

# EBP and Nursing Research: Harnessing Healthcare Information to Transform Patient Care

Thursday, April 19, 2018  
7:30 a.m. to 4 p.m.

Wyndham Garden York  
2000 Loucks Road, York, PA 17404

**SPONSORED BY:**



**COLLABORATIVE PLANNING PARTNERS INCLUDE:**



Millersville University  
COLLEGE OF SCIENCE  
AND TECHNOLOGY



## Agenda

- 7:30 a.m. Registration and Continental Breakfast
- 8:15 a.m. Welcome
- 8:30 a.m. Patricia P. Sengstack DNP, RN-BC, FAAN;  
**“Strengthening the Data to Knowledge Connection to Drive Improvements in Clinical Care”**
- 9:40 a.m. Poster Presentations
- Breakout Session 1:
- Joseph C. Hess, PhD, MHA, MS, RN; **“Jumping in the Deep End of Data: Identifying What Data You Need to Answer a Question”**  
First Capital Ballroom
- Or
- Breakout Session 2:
- Kelly A. Kuhns, PhD, RN; **“Surveys, Instruments, and Tools -- Oh My! Collecting Quality Data”**  
Susquehanna Ballroom
- 10:45 a.m. Break
- 11:00 a.m. Michelle Vonstein, BSN, RN and Cristina McMillan, BSN, RN, PCCN; **“Effect of a Scheduled Nursing Intervention on Thirst and Dry Mouth in the Intensive Care Unit”**
- 11:25 a.m. Rebecca D. Hartley, MSN, RN, CPAN, NEA-BC; **“SSI Prevention: Best Practice Emphasis for Better Outcomes in Spine Surgery”**
- 11:50 a.m. Lunch

- 12:40 p.m. Michelle E. DeFabio, MS, RN, ACNS-BC;  
**“Mindfulness Based Stress Reduction (MBSR):  
Improving Job Satisfaction and Decreasing  
Stress and Burnout in Nurses”**
- 1:05 p.m. Felicia M Rohrbaugh MSN RN, CNM; **“Motivational  
Interviewing Delivered by Phone to Reduce  
Relapse Rates and Improve Treatment  
Retention in Postpartum Women with an Opiate  
Use Disorder”**
- 1:40 p.m. Poster Presentations  
Breakout Session 1:  
Joseph C. Hess, PhD, MHA, MS, RN; **“Jumping in  
the Deep End of Data: Identifying What Data  
You Need to Answer a Question”**  
First Capital Ballroom  
Or  
Breakout Session 2:  
Kelly A. Kuhns, PhD, RN; **“Surveys, Instruments,  
and Tools -- Oh My! Collecting Quality Data”**  
Susquehanna Ballroom
- 2:45 p.m. Break
- 3:00 p.m. Melody A. Seitz, Ph.D., RNC-OB; **“Impact of Nurse  
Fatigue and Nursing Handoffs on Patient and  
Nurse Safety”**
- 3:25 p.m. Student presentation  
Sarah Hoolahan, Bridget Kurp, Sarah Reilly,  
Gabrielle Schwartz; **“Workplace Incivility Among  
Healthcare Providers”**
- 3:45 p.m. Awards and evaluations

# Poster Presentations

Poster 1

## Can a Unit-Based Competency Assessment Program Thrive in a Long-Term Care Culture?

Donna Alcorn, MEd, RN, CNE

---

---

---

Poster 2

## A Focused Education Program to Improve Nurses' Delirium Knowledge, Recognition and Implementation of Prevention Measures

Deborah J. Audette, MS, RN, ACNS-BC, CCRN-CSC

---

---

---

Poster 3

## Ventilator Associated Pneumonia: Battling a Pervasive Problem

Angela Barlow, RN

---

---

---

Poster 4

## Monitoring Neuromuscular Blocking Agents (NMBA) in Critical Care Setting

Malori Bender, BSN, RN

---

---

---

Poster 5

## Early Mobility in the Intensive Care Unit

Takela Bivens, BSN, RN; Tammy McKenzie, RN; Jennifer Schugam, RN; Angela Eguzouwa, BSN, RN

---

---

---

Poster 6

## Assessing Nurses' Levels of Stress and Burnout and the Potential Relationship to Compassion Satisfaction

Rebecca Cassel, MSN, RN, NE-BC; Michelle DeFabio, MS, RN, ACNS-BC; Cynthia Stermer, MS, RN-BC, ACNS-BC; Rod Grim, PhD

---

---

---

Poster 7

## Monitor Alarm Reduction in a Medical/Surgical Intensive Care Unit

Thomas S. Cunningham, RN, CCRN

---

---

---

Poster 8

## Best Practice to Predict and Decrease "Failure to Rescue"

Michele A Furdyna, MS, BSN, RN-BC

---

---

---

Poster 9

## Perineal Trauma Reduction

Julia Wheeling, MBA, BSN, RN; Adriane Burgess, PhD, RNC-OB, CCE, CNE; William Unwin, MD; Yvette Krietz, MSN, RN; Lauren Diskin, DO; Dorothy Jones, RN

---

---

---

---

---

---

---

---

---

Poster 10

**Cost Effectiveness of a Sitter Reduction Program**

Michael S. Hafer, RN; Ann Hendrickson, MS, RN, ACNS-BC; Melanie Duffy, MSN, RN, CCRN, CCNS

---

---

---

Poster 11

**Oral Cryotherapy for Treatment of Oral Mucositis in Patients Receiving Chemotherapy**

Dereen Houck, MSN, RN, OCN

---

---

---

Poster 12

**Improving Fall Rates Using Bedside Debriefings and Reflective Emails-One Unit's Success Story**

Katrina Howard, BSN, RN; Jennifer Huster, MSN, MBA, RN-BC, CNRN; George Hlodash, BSN, RN, ONC; Danielle Feil, MS, RN, AGCNS-BC, PCCN; Judith Gunther, BSN, RN, NE-BC, ONC; Melissa Schneider, DNP, RN-BC, ONC, CNRN

---

---

---

---

---

---

---

Poster 13

**Blood Samples from Pre-existing PIV Catheters in Pediatric Population**

Nina Klee, BSN, RN, CPN

---

---

---

Poster 14

**Weighing the Options: Health Choices of Low-income Puerto Rican Mothers in Pennsylvania**

Cynthia Knittle, DHA, MSN, RN; Jeanie Bachand, EdD, RN

---

---

---

Poster 15

**Do Nurse Residency Programs Affect Staff Turnover?**

Dawn Kremer, BSN, RN

---

---

---

Poster 16

**Our Sepsis Journey**

Erica Martin, MSN, RN, NE-BC; Mark Seidel, MSN, RN, CCRN

---

---

---

Poster 17

**Best Practices for Safe Patient Handling to Prevent Staff Injuries**

Velena McHugh, MS, BSN, RN

---

---

---

Poster 18

**Basal-Bolus-Correction Insulin in a Hospital Setting**

Sandra Okum, MEd, BSN, RN, CDE; Martha Yost, BSN, RN, CDE

---

---

---

---

---

---

---

Poster 19

**Implementation of Nurse-Delivered Recovery Education for Adults in the Inpatient Psychiatric Unit**

Janet Passley-Clarke, MSN, RN, CRNP, PMH-BC

---

---

---

Poster 20

**Using A3 Thinking to Address Safety Issues in an Emergency Department**

Sandra Reedy, BSN, RN, CEN

---

---

---

Poster 21

**Stress Debriefing: Providing Support to Mitigate the Effects of Stress and Burnout in Nursing Personnel**

Angela Robinson, MSN, RN, CCRN, NE-BC; Michelle DeFabio, MS, RN, ACNS-BC

---

---

---

---

Poster 22

**Palliative Ventilator Weaning and Comfort Care in Critical Care, a Multidisciplinary Evidence Based Practice (EBP) Project**

Nay Saechao, BSN, RN, CCRN; Lindsay Gring, BSN, RN, CCRN

---

---

---

---

---

Poster 23

**Mentorship as a Tool to Reduce New Nurse Turnover Rates**

Melissa Schneider, DNP, RN-BC, ONC, CNRN; Katrina Howard, BS, RN; Bethanne Schott, BS, RN-BC; Jessica Ellis, MSN, RN

---

---

---

---

---

Poster 24

**Intrapartum Monitoring of the Fetal Heart Rate**

Brianna Shenk, RN

---

---

---

---

Poster 25

**Management of Behavioral Symptoms of Dementia**

Beata Noemi Simon, RN

---

---

---

---

Poster 26

**Development of a Nurse-Driven Early Mobility Protocol in the Intensive Care Unit**

Elizabeth Zook, BA, BSN, CCRN

---

---

---

---

---

Student Poster 1

**Anti-inflammatory Effects of Ginger**

Charlotte Wool, PhD, RN, York College Faculty  
Jasmine Aydin  
Courtney Bollinger  
Katherine Burk  
Erin Dignan  
Jessica Everett

---

---

---

---

---

---

---

---

---

---



Student Poster 2

**The Effects of Music Therapy on Pain and Anxiety**

Charlotte Wool, PhD, RN, York College Faculty  
Ashley Arena  
Vanessa Blank  
Becca Brasko  
Kimball Bryan  
Rachel Cassimatis

---

---

---

---

---

---

---

---

---

---

---

Student Poster 3

**Workplace Incivility Among Healthcare Providers**

Margaret Marino, PhD, RN, PMHCNS-BC,  
York College Faculty  
Bridget Kurp  
Gabrielle Schwartz  
Sarah Hoolahan  
Sarah Reilly

---

---

---

---

---

---

---

---

---

---

---

Student Poster 4

**Weight Management in Patients with Serious Mental  
Illness**

Margaret Marino, PhD, RN, PMHCNS-BC,  
York College Faculty  
Alexis Huyler  
Jordan Miller  
Megan Shoop  
Sara Bailey

---

---

---

---

---

---

---

---

---

---

---

Student Poster 5

**Impact of Centering Pregnancy on Women and Neonates**

Charlotte Wool, PhD, RN, York College Faculty  
Shanna Mummert  
Ali Posey  
Darris Rodrigues  
Caramie Tshimanga  
Brianna Wilhelm

---

---

---

---

---

---

---

---

---

---

---

Student Poster 6

**Nitrous Oxide Use in Labor**

Charlotte Wool, PhD, RN, York College Faculty  
Arianna Steffy  
Jessica Tran  
Kayleigh Traynor  
Madison Wadzinski  
Danielle Werner

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Planning Committee

**Barbara L. Buchko, DNP, RNC-MNN**

Chair, Research Planning Committee  
Director, Evidence-Based Practice and Nursing Research  
WellSpan Health

**Brenda Artz, DNP RN CCNS CCRN**

Clinical Nurse Specialist  
WellSpan York Hospital

**Theodore Bell, MS**

Research Program Manager  
WellSpan Health

**Cristina Brooks, BSN, RN, CPAN**

Staff Nurse  
WellSpan York Hospital

**Christine Ciparik, BSN, RN, CMSRN**

Staff Nurse  
WellSpan Gettysburg Hospital

**Helen Copenheaver, BSN, RN, ONC**

RN Professional Development Specialist  
WellSpan Health

**Michelle E. DeFabio, MS, RN, ACNS-BC**

Clinical Nurse Specialist  
WellSpan York Hospital

**Rebecca Hartley, MSN, RN, CPAN, NEA-BC**

Director, Clinical Services  
WellSpan Ephrata Community Hospital

**Christina Martin, MSN, RN, NE-BC**

Director, Nursing Practice and Professional Development  
WellSpan Health

**Cristina McMillan, BSN, RN, PCCN**

Staff Nurse  
WellSpan York Hospital

**Norma H. Beyer, DNP, RN**

Assistant Professor  
The Stabler Department of Nursing, York College of Pennsylvania

**Margaret Marino, PhD, RN, PMHCNS-BC**

Assistant Professor  
The Stabler Department of Nursing, York College of Pennsylvania

**Nancy Wise, PhD, MSN, RN**

Assistant Professor, RN-BS in Nursing Coordinator-Lancaster  
Eastern Mennonite University

**Linda E. Witmer MPH, MSPH, M.Div. RN**

Associate Professor, RN-BS in Nursing Director  
Eastern Mennonite University

**Kelly Kuhns, PhD, RN**

Chair and Associate Professor  
Department of Nursing, Millersville University

**Lisa Hostetter, BSN, RN-BC**

Xi Chi Chapter, Sigma, Millersville University

**Cherie S. Adkins, PhD, RN**

Eta Eta Chapter, Sigma, York College of Pennsylvania

**Karla Swartzbaugh, BSN, RN**

Eta Eta Chapter, Sigma, York College of Pennsylvania

## Don't Forget To Complete Your Evaluation!

You must complete an evaluation in order to receive your CE certificate. The final question of the evaluation will ask for your name and email address so that we can send it to you. CE certificates will be sent to attendees who complete the evaluation within a few weeks following the close of the evaluation period.

Please complete your evaluation by **May 11, 2018**.



To access the evaluation, scan this QR code with your smartphone or visit <https://www.surveymonkey.com/r/2018NursingResearchDay>.