



MedStar Health

MedStar Washington Hospital Center
Department of Nursing and Patient Care Services

Annual Nursing Scholarship Report

Fiscal Year 2024
(July 1, 2023 to June 30, 2024)



This scholarship report recognizes MedStar Washington nurses who are advancing evidence-based practice and sharing innovations and excellence in care through:



13
Oral Presentations

Calpin, C. (2024, March 8). *Implementation of a bundle to prioritize skin-to-skin in the NICU* [Oral presentation]. 37th Annual Gravens Conference on the Environment of Care for High-Risk Newborns. Clearwater Beach, FL.



11
Poster Presentations

Akinimbom, N. (2024, March 14). *Prevention of falls with fall zones: Iowa model of evidence-based practice* [Poster presentation]. 7th Annual Nursing Research and Innovation Conference, Synergy, Collaboration, & Innovations in Nursing Practice, The Catholic University of America, Washington, D.C.



11
Nursing Journal Articles

Edwin, H. S., Trinkoff, A.M., Mills, M.E., & Zhu, S. (June 2024). Psychological distress symptoms in nurses and their intention to leave: A cross-sectional secondary data analysis. *Journal of Advanced Nursing*, 00:1-14. <http://doi.org/10.1111/jan.16290>



59
Nurse Residency Projects

To view a complete list of scholarly works, scan this QR code:



Message from the Director of Nursing Research

This is an exciting time for nursing research and evidence-based practice at MedStar Washington Hospital Center, as we continue to make significant strides in our Journey to Magnet® recognition from the American Nurses Credentialing Center. The collective effort we've put into advancing patient care is truly inspiring, and this report highlights just a fraction of the impactful work underway. As you explore the pages ahead, you'll see examples of our nurses sharing their knowledge and innovations at the local and national level—including at our own Nursing Research and Innovation Conference. From cutting-edge research to transformative evidence-based practice and quality improvement projects, this year's report celebrates the myriad ways our team is shaping the future of nursing. To view a comprehensive list of presentations and publications that showcase our commitment to advancing healthcare, please visit the Nursing Research section of Starport or scan the QR code on this publication's cover. I hope you find this year's report insightful, and I'm eager to share even more of our progress in the year ahead.



*Pamela R. Jones, PhD
Director, Nursing Research
MedStar Washington Hospital Center*

Support for nursing research

MedStar Washington Hospital Center is committed to advancing nursing care through evidence-based practice and innovation. Nurse research is supported through

- **Library resources.** Our hospital library is located at 2A-43, near the A elevators. The library is open during normal business hours, but all clinicians can use their ID badges to gain access afterhours. The library grants you access to thousands of scholarly journals, books, and other online materials that only require an OpenAthens account: <http://whclib.medstar.net/athens.php>.
- **Nursing EBP and Research Council.** The Nursing EBP and Research Council supports nursing scholarship that improves clinical practice and patient care. The council's work is focused on providing resources and educational events, reviewing nursing research and evidence-based practice proposals, mentorship, and support with project implementation.
- **Nursing Grand Rounds.** Nursing Grand Rounds is a monthly series where nurses and providers share valuable information that advances nursing practice and patient care. Grand Rounds is held on the second Thursday of each month at 12 p.m.
- **Nursing Research and Innovation Conference.** Annually, MedStar Washington Hospital Center hosts the Nursing Research and Innovation Conference, which brings together nurses and healthcare professionals to explore current healthcare trends, research, and evidence-based practices.
- **MedStar Health Research Institute (MHRI).** The research division of MedStar Health conducts leading-edge clinical research and other scientific pursuits. MHRI hosts the MedStar Institutional Review Board (IRB) and has other valuable resources for those wanting to conduct research.
- **Center for Excellence in Nursing Research Awards.** The Center for Excellence in Nursing (CEN) awards aim to advance nursing practice and research and offers monetary awards for research projects and nursing leader development. Details about the awards can be found in the Nursing Research section of Starport.



Featured on the Cover

Photo 1: Chief Nursing Officer Ariam Yitbarek, Director of Nurse Engagement and Retention Julia Fisher, and burn trauma nurses Aniya Dudley and Kristine Vermillion took center stage in front of more than 13,000 nurses during the opening ceremony of the 2023 ANCC Magnet/Pathway to Excellence Conference to report out on Wellbot™— our robotic wellbeing initiative that won the prestigious Pathway Award in 2022.

Photos 2-3: Scenes from the 7th Annual Nursing Research and Innovation Conference at The Catholic University of America.

Photo 4: Nurse resident Kathleen Rigali shared her team's evidence-based practice project during the November 2023 Nurse Residency Program completion ceremony.

Spotlight on: Nursing Grand Rounds

"Engaging African American Parents to Develop a Mobile Health Technology for Breastfeeding"



Barriers to breastfeeding and disparities by race and ethnicity have led to a growing body of research focused on interventions to support breastfeeding among African American mothers. During a Nursing Grand Rounds presentation in June 2024, our nurses Chabria Burell, BSN, RN, IBCLC, and Lauren Hinson, MSN, RN, CCRN, highlighted research from Loral Patchen, PhD, IBCLC, a Certified Nurse Midwife, about a phone intervention to address these challenges.

An app was developed by conducting focus groups with African American mothers, aged 18-40, and an advisory group of experts. Based on participant feedback, the app's messaging focused on key concerns such as building mothers breastfeeding confidence and navigating breastfeeding in public. It also included educational resources, a breastfeeding log, local breastfeeding organization directories, and geographic-based community support.

The prototype received a promising System Usability Scale (SUS) score of 73.8, indicating that participants found the app effective and user-friendly. These results suggest the app has strong potential to improve breastfeeding rates among African American mothers, both at MedStar Washington and beyond.



As part of the Nursing Grands Rounds presentation, Lauren Hinson, MSN, RN, CCRN, moderated a panel discussion featuring (Right to Left) Serwah Adarkwa, MSN, RN, Libertad Montoya, MSN-Ed, BSN, RNC-OB, C-EFM, IBCLC, and Chabria Burrell, BSN, RN, IBCLC.



Patchen L, Ellis L, Harrington CB, et al.
Engaging African American Parents to Develop
a Mobile Health Technology for Breastfeeding:
KULEA-NET. *J Hum Lact.* 2020;36(3):448-460.
doi:10.1177/0890334420930208

Research Highlight:

"Development and Implementation of Interdisciplinary Clinical Practice Guidelines for the Administration of Peripheral Vasopressors"



Clinical Specialist Dani Kempton MSN, APRN, ACCNS-AG, CCRN-CSC, delivers a podium presentation during the 7th Annual Nursing Research and Innovation Conference at The Catholic University of America.

At MedStar Washington, nurses collaborate with healthcare providers on evidence-based practice and large-scale research. Clinical Specialist Dani Kempton, MSN, APRN, ACCNS-AG, CCRN-CSC, and her colleagues—Stephanie Chamberlain, BSN, RN, CCRN, Dana Hackett, BSN, RN, CCRN, and Rebecca-Anh McCarthy, BSN, RN, CCRN—presented their work at the 7th Annual Nursing Research and Innovation Conference at The Catholic University of America. They discussed creating Clinical Practice Guidelines for the safe infusion of vasoactive medications via peripheral IVs, rather than central venous lines. Peripheral lines offer quicker treatment and avoid complications associated with central lines, but extravasation (medication leakage) has been a concern.

The guidelines were part of a practice change pilot in an Institutional Review Board (IRB) study led by Physician Investigator Suzanne Simkovich, MD, Critical Care Physician Rory Spiegel, MD, Director of Nursing Quality and Practice Cheli Miga, DNP, and Critical Care Clinical Specialist Rose Dunkle, MSN. Before the pilot, an extravasation event underscored the importance of education. Nurses collaborated with the critical care team to develop the guidelines and raise awareness through online training, lectures, flyers, and visual reminders, such as purple signs outside patient rooms. During the pilot, 141 patients received vasopressors via peripheral IVs with no extravasation events. The successful collaboration has led to the adoption of these guidelines across the health system.



Kempton, D. E., & McCarthy, R.-A. T. (2024, March 14). *Development and implementation of interdisciplinary clinical practice guideline for the administration of peripheral vasopressors* [Oral presentation]. 7th Annual Nursing Research and Innovation Conference, Synergy, Collaboration, & Innovations in Nursing Practice, The Catholic University of America, Washington, D.C.

John L. Green Generation of Leaders Scholarship

Established in 2003, the John L. Green Generation of Leadership Scholarship honors the late John L. Green, executive vice president, Corporate Services. The scholarship is reserved for individuals who share Green's traits of excellence, leadership, and commitment to the vision, mission, and values of MedStar Health. This scholarship reflects Green's commitment to increasing diverse representation in leadership positions in healthcare. We are so proud of our recent Department of Nursing and Patient Care Services (DONPCS) recipients!



Jasmine Allen, BSN, RN
Clinical Nurse,
Labor and Delivery

Jasmine Allen used the scholarship to help pay for her nursing degree while working as a medical assistant

here at MedStar Washington. She graduated with her Bachelor of Science in Nursing (BSN) from Chamberlain University in August 2023, and is continuing her career with us as a labor and delivery nurse.

"I'm not sure what's next—I've thought about midwifery school—but I want to get my feet under me as a nurse, first," she said.



Marichu Cresido, MSN, RN, GERO-BC
Nursing Director,
Medical-Surgical
Unit 4E

Nursing Director Marichu Cresideo used the scholarship to complete her Master of Science

in Nursing (MSN) in leadership at Grand Canyon University in May 2024.

"Looking ahead, my goals are to continue my unit's recruitment, retention, and recognition plans and explore PRISM or BEACON awards for the unit. I aim to apply for another national certification, if my schedule permits," she said.



Shirley Dewitt, BSN, RN, AMB-BC
Nursing
Director,
Ambulatory
Surgical
Services

Nursing

Director Shirley Dewitt is using the scholarship to pursue her Master of Business Administration (MBA) with a concentration in Healthcare Management at Columbia Southern University.

"I am committed to paying forward this investment by advocating for patients, championing diversity and inclusion, and leading with compassion and integrity," she said.

MedStar Institute for Quality and Safety Scholarship



Hilary Hancock, BSN, RN, CWON

Director of Wound Ostomy Continence (WOC) Hilary Hancock, BSN, RN, CWON, received the MedStar Institute for Quality and Safety scholarship for the Georgetown University Executive Master's in Clinical Quality, Safety, and Leadership Program. After completing a second degree accelerated BSN program at Georgetown, Hilary began her nursing career at MedStar Washington Hospital Center on 2EIMC, an intermediate care Neurosurgical and Neurosciences unit, in 2012. She became a member of the Wound Ostomy Continence team in 2019 while completing her wound ostomy certification through Emory University. Her experience as a Wound Ostomy nurse helped her understand the bigger picture for improving quality and patient safety and ignited a passion for leadership and innovation.

Nurse Residency Program Evidence-Based Practice (EBP) Projects

Our 12-month Vizient/AACN Nurse Residency Program™, which is accredited by the Commission on Collegiate Nursing Education (CCNE), provides new nurses with a series of structured learning and practice experiences designed to support their transition to professional practice. Evidence-based practice projects are a requirement of the program, and our nurse residents work together on their EBP projects, often picking up where previous cohorts left off, helping to sustain and advance best practices. Our residents present their projects to hospital leaders during their completion ceremony, and many of our residents' projects are accepted for presentation at local and national conferences.



7th Annual Nursing Research and Innovation Conference

Synergy, Collaboration, and Innovations in Nursing Practice



In fiscal year 2024, 167 healthcare professionals attended our annual Nursing Research and Innovation Conference, held on March 14, 2024, at The Catholic University of America. Course Director Pamela Jones, PhD, brought together a diverse array of speakers, showcasing groundbreaking work on leading-edge topics that are shaping the future of nursing practice, including:

- Keynote Address: Trauma-Informed Leadership, Christina G. Atlington, PhD
- A Curious Nurse's Exploration of Moral Distress, Lucia D. Wocial, PhD, RN, FAAN, HEC-C
- Implicit Bias, Racism, and Patient Safety Events, Angela D. Thomas, DrPH, MPH, MBA
- Pain, Quality of Life, and Older Women, Janiece L. Taylor, PhD, RN, FAAN
- Nursing Ambulatory Care, Hussein M. Tahan, PhD, RN, FAAN, FCM
- Breakout Sessions: Performance Improvement; Evidence-based Practice and Research; and Educational Methods and Strategies

Additionally, several of our nurses shared their research and EBP projects in the poster exhibition space. The conference concluded with an abstract awards ceremony.



Save the Date! The 8th Annual Nursing Research and Innovation Conference will be held on Friday, March 14, 2025, at the Bethesda Marriott in Maryland.

EBP At a Glance: "RASS Goal Education and SAT Weaning"

Nurse residents Erica Browne and Melany Cepeda Reinoso implemented an evidence-based practice project focused on sedation weaning, which has been shown to reduce ICU length of stay, ventilator days, and ventilator-associated complications. They collaborated with Respiratory Therapy to identify the average length of intubation in their unit (2G, Medical ICU) and created a survey to gather data on the number of Spontaneous Awakening Trials (SATs) being performed. They also conducted chart audits to track sedation use and SAT documentation.

To encourage best practices, daily SAT reminders were added to computers, and a quick reference guide was created for nurses to wear on their badges, helping them navigate SAT eligibility and requirements. These efforts led to a positive outcome—over the implementation period, the length of stay for intubated patients decreased by 1.22 days.



**Unit 2G Medical ICU nurses
Erica Browne and Melany
Cepeda Reinoso**

Join the Nursing EBP and Research Council



Kaitlin Di Cesare, Alice Tabe-Ebob, Nicholas Gharney, Pamela Jones, Sara Tewolde, and Jesenia Castro

The Nursing Evidence-Based Practice and Research Council is a cornerstone of our commitment to clinical excellence and the advancement of nursing practice. In fiscal year 2024, the Department of Nursing and Patient Care Services rebooted its collaborative governance councils to align with the American Nursing Credentialing Center (ANCC) Magnet® Program requirements. We updated our council charter, tripled our membership, and developed subcommittees to further our aims to conduct, evaluate, and disseminate EBP and research.

Our council meets monthly, and we welcome members who are eager to commit their time, expertise, and enthusiasm to this vital endeavor. Benefits of joining include informing nursing practice and patient care here at MedStar Washington, opportunities for professional growth, points that can be used for Clinical Advancement Program (CAP) bonuses, and mentorship.

We value the diversity of thought and experience that all of our associates (i.e., RN, LPN, APP, PCT, and MA) bring to the table, and we are excited about the potential to grow and learn together.

The Center for Excellence in Nursing Awards

The Center for Excellence in Nursing (CEN) Awards were established through the MedStar Washington Hospital Center Office of Philanthropy to advance the practice of nursing. These awards are funded entirely from generous donations from community individuals, community foundations, hospital and foundation board members, and hospital associates who give through payroll deductions.



Presentation Awards

Reimbursement for conference and travel expenses to one author of a peer-reviewed poster or podium presentation accepted at a professional conference. Available annually to all MedStar Washington nurses.



Leadership Development/ Education Awards

A one-time reimbursement, up to \$5,000, for expenses for leadership development education directed to meet the strategic business goals of the Department of Nursing and Patient Care Services. Available to MedStar Washington nursing leaders.



Project Based Awards

Reimbursement for an Evidenced-Based Practice/ Performance Improvement/ Research project that improves nursing practice and/or patient care. Available annually to all MedStar Washington nurses.

To learn more or apply for a CEN Award, please visit the Nursing Research section of StarPort.