9th Evidence-Based Practice on the Frontline: Building a Culture of Quality, Safety and Nursing Professionalism

April 13-14, 2016 • Columbia, MO

April 13
Evening Pre-Conference
MU Sinclair School of Nursing, Rm. S342

April 14
Full Day Regular Conference
Peachtree Banquet Center, Columbia

Keynote Address
Transforming Healthcare with Evidence-based Practice

General Session
From Evidence to Clinical Decision Making

Featured Speaker
Susan Stillwell, DNP, RN, CNE, ANEF, FAAN,
Associate Dean for Graduate Studies, Associate Professor, University of Portland, Portland, Oregon

CALL FOR POSTER ABSTRACTS
We invite you to share your EBP projects through a poster

Abstract Preparation and Submission:
• Electronic Submission only.
• Guidelines and forms for submission are found at: www.nursingoutreach.missouri.edu

Deadline for Abstract Submission: February 15, 2016

Pre-Conference • Wednesday, April 13, 2016 • 5:15-8:30pm

Measuring the Effectiveness of Your EBP Projects: Choosing the Right Metrics in a Resource-constrained Environment

Sinclair School of Nursing, Rm. S342, University of Missouri
(Directions will be included with confirmation of registration and posted on the conference website: http://nursingoutreach.missouri.edu)

Faculty
Karen Balakas, PhD, RN, CEN, Director of Research, St Louis Children's Hospital
Karen Cox, PhD, RN, Manager, Quality Improvement, MU Health Care
Laurel Despins, PhD, APRN, ACNS-BC, Assistant Professor, Sinclair School of Nursing, University of Missouri

Agenda
5:15 Check-in and light dinner
5:50 Welcome and Introductions
6:00 From Question to Implementation and Measuring the Outcomes
This session will examine what is an outcome, followed by a discussion of choosing the right metrics to measure the outcome. How to clearly identify the problem and write the question, as well as what data to collect and where to find it will be demonstrated, along with how to track the data using an Excel spreadsheet. The importance of determining if implementation has proceeded as planned as well as if the outcomes have been achieved will be shared using an actual EBP project. Common pitfalls in measuring outcomes will be identified along the way.

7:15 Break
7:30 Small Group Work
The audience will divide into small work groups using clinical cases to discuss outcomes and metrics. This hands-on session will elucidate some of the measurement fundamentals essential for a successful EBP project. This is the time to get your questions answered as the presenters facilitate the group work and provide expert assistance as needed.

Objectives:
1. Discuss how to determine outcomes and appropriate metrics for measuring the outcomes.
2. Describe methods for determining accurate data collection.
3. Identify strategies for determining if implementation has occurred as planned.

8:30 Adjourn
You can learn and have fun doing it!

When asked how they planned to apply what they learned, last year’s participants said:

• I plan to look more critically at my work practices and see what can be improved using EBP; maybe I can change nursing practice for the better.
• Support staff to ask “burning” question of “why” – and foster environment to discover evidence-based practice.
• Work to enhance our internship program and incorporate an EBP project.
• I am a firm believer that everything is done for a reason. It should be done for the right reason and in the right way. Knowing how to do something the right way comes from having the evidence to show it is the right way. Thus EBP.
• I’m so excited and impressed with all the posters, the speakers and the energy of the conference - makes me want to publish our poster and do more on my unit to discover what else is out there.
• I have had my eyes opened to the possibilities of improved patient care through EBP.

And, they left renewed and inspired!

Purpose and Target Audience

In its 9th year, this educational program is developed by nurses for nurses, primarily front line nurses who actually provide the care, regardless of setting. The focus is not on doing research, but rather on how staff nurses can develop, access and use the latest evidence to guide their everyday practice. Specific skill-building sessions as well as exemplar projects from nurses who have implemented successful EBP projects in their workplaces are integrated throughout the day. APRNs, managers and educators who want to ensure quality outcomes through best practices also will benefit from participation.

Overall Conference Objectives

• Discuss strategies to create and sustain a culture of evidence-based practice (EBP) in your work setting.
• Describe how staff nurses from various settings identified clinical questions, studied the evidence, determined the need for practice-change based on the evidence, implemented the desired practice and disseminated the results.
• Explore the crucial role of the frontline nurse and nursing administration in integrating EBP into professional practice and decision-making.
Full Day Regular Conference • Thursday, April 14, 2016 • 8:15am - 4:30pm

9th Evidence-Based Practice on the Frontline:
Building a Culture of Quality, Safety and Nursing Professionalism

Peachtree Banquet Center, Columbia

7:30  Check-in with Continental Breakfast
Visit Exhibits

8:15  Welcome and Introductions – Shirley J. Farrah, PhD, RN-BC, Assistant Dean, Nursing Outreach and Associate Teaching Professor, MU Sinclair School of Nursing, Columbia

8:30  Transforming Healthcare with Evidence-based Practice
Susan Stillwell, DNP, RN, CNE, ANEF, FAAN, Associate Dean for Graduate Studies and Associate Professor, University of Portland, Portland, Oregon
This presentation will examine the state of evidence-based practice (EBP) implementation in nursing. Dr. Stillwell will describe how EBP and High Reliability Health Care Organizations (HROs) improve patient, provider and systems outcomes and identify strategies at the individual and organizational level that focus on advancing EBP.
Objectives:
1. Discuss the value of outcomes in transforming healthcare.
2. Identify catalysts and obstacles to implementing evidence-based practice.
3. Discuss two strategies to advance evidence-based practice into nursing.
4. Discuss two strategies to make data relevant to practice.

10:00  Beverage Break – Visit Exhibitors and Posters

10:30  From Evidence to Clinical Decision-Making
Susan Stillwell, DNP, RN, CNE, ANEF, FAAN
This presentation will examine factors to consider when deciding to act on the evidence and tools to evaluate and synthesize evidence for clinical decision making. Evaluation and synthesis tables will be provided as exemplars.
Objectives:
5. Identify two factors to consider regarding taking action on the evidence.
6. Describe the process of evaluating and synthesizing the evidence for decision-making.

11:30  Hosted Luncheon

12:15  Poster Session (abstract presenters to be with posters)
45 minutes of CE credit awarded for poster session
Objective:
7. Describe how the processes involved or the findings from at least one EBP project might be useful in your EBP journey.

1:00  EBP Projects – From Idea to Implementation
Panel: Janet Chandarlis, BSN, RNC-OB, C-EFM, Staff Nurse, Missouri Baptist Medical Center, St. Louis; Janette Coble, MS, BSN, RN, Staff Nurse, St. Louis Children's Hospital, St. Louis; Jeanette Cowin, BSN, RN, OCN, Staff Nurse, and Mary Miles, BSN, RN OCN, Staff Nurse, Missouri Baptist Medical Center, St. Louis; Amanda Davis, BSN, RN, Staff Nurse, St Luke's Health System, Kansas City; Rebekah Flynn, BSN, RN, OCN, Clinical Nurse Educator, Siteman Cancer Center/Washington University School of Medicine, St Louis; Eileen Phillips, RN, MSN, CIC, Infection Control Professional, MU Health Care, Columbia
This panel of frontline nurses will discuss their EBP projects from formulating the PICOT to implementation of the results. The successes and opportunities for improvement will be included. This is your opportunity to hear how others have dealt with problems and barriers on their way to improve care for their patients.
Objectives:
8. Describe effective methods for moving an evidence-based project into practice.
9. Identify possible barriers to implementation and ideas for how to overcome.

2:30  Dessert Break

2:45  Engaging and Supporting Best Practice Implementation
Mary Beck, DNP, RN, NE-BC, Assistant Teaching Professor, Sinclair School of Nursing, University of Missouri
No matter the health care setting, evidence-based practice is essential to improve outcomes. The structure to support EBP projects, or implementation of best practices, will look different depending on the setting. To achieve success in implementing best practices, there are common factors to undertake and these will be explored in depth.
Objectives:
10. Discuss ways that a healthcare institution can promote evidence-based practice projects.
11. Describe the common factors needed within an institution for success of EBP implementation.
General Information

Accreditation
The University of Missouri Sinclair School of Nursing is an approved provider of continuing nursing education by the Midwest Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Midwest Multistate Division Provider Number 716-VII.

Up to 2.25 contact hours will be awarded for the Pre-con on April 13 and 6.5 contact hours for the Regular conference on April 14 to all individuals who attend, complete the evaluation form, and are paid in full. This approval is reciprocal in all states and for all specialty organizations that recognize the ANCC approval process.

Location and Directions
• April 13, 2016 for Pre-con: Sinclair School of Nursing, Rm. S342. Directions will be sent to registrants prior to the date.
• April 14, 2016 for Regular conference: Peachtree Banquet Center. The conference will be held at the Peachtree Catering and Banquet Center Ballroom, 120 E. Nifong, Suite D, Columbia, Mo., 65205. Should you need to be reached during the activity, the phone number is 573-875-6608. See website for directions to Peachtree.

Lodging
Stoney Creek Hotel
2601 S. Providence, Columbia, MO 65203
A block of rooms has been reserved on the night of April 13, 2016 at the special rate of $99.00 until March 14th at the Stoney Creek Hotel. After this date, rooms will be on a space available basis only. To make reservations, please call 800-659-2220. Be sure to ask for the MU SCHOOL OF NURSING EBP room block. Participants are responsible for making their own reservations and guaranteeing reservations with a credit card. A map may be found on http://nursingoutreach.missouri.edu/mapPeachtree.aspx

Registration Cancellation and Substitution
We understand that circumstances may arise that require you to cancel or send a substitute. If you cancel your attendance five or more business days before the conference, your registration fee will be refunded, less a $25 processing fee. You may send a substitute at any time. Please notify the Nursing Outreach office of any registration changes prior to the conference to facilitate the check-in process.

Please note that upon submitting your registration, you are responsible for paying the full registration fee, whether or not you actually attend the conference, unless your registration is canceled at least five business days prior to the conference. All cancellation notices must be in writing; e-mail notification is acceptable.

3:30 Scientific Based Practice for Everyone
Tom Ahrens, PhD, RN, FAAN, Research Scientist, Barnes-Jewish Hospital, St Louis
Practices based on nursing research are most likely to give us the desired outcomes for patient care. However, many nurses are still unsure about the meaning and/or uses of research, EBP and critical thinking including how to access this information.

Objectives:
12. Discuss the relationship between critical thinking, research and evidence-(or scientific) based practice.
13. Review the process of translating evidence-based practice into practical clinical application.
14. Describe how to obtain information on EBP from any computer.

4:30 Adjourn

Reminder:
A conference syllabus will not be provided. A link to the handouts will be e-mailed to each paid registand approximately five business days prior to the conference.

We ask all speakers to submit handouts.
If there are no handouts posted, that means the speaker did not submit them by the due date.
If we receive handouts after the due date, they will be posted as we get them. Some speakers bring handouts on the day of the event.

The University of Missouri-Columbia complies with the guidelines set forth in the Americans with Disabilities Act of 1990. If you have special needs as addressed by the ADA and need special assistance with this or any portion of the learning process, please notify us as soon as possible. Reasonable efforts will be made to accommodate your needs.