change initiative in the intensive care unit [Conference session]. MedStar 2023 Virtual Nursing Conference

### Poster Presentations

1. Beauchamp, D., & Kamoun, H. (2023, March 16). Clean to occupy: We like to move it! [Poster presentation]. MedStar 2023 Virtual Nursing Conference.
2. Edwin, H. S., & Watkins, R. (2023, March 16). AAA Wellness Connection: Awareness, assistance and advancement to promote associate wellbeing [Poster presentation]. MedStar 2023 Virtual Nursing Conference.
3. Hufford, K., Neubauer, C., Coleman, C., Becker, L., Pettit, C., & Schreiber, M. (2023, March 16). Effect of focused education on clarifying goals of care in patients who have a 'do not resuscitate' (DNR) code status [Poster presentation]. MedStar 2023 Virtual Nursing Conference.
4. Kempton, D. (2023, March 10-13). Fall Patrol: Increasing Compliance in a Fall Prevention Bundle to Reduce Falls [Poster presentation]. 2023 NICHE Conference, New Orleans, LA.
5. Martin, S., Callender, K., McCabe, P., & Costa, L. L. (2023, March 16). Implementing Fall TIPS on a burn and trauma unit [Poster presentation]. MedStar 2023 Virtual Nursing Conference.

6. Riddle, S., Zhou, Q., & McCabe, P. (2023, March 16). The Jackson/Cubbin Skin Risk Assessment tool: Implementing an evidence-based practice change initiative in the intensive care unit [Poster presentation]. MedStar 2023 Virtual Nursing Conference.
7. Wilcox, L., & Aliyu, S. (2023, March 16). Implementing a nursing peer review process [Poster presentation]. MedStar 2023 Virtual Nursing Conference

### Administration

1. Yitbarek, A., Cassar, L., & Patchen, L. (2023, March 16). Management of stage I and II labor arrest disorder to reduce primary cesarean birth rate in African American women [Poster presentation]. MedStar 2023 Virtual Nursing Conference.
2. Clarke, M. (2023, March 23-24). Innovation, Optimization, and Transformation. Podium presentation. Building a Successful Nurse Wellbeing Program. MedStar Health Conference.

## MedStar Washington conference podium selected presenters

### Dr. Pule Joseph - Keynote presenter

paule.joseph@nih.gov

Title: Research in Transforming the Healthcare Systems

### Dr. Charmaine McKie

cmckie0914@gmail.com

Title: 2023 Forecast: Strategies to address the looming nursing shortage

### Dr. Roy Thompson

ratkmk@umsystem.edu

Title: Racial disparities in Historical and Modern US healthcare system

### Dr. Allison Norful

aan2139@cumc.columbia.edu

Title: Recent trends and strategies to promote clinician well-being across the health continuum

### Dr. Eileen Carter

eileen.carter@uconn.edu

Title: Perceived usefulness of a mnemonic acronym to improve the evaluation of reported penicillin allergies

## Synergy. Collaboration. Innovation.

MedStar Washington Hospital Center's 6th Annual Nursing Research and Innovation Conference was held on March 16, 2023.

More than 100 participants joined virtually.

## View from the podium



*Mikayla Miller, RN*

Critical care nurses often face moral and ethical challenges in their practice. When it comes to decisions regarding life-sustaining interventions and end-of-life care, things get complicated. And when there isn't agreement on a course of treatment, caregivers may experience moral distress.

In an effort to reduce levels of moral distress in her unit, MedStar Washington Hospital Center burn/trauma ICU nurse Mikayla Miller, RN, explored this topic for her nurse-residency program project.

Her evidence-based practice project, "Reducing Moral Distress in Burn/Trauma Intensive Care Unit Nurses," received national recognition and was selected for a podium presentation at the prestigious American Burn Association's Annual Meeting in Dallas, Texas, in May 2023.

Miller, who served in the military as an LPN for eight years before completing her BSN degree and joining MWHC, worked with Senior Clinical Ethicist at the John J. Lynch, MD Center for Ethics Lucia Wocial, PhD, FAAN, RN, HEC-C, to implement intervention strategies in her unit.

"Mikayla did an excellent job recruiting from her peers," said Wocial. "Her desire to help her team created an opportunity for them to have a space to learn from each other."

Nurses experience moral distress when they are unable to take what they feel is the ethically correct action. For her project, Mikayla facilitated five nursing huddles to discuss ethically difficult cases with Wocial, via Microsoft Teams, over the span of four weeks.

"The nurses really opened up during these discussions, which created sense of community," said Wocial. "That builds up teams, which is key for creating a high reliability organization." The ultimate goal with intervention, said Wocial, is to help nurses overcome the experience of moral distress and enter a state of moral agency.

Mikayla's research identified 10 consistent triggers of moral distress in her unit. Some reoccurring themes included futile care and false hope. Results included an approximate 44% decrease in acute moral distress among 15 nurses who completed pre-and post-intervention surveys.

"A lot of people would think this is a squishy subject, but she was able to demonstrate in a meaningful way the impact of this on her unit," said Wocial. "I think Mikayla's work hopefully continues to transform that unit to where ethics is part of everyday discussions."

When asked about the remarkable success of her EBP project, Mikayla humbly gave all the credit to her team.

"We couldn't do our work without each other," said Mikayla. "There's a lot of collaboration and teamwork. Maybe I'm a little biased, but this unit really is amazing."

Mikayla's research highlighted the need for continual evaluation of moral distress, which is inspiring transformative change on her unit. Plans are underway to begin a new EBP project where hers left off.

## NICU nurse awarded MedStar Institute for Quality and Safety Scholarship

MedStar Washington Hospital Center clinical nurse Chelsea Midtvedt, BSN, RN, received the MedStar Institute for Quality and Safety scholarship for the Georgetown University Executive Masters in Clinical Quality, Safety and Leadership program. She began the program in January of 2023 and anticipates graduation in May 2024.

"I've received invaluable and enriching lessons from experts in the healthcare quality, safety, and leadership fields," said Midtvedt. "I'm pursuing this master's degree because there's still a lot of progress that needs to be made to make healthcare safer, and I'm excited to apply some of these tools and lessons I've learned on my own unit, the NICU."



*Chelsea Midtvedt, RN*

# CNO's DNP project tackles maternal health disparities

Ariam Yitbarek's experiences as a nurse, leader, and mother, coupled with her desire to ignite transformative change, led the Senior Vice President and Chief Nursing Officer to pursue maternal healthcare disparities for her Doctor of Nursing Practice (DNP) project.

"I am really passionate about the work needed related to healthcare inequity, and I wanted to do work that was impactful in my organization," said Yitbarek, DNP, MHA, RN, NEA-BC.

Her project, "Management of Stage I and Stage II Labor Arrest Disorder to Reduce Primary Caesarean Section Birth Rate for African American Women," underscored the need for intervention to reduce primary c-section deliveries in African American women.

Labor arrest disorder, or the slowing down of labor, sometimes to a complete stop, is the leading cause of primary c-section in women. African American women experience more c-sections than the national average, and numerous studies have illustrated the disparities of obstetric outcomes in African American women that result in higher rates of mortality and morbidity.

"Ethnic and racial disparities are a public health crisis that need to be addressed," Yitbarek wrote in her evidence-based project, published by George Washington University.

C-sections are necessary and lifesaving in some situations, but Yitbarek found in her examination of data that they are not as necessary as some may suppose.



*Ariam Yitbarek, DNP, MHA, RN, NEA-BC  
Senior Vice President and Chief Nursing Officer*

Her extensive research and analysis of "excess" c-sections led Yitbarek to identify an appropriate intervention, and to implement education-based practice change.

Yitbarek performed a needs assessment and activated nurses and midwives as change agents. With support from the Chair of Obstetrics, Chair of Midwives, and Executive Leadership, she implemented education for 90% of caregivers on the Labor and Delivery unit on new guidelines for managing labor arrest disorder. Yitbarek's intervention was drawn from the American College of Obstetricians and Gynecologists and Society for Maternal Fetal Medicine (ACOG/SMFM).

The result? A 5.9% reduction in primary c-section rate in the target population, proving the clinical value of educational intervention.

"Nursing research is vital to advancing health care, to improving quality, to questioning the status quo," said Yitbarek. As one of nine DNP graduates in fiscal year 2023, Yitbarek is leading by example and empowering others.

"My advice to our nurses is not to be scared of research," she said. "Their research can be something they are passionate about or something they want to change in their practice. All you need is a little bit of curiosity and the rest—the tools, data, the resources—as a teaching facility we will support them in their projects. We are proud to have a full-time RN Researcher."

## Awarded DNP degrees in FY23

1. Ariam Yitbarek
2. Gabriela Mandich-Aguila
3. Karen Wyche
4. Melanie Webb
5. Michael Clarke
6. Sidikat Amusan
7. Stephan "Andrew" Riddle
8. Tonya Washington
9. Zainab Mansaray

# Nurse Residency Program FY22 EBP project topics

## August 2021 cohort

- 1C/2C Behavioral Health Activity Kits
- 1EIMC Delirium Management & HAPI Management (2 projects)
- 2D/3F RN/PCT Handoff Communication
- 2E/IMC Code Blue Skills and Confidence
- 2G Turn Schedules for HAPI Prevention
- 2H CLABSI Bundle
- 2NE Code Roles in Cardiac Arrest
- 2NW CLABSI Reduction
- 3E/4NW Sleep Protocol
- 3G Double Check Champions for High-Risk Medications
- 3NE Fall Prevention Patient Education with Video
- 3NW Visual Cues for Hand Hygiene
- 4C/5C HAPI Management
- 4E/5E Stress First Aid for Associate Wellbeing
- 4G/3H Associate Uninterrupted Breaks and Compassion Fatigue
- 4H Daily Weight Compliance
- 4NE Turning Reminders for Pressure Injury Prevention
- 5A/5B NICU Standardized Discharge Process
- 5D/5F Long-term Antepartum Patients and Distraction Techniques for Patient Satisfaction
- 5NE Breastfeeding Hand Expression Education
- ED ED Workflow (G2) & ED Front End Reassessments (G1) - 2 projects
- MOR Surgical Vaginal Prepping
- PACU Uniformity in Handoff from Anesthesia and OR RN Teams

## October 2021 cohort

- 2C/4F Team Communication
- 2E/IMC, 2D, 3C Falls Prevention
- 2G Improve confidence in 2G nurses when involved in code blue situations

- 2H Syft Awareness Implementation
- 2NE BMAT utilization
- 2NW Improved RTM time to transfer
- 3E Music for Dressing changes/showers with Burn Patients.
- 3NE compassion fatigue
- 3NW Telemetry alarms
- 4C/1EIMC CLABSI prevention
- PACU/4E Delirium Management/ Fall Prevention

## December 2021 cohort

- 1EIMC CLABSI Prevention
- 2D/2E/3C/3F Falls Prevention
- 2F Pressure Injury Prevention/Communication
- 5E/ 4F Hand Hygiene
- L&D M/B Baby Banding

## March 2022 cohort

- 1EIMC Sleep Interventions for Sleep Quality
- 2G/4H Mobility Protocol
- 2H ICU Delirium
- 2NE Out of Bed to Chair for Meals in the ICU
- 2NW Use of Lift Sheets for Position Changes
- 3NE/4NE/4NW Turn Team for HAPI Prevention
- 4E/3F Pressure Injury Documentation
- L&D and Mother Baby Trauma Informed Care
- PACU/OR Aromatherapy and Anxiety Reduction

## May 2022 cohort

- 1EIMC/5E Hand Hygiene
- 2D/2E/4F HAPI Bundle
- 2G/4H Nurse-driven patient Mobility
- 2H/3G Delirium Reduction through Patient Mobility
- 4NE/ED Stress Reduction Activities