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2024 Swedish Learning and Celebration Day

Swedish Learning and Celebration Day

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6-2024

### A Celebration of Innovation and Discovery in Healthcare

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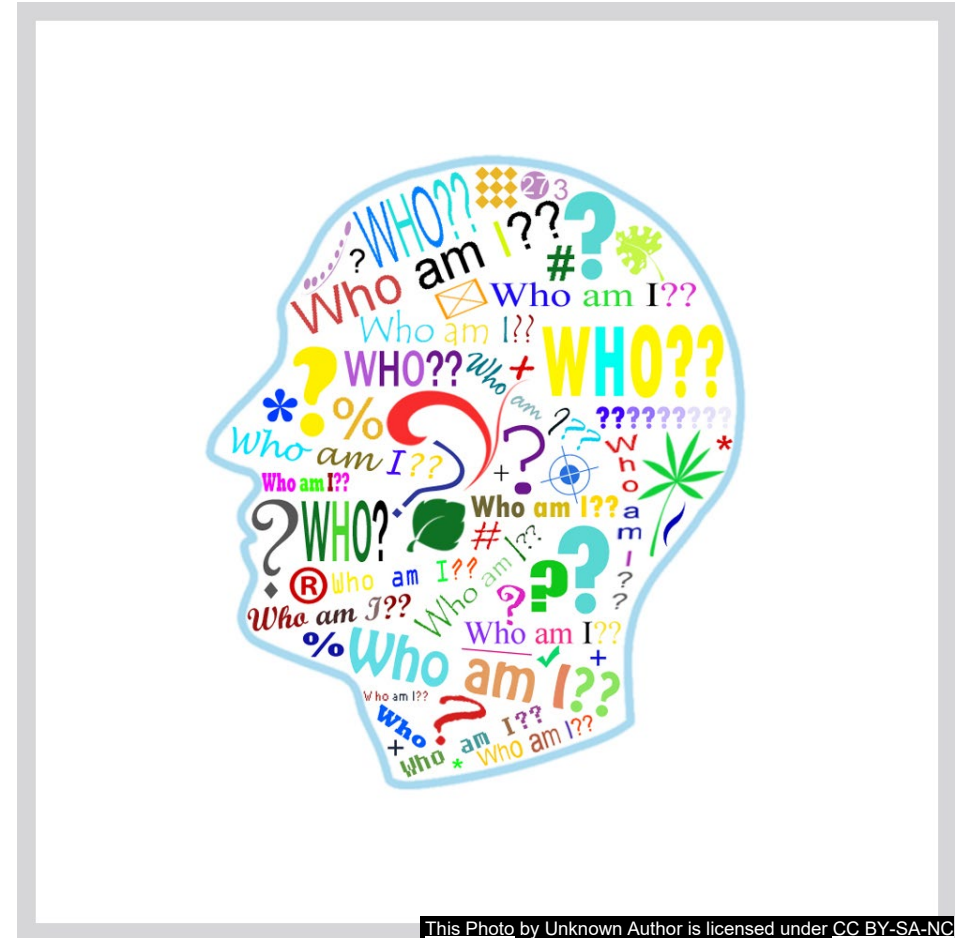
Swedish Learning & Celebration Days 2024

# A Celebration of Innovation and Discovery in Healthcare

Dr. Cara Gallegos, PhD, RN, EBP-C

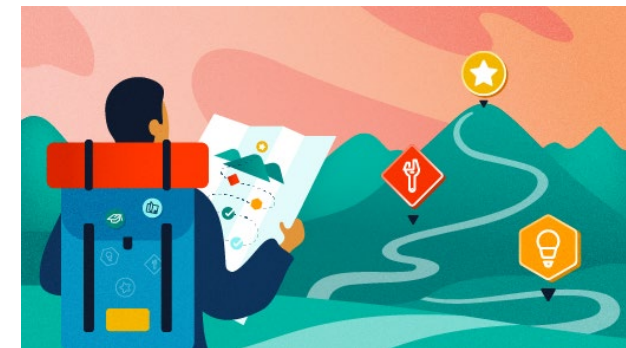
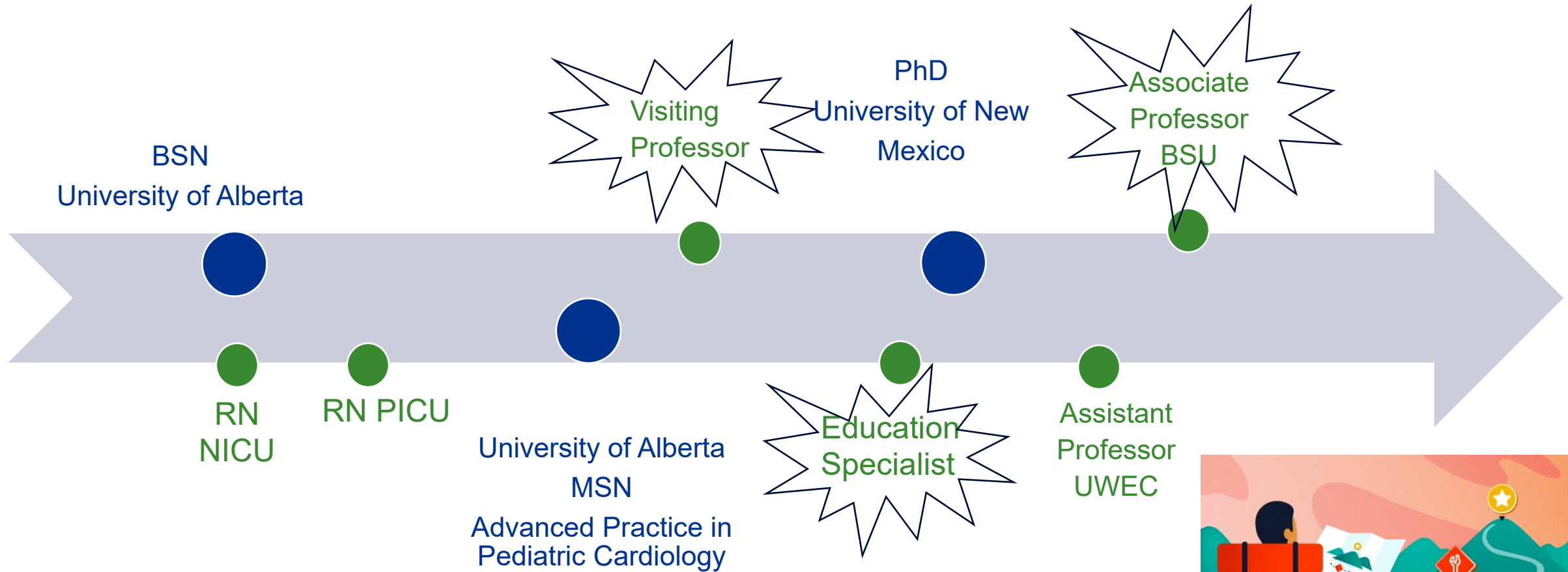
# Objectives

1. Who am I?
2. Developing a Culture of Inquiry
3. Resources available to you
4. Celebration of Inquiry



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# Journey to Nurse Scientist



# Who Am I? Research Trajectory

**Use of a Mobile Device to improve Engagement and Learning in a Nursing Research Class**

mLearning Scholars

**Perceptions of Learning and Engagement with Mobile Technology in a University Setting**

Kinesiology

**Educational Research**

**Faculty readiness and learning needs for incorporating virtual healthcare into the curriculum**

Nursing, Community and Environmental Health

**EBP Competencies and the AACN: a Modified Delphi Study**

Ohio State University

# Who Am I? Research Trajectory

**Stress and depression in Parents of a CMC**  
Parents of a CMC

**A Mindfulness App to Improve Depression and Family Management in Parent's of a CMC**  
Parents of a CMC , Palliative Care

**Transitioning Home from the Hospital: A Scoping**  
NPNSC

**Journal Writing in Parents in the PICU: A Pilot Study**  
Staff Nurses, Child Life, Providers, Social Work, Chaplain

**Depression and Quality of Life in Parents of a CMC**  
Parents of a CMC

**The Effect of AI ChatBots for Mental Health Counseling**  
Librarian, Nursing

**Journal Writing in Parents in the PICU: RCT**  
Educator, Staff Nurses, Seattle Children's Hospital

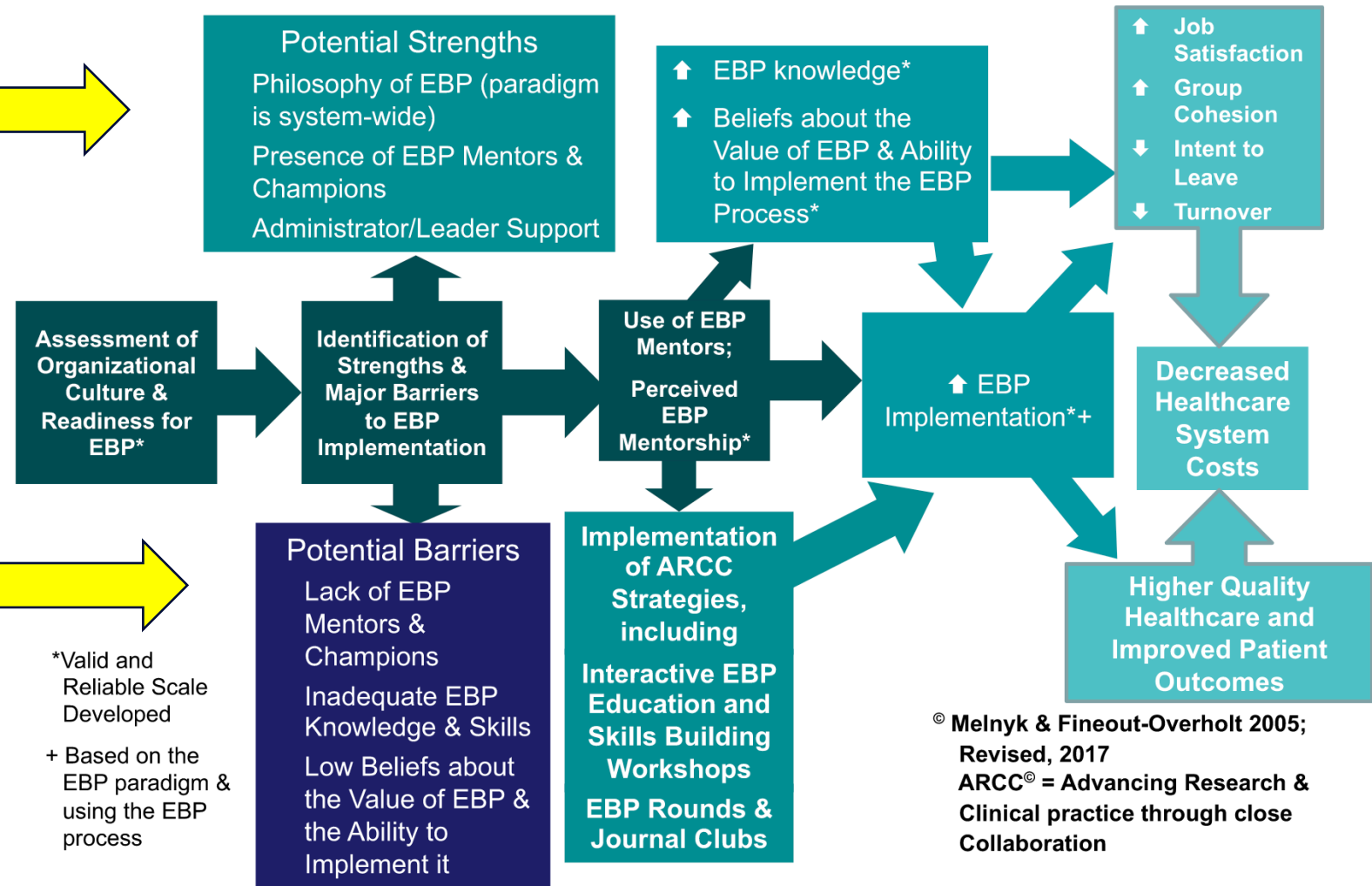
## Family Research

# The ARCC<sup>®</sup> Model

ND Research and EBP Vision

EBP Study

Future Educational Offerings



© Melnyk & Fineout-Overholt 2005; Revised, 2017  
 ARCC<sup>®</sup> = Advancing Research & Clinical practice through close Collaboration



# A Culture of Inquiry

Evidence-based practice is not just a set of tools or techniques; it is a **mindset**, a **commitment** to seeking out the **best available evidence**, **critically appraising it**, and applying it in a **thoughtful** and **ethical** manner.

It requires humility to acknowledge what we don't know, curiosity to explore new ideas, and courage to challenge our assumptions and beliefs.



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# North Division Research and EBP Vision

The vision is to provide education, support, and mentorship to create a culture of inquiry where caregivers can learn, engage, collaborate, and innovate by participating or leading research or EBP projects. We aim to systematically advance nursing practice through the application of high quality evidence.



# Moo-ving Beyond Tradition Contest!

Is our traditional practice still what's best?

We are looking for caregivers to identify practices that might be outdated.

Use the link or QR code, please consider participating in the contest.

The contest will be available until June 15, 2024

## Goals of the contest

- To encourage caregivers to question their practice
- To generate interest in EBP in a fun way

## Rules

- Identify and submit a practice that may be based on tradition and not supported by evidence
- The practice is being done in the department you work in
- Maximum of 3 entries per participant
- Description in the entry form is written in 200 words or less (you can copy and paste from word document)
- Your name will be put in a random drawing for a prize



Examples of Practice Questions:

Is it safe to use CHG wipes for perineal care?

Should the balloon on the foley catheter be inflated before inserting the foley?



- The main goal is to advance clinical practice and improve patient and family care or nursing work environment that support Providence's organizational priorities.
- The fellows will be mentored in the development, implementation, and evaluation of EBP projects by a nurse scientist, health system librarian and/or a clinical mentor.
- The program objectives include:
  1. Identify practice questions that are an organizational fit with Providence's mission and strategic plan.
  2. Demonstrate skills needed to develop an evidence-based practice change.
  3. Implement the EBP project guided by implementation science.
  4. Collect and analyze data to evaluate outcomes.
  5. Disseminate the EBP initiative (internally and externally)

# What is the EBP Fellowship?



# Resources



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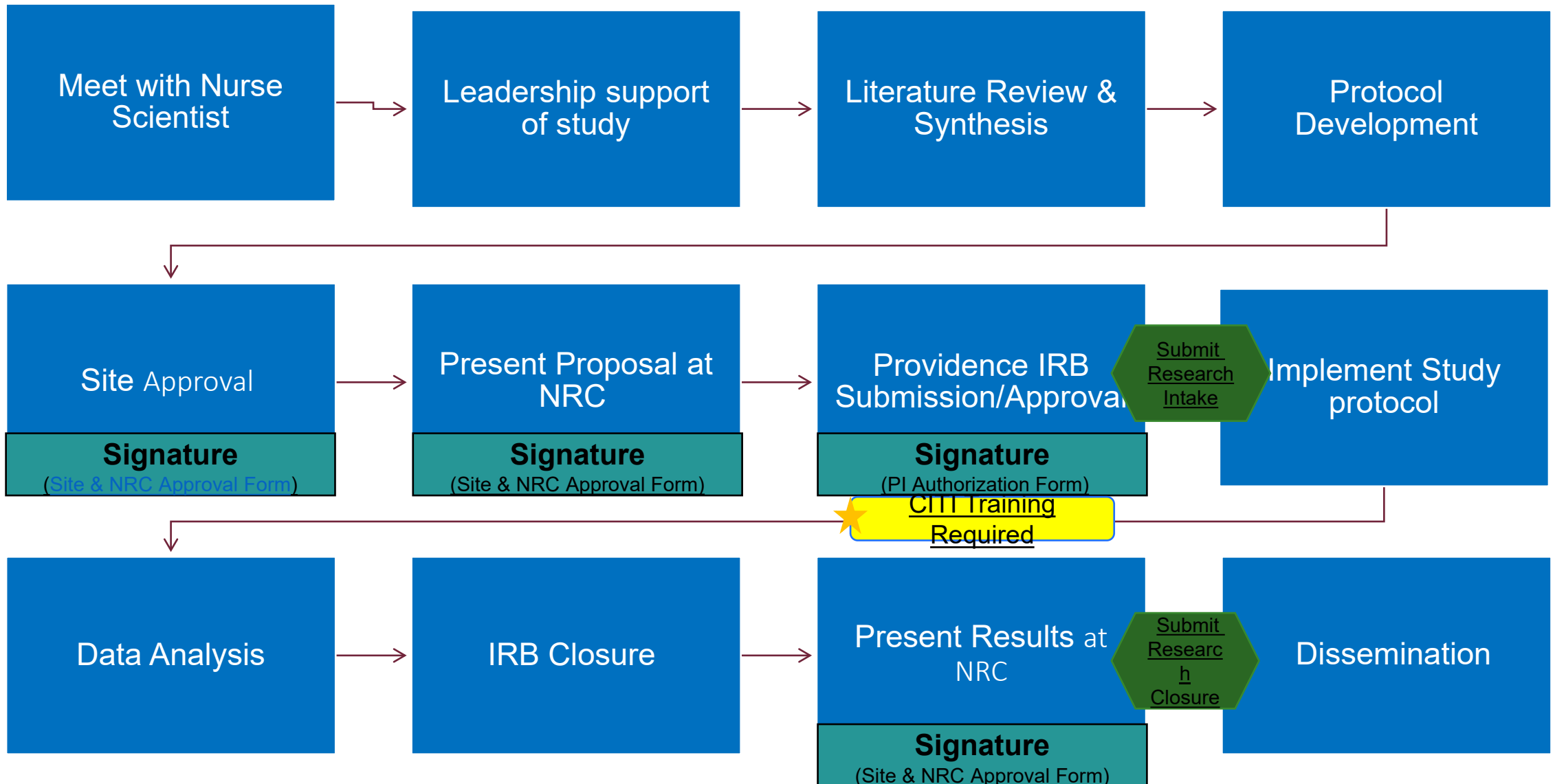
Research

EBP

Dissemination

Student

# North Division Research Checkpoints



# Resources



Resources for research and EBP/QI

2024 Providence  
System Nurse Research  
and Clinical Scholarship  
Conference

14 18 55 59  
days hrs min sec

March 1, 2024 0800-1530 PST





# Empowering Caregivers

## Research Basics 101

- Modules in HealthStream and live facilitated event

## EBP for Leaders

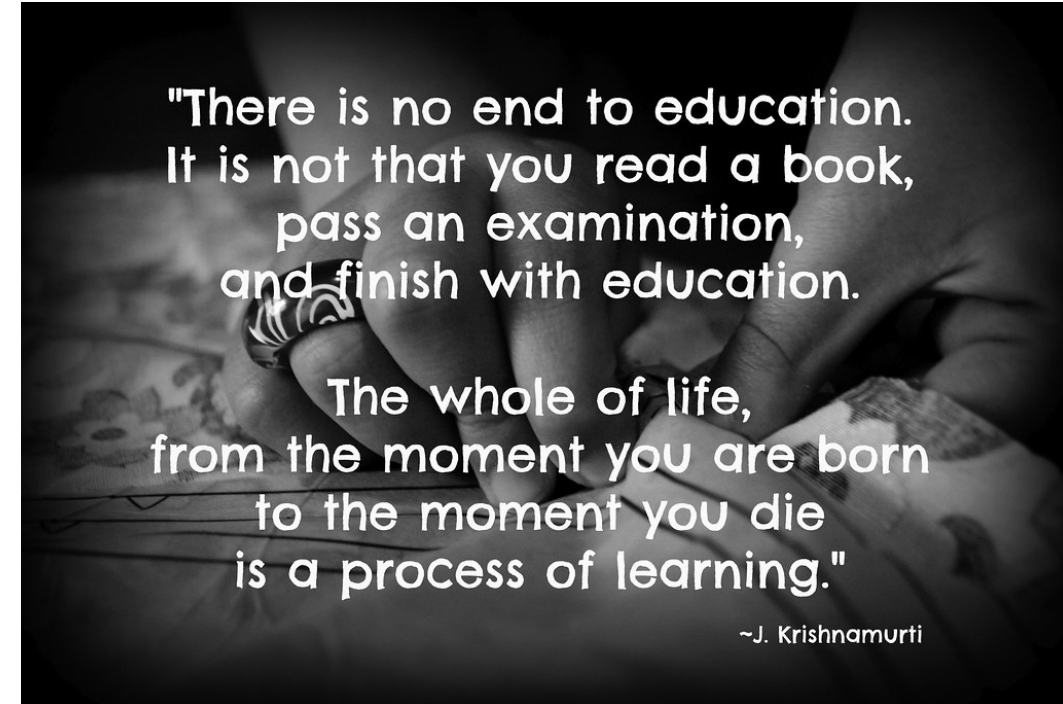
- 4 hour live, facilitated event July 17, November 5, and February 13

## EBP Fellowship

- 12-month program with monthly live facilitated classes and mentored time to complete project

## Virtual Journal Club

- live, facilitated event via Microsoft Teams
- Occurs the 2nd Thursday of March, May, September, & November at 10:00 –11:00 am, Pacific Time



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# Celebrate Success



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Today is a day to celebrate the success and achievements of caregivers

Let's continue to be leaders in driving positive change, innovation, and improvement in healthcare delivery.

## In summary...




Excellence is the  
gradual result of  
always striving to  
do better.

Pat Riley


BrainyQuote®

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Our greatest weakness lies in giving up.  
The most certain way to succeed is always  
to try just one more time

- Thomas Edison  
Perseverance Quotes

 [www.brainquotes.org](http://www.brainquotes.org)



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Thank you!  
Questions?  
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