



Evidence-Based Practice: Value People, Work Together

Using an Appreciative Inquiry Approach

The Nursing Research Council, composed of staff nurses, advanced practice nurses and a nurse scientist, led a nursing study using the appreciative inquiry qualitative approach to explore the most successful fall prevention practices at both hospitals. The study, *“Using an Appreciative Inquiry Approach to Develop a Patient Fall Prevention Program,”* is the first type of study engaging nurses at the point of care for the purpose of sharing their practice and encouraging their involvement with developing and implementing best practices with fall prevention. This study was proudly shared by principal investigator Shelley Hart, RN, ACNS-BC, OCN, during a podium presentation at the Froedtert Health 16th Annual Nursing Research Conference in 2022.

BECALM Tool

The Hester Davis Scale (HDS) Fall Risk Assessment Tool is a comprehensive, individualized tool to assess a patient for their risk of falls utilizing a nine-factor scale that was implemented throughout our health system in 2022. In an effort to align with the concept that there is no “one size fits all” for patients when it comes to fall prevention, Andrea Wlodarczyk, MSN, RN; Shelley Hart, RN, ACNS-BC, OCN; and the Falls Champion Committee sought a tool to assist nurses in connecting the dots with fall prevention. Together they created the BECALM tool which came to life in an effort to bridge the gap between assessment and identifying the appropriate fall prevention interventions in alignment with a patient’s score for each factor of the HDS Fall Risk Assessment Tool. When a patient scores greater than three in any one factor, nurses are supported by looking at the BECALM tool to find several interventions that could be implemented based on the patient’s needs. This tool is currently being researched on inpatient Medical/Surgical units at Froedtert Menomonee Falls Hospital and more information is to come on this exciting evidence-based practice project.

Pregnancy and Maternal Birth Experience Influenced by the COVID-19 Pandemic

The Froedtert Menomonee Falls Hospital Birth Center was no stranger to the effects of the COVID-19 pandemic. The Froedtert Menomonee Falls Hospital Birth Center Nurse Research Team, Melissa Yochem, MSN, RN; Pamela Johnston, MSN, RNC-OB; Robin Curry, MSN, RN, CPLC; Bethanie Meyer, MSN, RN; Tracy Alexanian, BSN, RN, CLC; and Jennifer Konrad, MSN, RN, FNP-BC, sought to study the level of worry within the pregnant and postpartum mother population regarding their pregnancy and birthing experience during the COVID-19 pandemic. In congruency with the Froedtert & MCW health network nursing strategic priority of exceptional care, the team conducted a mixed method study to gain understanding of the stressors this population faced during the pandemic to better support and care for their patients.

The study found that participants reported anticipatory worry with changes to hospital policy and workflows, the potential impact of COVID-19 on the health of their infant and fear of the unknown. Interestingly, there was an overwhelming positive response regarding the limited visitor policy. Most participants stated that not having to manage visitor traffic helped them not feel pressured to allow visitors, or be the gatekeeper, allowing them time to rest, heal and bond as a family. As participants reflected on their hospitalization, they expressed that they felt well-cared for and the changes due to

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COVID-19 did not affect their stay in the way they had anticipated. The feedback that was obtained through the interview process further validated the support and reassurance provided by nurses given to all patients during the COVID-19 pandemic.

Improving C-Section Care Using Enhanced Recovery After Surgery Principles

Nurses who care for patients undergoing a Cesarean section (C-section) delivery are in a position to recognize the potential for improvement in the recovery process, which can help promote maternal-infant bonding and the mother's ability to care for her newborn. At Froedtert West Bend Hospital Birth Center, nurses identified that patients undergoing a C-section had potential for improvement in care as previous standards of practice may have prevented rather than facilitated a rapid recovery after a C-section birth.

Katie Rasmussen, BSN, RN, and Ashley Lynn, BSN, RN, along with Froedtert West Bend Hospital Birth Center Unit-Based Practice Council (UBPC) members, identified this opportunity to adopt evidenced-based practices from enhanced recovery after surgery (ERAS) principles with goals to:

- Decrease pain scores and reduce the use of opioids
- Promote exclusive breastfeeding
- Increase patient satisfaction
- Prevent catheter-associated urinary tract infections (CAUTI)
- Decrease length of stay
- Facilitate cost-effective care

In 2022, the Froedtert West Bend Hospital Birth Center implemented these changes to improve care after a C-section: screening patients for operative nausea risk and pre-operatively placing a scopolamine patch, discontinuing IV fluids earlier, allowing patients to eat food earlier, providing better pain control by scheduling Tylenol, Toradol and/or Motrin as well as increasing the use of abdominal binders, removing the indwelling urinary (Foley) catheter earlier and getting the patient up and walking faster. Since implementation, there has been much success in reaching these goals to improve care of patients after a C-section.

SNOO With NOWS Infants

The Froedtert West Bend Hospital Birth Center cares for the increasing population of infants experiencing Neonatal Opioid Withdrawal Syndrome (NOWS). NOWS infants are those exposed to certain substances in-utero and can show signs of withdrawal after birth such as fussiness, tremors, uncoordinated/excessive suck and inability to sleep. To standardize and improve the care of NOWS infants, Staci Bohling, BSN, RNC-ONQS, introduced the use of the SNOO and 5 S's - swaddling correctly, holding baby on side or stomach, shushing, swinging and sucking. SNOO is a smart bassinet that can soothe the infant by increasing motion and sounds to calm a crying infant. This method intends to show a sustainable reduction in health care utilization by decreasing length of stay and pharmacologic use. Data on satisfaction of parents and nurses as well as a decrease in length of stay is currently being collected.

17th Annual Nursing Research Conference

On Nov. 3, 2023, nurses throughout our health system gathered to present, listen and learn at the 17th Annual Nursing Research Conference. The conference theme was *“Nursing Research: Providing Clarity in a Kaleidoscope of Change.”* Keynote speaker Jennifer Burgher Seaman, PhD, RN, CHPN, captivated the audience with an in-depth presentation on her own research and shared tips for our nurses to continue pursuing innovative ways to enhance the nursing profession. Congratulations to the several nurses proudly representing Froedtert Menomonee Falls and Froedtert West Bend Hospitals with a poster or podium presentation!



(L-R) Maggie Braun, MSN, RN, CNOR; Jennifer Konrad, MSN, RN, FNP-BC; Melissa Yochem, MSN, RN; Robin Curry, MSN, RN, CPLC; Bethanie Meyer, MSN, RN; Shawna Boehlen, BSN, CMSRN; Samantha Hendricks, MBA, MSN, RN, NE-BC; Jennifer Domagalski, BSN, RN; Dawn Zakzesky, MSN, RN, CNS-BC; Teresa Alagna, BSN, RN; Laurette Bauman, ADN, RN; Nora Plym, MSN, RN, CCRN; Staci Bohling, BSN, RNC-ONQS; Tracy Alexanian, BSN, RN, CLC; Betty Matthies; Ellen Daroszewski, PhD, APRN; Kelly Lindemann, RN, BSN, CMSRN; Deb McCann, MSN/MBA/HC, NE-BC, CCRN; Shelley Hart, RN, ACNS-BC, OCN; Melissa Ratzmer, RN, BSN, CEN; Kristen Lebiecki, MSHA, BSN, RN, C-OB, NE-MBU; Pamela Johnston, MSN, RNC-OB; Elizabeth Collis, CNM, APNP; and Sandra Bach, APNP attend the Nursing Research Conference.

Posters



Froedtert System Stroke in Collaboration with LAUNCH - Community Awareness Campaign by Shawna Boehlen, BSN, CMSRN, Community Hospital Division stroke coordinator; and Angelique Crofta, BSN, RN, SCRNP

Improving Umbilical Cord Blood Gas Collection: A Quality Improvement Initiative by Jennifer Konrad, MSN, RN, FNP-BC; Kathryn Rasmussen, BSN, RN; Lindsey Cornelius, RN; Amber Fortmann, NNP; and Erwin Cabacungan, MD

Podium Presentations



Assessment of the Impact of Difficult Shifts on Staff Stress in the Community Emergency Department by Dawn Zakzesky, MSN, RN, CNS-BC, CEN; Terrie Cole, ADN, RN; and Kathryn Mellgren, BSN, RN

Pregnancy and Maternal Birth Experience Influenced by the COVID-19 Pandemic by Jennifer Konrad, MSN, RN, FNP-BC; Elizabeth Collis, CNM, APNP; Tracy Alexanian, BSN, RN, CLC; and Bethanie Meyer, MSN, RN

The Power of Evidence by Ellen Daroszewski, PhD, APRN, Community Hospital Division nurse scientist



Giving a Boost at the Bedside: RN Orientation of Family Medicine Residents to Improve Comfort at the Bedside by Jennifer Domagalski, BSN, RN