Clinician Researchers: Making a Difference in Patient Care

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Comparison of Automated and Manual BP Methods in Patients with AFib

- Comparison of manual BP and automated BP
- Comparison of HR from automated device and continuous cardiac monitor
- All patients had irregular rhythms
- Multiple staff took BP

Portland Providence Medical Center, Portland, OR

Comparison of Methods to Stimulate GI Function After Abdominal Surgery

- Random assignment into 1 of 3 postoperative groups:
  - Chew gum for 30 minutes 3X/day
  - Suck on hard candy until dissolved 3X/day
  - Control group – no gum or candy
- Dependent variables:
  - Time to first flatus and BM
  - Time to tolerance of oral fluids
  - Time to hospital discharge

Portland Providence Medical Center, Portland, OR
Accuracy of Temporal Artery Thermometry in NICU Infants

Exempla Lutheran Medical Center, Wheat Ridge, CO

Comparison of Different Methods for Decreasing Pain During IV Cannulation

Rex Healthcare, Raleigh, NC

Walking versus Rest For a 1 Hour Labor Check

St. Luke’s Hospital, Kansas City, MO

• Dependent variables - change in cervical dilatation and time to delivery within next 24 hours
Use of Oral Sucrose to Decrease Pain During Painful Procedures in Infants 30 to 36 Weeks Gestation

- Comparison of comfort care (swaddling; holding an oral pacifier in place) versus usual care + placement of a sugar solution on the pacifier
- Pain score, heart rate, and oxygen saturation before and after an arterial puncture.

Saint Lukes Hospital, Kansas City, MO

Effect of PACU Visitation on Anxiety of Family Members

- Prior studies evaluated patient anxiety
- Few RCT

Exempla Lutheran Medical Center, Wheat Ridge, CO

Strategies To Facilitate Research by Clinicians
Avoiding the “R” Word

So Many Issues, So Little Time

Why can’t we just...
Why do we do it that way anyway?
What they really need to do is....

Come and participate in clinical investigations
Open to all staff
Find a clinical problem,
investigate it
And help solve a mystery or two

Thursday July 8th:
6:30 AM, 2:30 PM and 7PM
On the Oncology Unit – Katie Simmons, RN, MSN, CNS

Traditional Methods
Nursing Research Priorities
Teach Research Classes
Reading Research Articles
Journal Clubs
Engaging Clinicians in Research

- Be proactive in forming research teams and helping them identify an appropriate research topic – do not wait for them to come forward with a project idea
- Empower teams to select their research topic based on their interests, not organizational interests

Engaging Clinicians in Research

- Meetings should be fun and recognize the challenges of attendance by bedside care givers

Team Research Projects versus Individual Projects
Assign a Research Mentor to Facilitate and Guide the Research Team

Role of the Research Mentor
- Facilitates all team meetings
- Teaches team members about research process
- Develops staff expertise in writing, presentations, etc.
- Helps the team avoid or detour around road blocks

Use a Process for Identifying, Evaluating, and Prioritizing Good Research Questions for Clinicians
Large Number of Patients on Unit / Practice Area Eligible

Sample Size < 75 Subjects

No Additional Funds Necessary
## Evaluation Criteria

<table>
<thead>
<tr>
<th>Evaluation Criteria</th>
<th>Topic #1</th>
<th>Topic #2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staff interest</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Staff have clinical expertise</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Important to clinical practice, patient outcomes</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Large number of patients eligible</td>
<td></td>
<td>4</td>
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<tr>
<td>No political landmines</td>
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<td>5</td>
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<tr>
<td>Potential financial impact</td>
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<td>2</td>
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</tbody>
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Scale 0 to 5, with 5 being criteria present, 0 being not present.
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Bite-Sized Pieces

Finding Questions
1) Identify common patient problems
2) Identify common equipment
3) Identify clinical questions about
4) Narrow list
5) Pick final question

Writing the Protocol
1) Title page
2) Purpose statement
3) Design statement
4) Subjects for study
5) Procedure
6) Data analysis
7) Hazards / precautions
8) Appendices

IRB Approval
1) Complete educational compliance
2) Final protocol edits
3) Complete IRB application
4) Informal meeting with IRB coordinator
5) Submit

Increase Research Studies of Relevance to Clinical Practice

Outcomes From Clinician Driven Research Projects

- Empowers clinicians to “own” their nursing practice
- Staff recognition and institutional visibility from presentations at national/local professional meetings & publications
- Increased commitment to EBP
- Practice changes made based on study findings
Outcomes From Clinician Driven Research Projects

- Staff development in area of clinical focus, written communication, and presentations
- Achievement of Magnet standards related to conduct of research
- Increased organizational visibility
- Improvements in recruitment and retention

Outcomes from Conducting Clinical Research

Presenting… Our Staff!!