10th Annual Nursing Research & Evidence-Based Practice Symposium

Thursday-Friday
November 1-2, 2018
Hampton Inn
Colchester, Vermont

Oral & Poster Presentations
~
Beginning Thursday Afternoon

Keynote:
Margaret H. Kearney, PhD, RN, FAAN
Vice Provost & University Dean,
Graduate Studies
Professor, School of Nursing
University of Rochester

Register online at
www.uvm.edu/~kappatau/
Best rates through Oct. 26
Welcome, Message from the Symposium Co-Chairs...

On behalf of this year’s Symposium Planning Committee, it is our pleasure to invite you to the 10th Annual Nursing Research and Evidence-Based Practice Symposium. Our theme this year is Nursing Research & EBP: Present, Past, Future. Nurses during every interaction with a patient and family must decide on using the best evidence available to provide quality and safe care. We are fortunate to have Margaret H. Kearney, PhD, RN, FAAN, Vice Provost and University Dean of Graduate Studies, and Professor, in the School of Nursing at the University of Rochester.

In its 10th year, the Annual Symposium continues to showcase a sampling of the meaningful work that nurses in our region are investigating to improve healthcare outcomes. Whether you practice at the bedside, in a patient’s home, in a clinic, or as an educator or nurse leader, the Symposium offers opportunities to network and learn about novel practice approaches.

We hope that you will participate in this year’s annual Honor the Nurse presentation, which is dedicated to taking a trip down memory lane and celebrating the momentous 10 year anniversary of the Nursing Research and Evidence-Based Practice Symposium. This presentation occurs at the Thursday evening’s ever-popular free reception, where posters are presented, networking opportunities abound, and SUNY Plattsburgh, Vermont Technical College, and University of Vermont nursing students intermingle with novice and veteran nurses.

Special thanks to the Planning Committee, for their time and efforts in creating this extraordinary annual event. We would also like to thank our devoted professional and institutional organization sponsors, without their support this experience could not happen. A huge thank you to our dedicated professional conference planner, Julie Basol, who keeps us on task and brings her expertise and wisdom to our team.

Lastly, the Symposium never would have begun 10 years ago without the dream and dedication of Ann Laramee. Because of Ann, this Symposium has been a venue for local and regional, novice and expert speakers to share their work. For many, the Symposium was their first poster or podium presentation experience! Due to the Ann’s vision of what this symposium could be, she has had a huge hand in helping change the face of nursing outcomes through evidence based practice, nursing research, and quality improvement. Thank you Ann!

Please join us on an adventure in learning at this year’s Symposium.

Jessica Sherman, DNP, MSN, RN-BC, PCCN-K
Program Co-Chair, 10th Annual Symposium
Medical-Surgical Nurse Manager
Central Vermont Medical Center
Jessica.Sherman@CVMC.org

Mary K. Hill, DNP, MSN, RN-BC, OCN
Program Co-Chair, 10th Annual Symposium
Associate Professor of Nursing
Vermont Technical Center
Mary.Hill@vtc.edu

Thursday, November 1

2:30-3:00pm Registration, Poster Set Up
3:00-4:00pm Enhancing the Visibility of Your Research
   Gary S. Atwood, MA, MSLIS

4:00-4:15pm Poster Set Up, Afternoon Break
4:15-5:15pm Effective Abstract Writing: Steps to Increase Your Chances of Abstract Approval
   Randy Kelley, DNP, RN, CCRN

5:15-6:45pm Welcome, Opening Remarks, Reception, Poster Presentations

Thursday Evening’s Poster Reception is free and open to the public.

Friday, November 2

7:30-8:15am Registration, Posters, Continental Breakfast
8:15-8:30am Welcome, Introductions
8:30-10:00am Keynote Address - Taking Nursing Research Back to the Bedside
   Margaret Kearney, PhD, RN, FAAN

10:00-10:30am Morning Break; Posters
10:30-Noon Oral Presentations: 1, 2, 3
Noon-1:15pm Lunch; Posters
1:15-2:15pm Special Session - Could We Publish This? Where and How?
2:15-2:45pm Oral Presentation: 4
2:45-3:00pm Afternoon Break
3:00-4:00pm Oral Presentations: 5, 6
4:00-4:30pm Capstone Address
Thursday Afternoon Workshops
Join us beginning Thursday afternoon!

Enhancing the Visibility of Your Research
Gary S. Atwood, MA, MSLIS
Research & Instruction Librarian,
Library Assistant Professor
University of Vermont,
Dana Medical Library
3:00-4:00PM

In this workshop, participants will learn how to increase the visibility of their research using simple strategies and tools. More and more scholarship is being published each year. In order to rise above the flood, researchers need to know how to manage key elements of their professional identities and leverage tools to boost their visibility. In many cases, however, researchers are not taught how to do this or even know it is important. This lack of understanding can dampen their ability to get their message out to the larger community.

By the end of the presentation, participants will have a better understanding of how to curate their professional identities, write more effectively, and boost visibility of their scholarly work.

Effective Abstract Writing: Steps to Increase Your Chances of Abstract Approval
Randy Kelley, DNP, RN, CCRN
Assistant Professor, Department of Nursing
State University of New York College at Plattsburgh
4:15-5:15PM

Bedside nurses are becoming actively engaged in quality improvement projects. Such involvement is critical to advancing healthcare outcomes as nurses seek to integrate clinical expertise and the best available research. Disseminating quality improvement projects requires that nurses initiate, complete and share abstracts at symposiums and conferences. It is critical that nurses learn the fundamentals of abstract writing to share collectively.

Whether you are a novice or seasoned abstract writer, this hands-on workshop is for you! Demystify the abstract writing process as Dr. Kelley explains the differences between research and quality improvement and articulates the steps to writing a successful abstract.

Honor the Nurse: A Walk Down Memory Lane
This year's Honor the Nurse takes a look back through the past 10 years of the Symposium.

Please send us pics and memories of past Symposiums that you'd like to share. Jot down your memories (along with possible pic) and send along to JNB@gmavt.net by Friday, October 19.

A compiled slide show will debut at Symposium’s poster reception Thursday evening, November 1.

We look forward to your participation!

For more information contact Julie Basol, Symposium Director: 802 598 7424.

Thursday Evening’s Poster Reception begins immediately after the last talk that afternoon. The reception is FREE and open to the public.
Maggie Kearney began her career in nursing over 40 years ago, as a staff nurse on the mother-baby unit at what was then, Mary Hitchcock Memorial Hospital in Hanover, New Hampshire. In Hanover, she was a women’s health nurse practitioner and a research associate with Dr. Linda Cronenwett before embarking on a career in academia. She taught at Boston College for 12 years and is now at the University of Rochester, where she is Vice Provost and University Dean of Graduate Studies and a professor in the School of Nursing. She began her research career studying pregnant and parenting women facing psychosocial risks, but she is now more widely known for her expertise in qualitative research methods and writing for publication. She has published more than 100 articles, editorials, chapters, and books, and served for over 5 years as the editor of the journal Research in Nursing & Health.

Dr. Kearney’s keynote address will uncover some new indicators of whether nursing research is progressing appropriately toward greater evidentiary support for clinical practice. By the end of this talk, the attendee will appreciate the shifts in focus of nursing research over time and identify some constructive future directions in nursing education and practice.

- Nursing research trends over time - expected and unexpected
- Where are we now? Who is producing nursing research and who is using it?
- Who is available and trained to do nursing research?
- Are we using the research available to guide daily practice?
- Is it time for a course correction?
- Moving research back to the bedside: Empowering clinical leaders for both EBP and innovation

Friday Afternoon Special Session

Could We Publish This? Where & How?
Margaret H. Kearney, PhD, RN, FAAN
1:30-2:30PM

While researcher authors typically target a relatively narrow range of journals, clinicians and clinical faculty have many more choices. This talk will address the challenge for the novice author to recognize an appropriate journal, frame an innovative message and polish it. Dr. Kearney is uniquely equipped to share expertise that goes into publishing manuscripts!

To register online, CLICK HERE
## Symposium Agenda

### Thursday, November 1

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<thead>
<tr>
<th>Time</th>
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<tr>
<td>2:00-2:30pm</td>
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<td>4:00-4:15pm</td>
<td>Afternoon Break, Poster Set up</td>
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<td><strong>Effective Abstract Writing: Steps to Increase Your Chances of Abstract Approval</strong></td>
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<td>Randy Kelley, DNP, RN, CCRN Assistant Professor, Department of Nursing</td>
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<td>5:15-6:45pm</td>
<td>Reception, Poster Presentations, Honor the Nurse, Welcome Remarks:</td>
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<td>Jessica Sherman, DNP, MSN, RN-BC, PCCN-K</td>
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<td>Mary Hill, DNP, MSN, RN-BC, OCN</td>
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<td>Program Co-Chairs, 10th Annual Symposium</td>
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### Friday, November 2

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<td>7:30-8:15am</td>
<td>Registration; Continental Breakfast; Posters</td>
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<td>8:15-8:30am</td>
<td>Welcoming Remarks</td>
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<td>8:30-10:00am</td>
<td><strong>Keynote Address</strong></td>
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<td><strong>Taking Nursing Research Back to the Bedside</strong></td>
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<td></td>
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<td>Vice Provost, University Dean of Graduate Studies</td>
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<td>Professor of Nursing</td>
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<td>10:00-10:30am</td>
<td>Posters, Morning Break</td>
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<td>10:30-11:00am</td>
<td><strong>1 Management of Glycemic Control to Improve Patient Outcomes</strong></td>
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<td>Jessica Sherman, DNP, RN-BC, PCCN-K</td>
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<td>Erin Burrell, ADN, RN</td>
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<td>11:00-11:30am</td>
<td><strong>2 The Influence of Body Mass Index on Brain Cortex in Children</strong></td>
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<td>Jennifer Laurent, PhD, RN</td>
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<td>Associate Professor, Department of Nursing</td>
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<td>University of Vermont</td>
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<td>11:30-Noon</td>
<td><strong>3 Implementation of a Deconditioning Prevention Program: Getting Dressed Makes a Difference</strong></td>
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<td>Seleem Choudhury, DNP, MBA, RN, CEN, FAEN</td>
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<td>Vice President / Chief Nursing Officer</td>
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<td>Noon-1:15pm</td>
<td>LUNCH; Posters</td>
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<td>1:15-2:15pm</td>
<td><strong>Special Session</strong></td>
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<td><strong>4 Exploring the Mental Health of Online Support Group Users Who are Partners of Autistic Adults: A Mixed Methods Study</strong></td>
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<td>Laura Lewis, PhD, RN</td>
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<td>Afternoon Break</td>
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<td><strong>5 Implementing Bedside Shift Report in a Small Community Hospital</strong></td>
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<td>Lacey Clark, BSN, RN</td>
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<td>Clinical Nurse Coordinator, MedSurg</td>
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<td>Paige Picard, BSN, RN</td>
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<td><strong>6 The Yoga Mat, Where East Meets West: A Pilot Study</strong></td>
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<td>Evaluating Structured Yoga Practice on Common Side Effects of Chemotherapy/Biotherapy in Cancer Patients</td>
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<td>Patricia Johnson, BS, RN, OCN, CBCN</td>
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<td>Oncology Care Coordinator</td>
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<td>Champlain Valley Physicians Hospital</td>
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<td>4:00-4:30pm</td>
<td>Capstone Address/Wrap Up</td>
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**Thursday Evening’s Poster Reception is FREE and open to the public.**

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Program Planning Committee

- **JESSICA SHERMAN, DNP, MSN, RN-BC, PCCN-K**
  Program Co-Chair, 10th Annual Symposium
  Medical-Surgical Nurse Manager
  Central Vermont Medical Center

- **Mary K. Hill DNP, MSN, RN-BC, OCN**
  Program Co-Chair, 10th Annual Symposium
  Associate Nursing Professor, Fanny Allen/Williston Campus
  Department Chair
  Vermont Technical College

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  College of Nursing & Health Sciences
  University of Vermont

- **TARA EBERE, BSN, RN**
  Director, Magnet Program
  University of Vermont Health Network-CVPH

- **CARLYN HAAG, BSN, RN, CCRN-K**
  Nursing Research and Clinical Practice Manager
  University of Vermont Health Network-CVPH

- **Linda Havey, DNP, RNC-OB**
  Nurse Educator, Central Programs
  University of Vermont Health Network-Porter

- **CAROL L. HODGES, MS, RN-BC**
  Nursing Education Coordinator
  Northeastern Vermont Regional Hospital

- **RANDY KELLEY, DNP, RN, CCRN**
  Assistant Professor, Department of Nursing
  State University of New York College at Plattsburgh

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  Nurse Practitioner, Palliative Care and Cardiology
  University of Vermont Medical Center

- **KAREN MCKENNY, BSN, RN**
  Nurse Educator
  University of Vermont Medical Center

- **SUZANNE MURDOCK, MSN, APRN-BC, GNP-BC**
  Director, Nursing Outcomes, Practice, & Systems
  University of Vermont Medical Center

- **CHRISTINE ROVINSKI-WAGNER, MSN, ARNP**
  National Transformational Coach Captain
  Veterans Administration Medical Center,
  White River Junction

- **PAULETTE J. THABAULT, DNP, ANP-BC, JD, FAANP**
  Director and Professor, School of Nursing
  Norwich University

Sponsors ~ special thanks for your support!

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- Northeastern Vermont Regional Hospital
- Norwich University, School of Nursing
- Rutland Regional Medical Center
- Sigma Theta Tau International Nursing Honor Society, Kappa Tau Chapter
- Southwestern Vermont Medical Center
- State University of New York College at Plattsburgh, Department of Nursing
- The Greater Vermont Honor Society for Nursing
- University of Vermont, Department of Nursing
- University of Vermont Health Network, Champlain Valley Physicians Hospital
- University of Vermont Health Network, Central Vermont Medical Center
- University of Vermont Health Network, Porter Medical Center
- University of Vermont Medical Center, Nursing Education & Research
- Vermont Department of Health, Maternal & Child Health
- Vermont Technical College, Department of Nursing
- White River Junction VA Medical Center, Veterans Education & Research Association of Northern New England
HAMPTON INN
42 Lower Mountain View Drive
Colchester, Vermont, 05446

CONFERENCE SITE:
The 9th Annual Nursing Research & Evidence-Based Practice Symposium will be held at the Hampton Inn in Colchester, Vermont.

DIRECTIONS TO THE SYMPOSIUM:
From I-89N: Exit 16 turn right on Rt 7; turn right at the stop light on Lower Mountain View Drive. From I-89S Exit 16 turn left on Rt 7; turn right on to Mountain View Drive. The hotel is on the right. For further directions, visit www.randmcnally.com or the Hampton Inn site.

LODGING:
Participants requiring overnight accommodations the night of Thursday, November 1 may contact the Hampton Inn at: 802 655-6177. The Hampton offers a reduced overnight rate of $99, based on a very limited availability to Symposium attendees. When calling the Inn, you must mention that you are with the Research Symposium in order to get the reduced rate. You may also go online to reserve an overnight room - [click here]

For additional lodging options, please contact Julie Basol, Symposium Director (see below).

REGISTRATION & PAYMENT:
Two day (full) registration fee for the Symposium includes Thursday afternoon tutorials, evening reception and poster presentations as well as Friday keynote, oral presentations, continental breakfast, lunch, and breaks. Symposium materials will be made available to attendees on line at the Kappa Tau web site.

Best rates are available to those who register by Thursday, October 18. Two options for registration and payment are available:

1) ONLINE: Complete the online registration and indicate your method of payment: check or credit card (you will then be invoiced through PayPal)
2) BY MAIL: Complete the registration form found on page 8 of the e-brochure. Indicate your chosen method of payment. If paying by credit card, you will then be invoiced through PayPal.

If paying by check, make payable to Kappa Tau. Mail your payment to:
Research Symposium
741 Hand Road North Ferrisburgh, VT 05473

For questions or more information contact:
Julie Basol, Symposium Director
Ph: 802.598.7424  JNB@gmavt.net

CONTINUING EDUCATION:
This activity has been submitted to Northeast Multistate Division (NE-MSD) for approval to award contact hours. Northeast Multistate Division (NE-MSD) is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

For more information regarding contact hours, please contact Julie Basol, Symposium Coordinator:
JNB@gmavt.net or 802 598-7424

To register online, CLICK HERE
REGISTRATION, PAYMENT: Return your completed registration form with a check made payable to: Sigma Theta Tau International Inc.

Mail your registration and payment to:
Research Symposium  741 Hand Road  No. Ferrisburgh, VT 05473
For more information: Julie Basol, Symposium Director JNB Marketing, LLC
Ph: 802.598.7424  |  JNB@gmavt.net
www.uvm.edu/~kappatau/

Date of Registration: __________________________

Last Name: _______________________________  First Name: ______________________  Credentials: ____________________

Position Title: _______________________________________________________________________________________________
Organization: _______________________________________________________________________________________________
Address: __________________________________________________________________________________________________
City: _____________________________________State:  _________  Zip:  ______________

Telephone: ___________________________________________________________________
Email: ________________________________________________________________________

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