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St. Cloud Hospital

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PATIENT CARE NEWS

February 2010

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Save the Date: Nursing Research Day, April 23, 2010 Dr. Bernadette Melnyk to Headline Annual Conference

Submitted by:

Roberta Basol RN, MA, NE-BC

Care Center Director; Intensive Care / Surgical Care and Clinical Practice

The University of Minnesota School of Nursing and their community and clinical partners will showcase current research studies and clinical innovations. This year's theme is "Linking Evidence to Practice: Translational Science in Nursing". Bernadette Melnyk, PhD, RN, FAAN, Dean and Distinguished Foundation Professor, Arizona State University College of Nursing and Health Innovation will give the keynote address. Her presentation will speak to the linkage between research and evidence-based practice. Dr. Melnyk is a nationally recognized expert in evidence-based practice and child and adolescent mental health. Friday, April 23, 2010, 8:00 am-4:00 pm, McNamara Alumni Center.

Alcohol Withdrawal Update

Submitted by:

Ann E. Ohmann



You have all worked very hard to provide expert care to our patients suffering from alcohol withdrawal. Working as a team, we have made great strides in improving their care while achieving great reductions in complication rates. Some of our remarkable accomplishments have been published by the Joint Commission.

A multi-disciplinary Evidence-Based Practice Team has been meeting for the past year. Our goal has been to create an evidence-based process for assessment and individualized treatment of patients at high risk for alcohol withdrawal. You can expect a revised Alcohol Withdrawal Protocol and a new Alcohol Withdrawal Assessment tool (Doc Flow Sheet) very soon. Education will be provided for all nursing staff and physicians to ensure a safe transition to the new process. More information to come! Please feel free to contact Ann E. Ohmann at 493-4430 with any questions.

Thanks to each of you for your dedication to providing Care Above All.

Patient Care News articles should be sent to Deb Kaufman in Patient Care Support by the 25th of each month.

Delirium Prevention Education...More to Come

Submitted by:

Kirsten Skillings, RN, CNS

The ICU has specifically worked on delirium prevention, assessment and treatment over the past couple of years. The ICU nurses have been educated on delirium prevention measures and utilize a tool called the CAM-ICU (Confusion Assessment Method) to specifically assess for delirium. A few other nursing units have also been introduced to delirium prevention measures by brief presentations at unit meetings, lunch and learns or educations days over the past year. More intense education is currently being developed. The work in ICU is demonstrating a decrease in length of stay and mortality in a patient diagnosed with delirium.

Ann Ohmann and I are working together on upcoming mandatory education for staff on Alcohol Withdrawal and Delirium. We know these diagnoses can be related and yet treated very differently depending on the patient's clinical condition and are looking forward to sharing this education with you. Please stay tuned as there will be more information coming to all units in the near future. Do not hesitate to contact Kirsten Skillings at ext. 51091 if you have any questions.

Thank you!



Gorecki Guest House - Referral Information

Submitted by:

Andra Van Kempen-Middlestaedt
Communications Specialist

We encourage staff to educate the families and loved ones of patients about the convenience and availability of the Gorecki Guest House. Families who stay at the house can find comfort in a peaceful setting knowing they are just footsteps away from their loved ones.

The cost of a room is \$45 per night. Registrations are on a first come first served basis. When the occupancy rate reaches 75 percent, priority is given to families of acutely ill patients, those facing long term hospitalization and people traveling more than 30 miles one way.

Families coming to St. Cloud for future medical care may call ahead with a room request. They will be contacted 24 hours before their requested arrival to confirm room availability. If the house is full, guests will be placed on a waiting list and contacted as soon as a room becomes available.

Guest registration hours:

- 1-7 p.m. Sunday through Friday
- 1-4 p.m. Saturday
- **There is NO registration available after hours.**



For additional information or room availability, call (320) 251-2700, ext. 51774.

Research Article Review: Mindfulness-Based Interventions

**Summary by:**

Chris Walker, MSN, RN, MHA

Submitted by:

Nursing Research/EBP Committee

Working in the health care profession can be very stressful for all staff. Many of us have faced burnout issues, which can impact our physical and mental health. During the last 26 years of my nursing profession in mental health, I have seen many changes. One of these changes, which has helped to improve the stress level, is the use of mindfulness training on a professional and personal basis. With the implementation of Dialectical Behavior Therapy (DBT) on the adult mental health unit, our staff and patients have incorporated a mindfulness practice into our programming on a daily basis. The article I chose to critique focuses on mindfulness-based interventions designed to be integrated either in academic or work settings.

Poulin, P., Mackenzie, C., Soloway, G., Karayolas, E. (2010). *Mindfulness training as an evidence-based approach to reducing stress and promoting well-being among human service professionals*. International Journal of Health Promotion & Education. 46(2). 72-80.

Mindfulness is a core component of Buddhist teaching (Kabat-Zinn 2005) with similar constructs existing in other spiritual traditions. Thich Nhat Hahn published *Miracle of mindfulness: A manual of meditation* in 1976. Kabat-Zinn (1990) can be credited for developing the first standardized mindfulness-based intervention and demonstrating its benefits empirically. Kabat-Zinn defines mindfulness as “the ability to pay attention, moment-to-moment, to the unfolding of one’s experience”.

This research study focused on two novel mindfulness-based interventions with two studies. Study 1 explored whether a brief mindfulness intervention was superior to a traditional relaxation intervention for nursing staff. The **purpose** of Study 1 was to examine how this brief mindfulness intervention compares to another active intervention. Study 2 focused on teacher trainees who participated in a Mindfulness-Based Wellness Education (MBWE) program as part of their academic training experience significantly greater increases than controls in mindfulness, satisfaction with life, and teaching self-efficacy. The **purpose** of Study 2 was to replicate a study done in 2007 which focused on participants experiencing increased mindfulness and teaching self-efficacy. This review will focus on Study 1.

The **review of the literature** shows that there is a substantial body of mindfulness research developing with attempt to operationalize and to connect mindfulness to established psychological theories and treatment. Studies have predominantly focused on evaluating the efficacy of Kabat-Zinn’s MBSR program with various clinical populations. Scientist practitioners have developed novel mindfulness-based interventions for specific populations. There is also research which suggests that mindfulness interventions improve immune function, reduce psychological distress, and facilitate the development of a flexible sense of control. MBSR programs have proven to be beneficial for medical students, counselors, and health care professionals.

A **quasi-experimental design** was used for Study 1 comparing a brief MBSR program to a brief Imagery and Progressive Muscle Relaxation (bIPMR) program. This study was conducted in a geriatric hospital where nursing staff work with older adults with complex physical and cognitive impairments. The bMBSR program is a shortened version of Kabat-Zinn’s traditional MBSR program and consists of four 30-minute training sessions that focused on an introduction to mindfulness, common obstacles to practice, the consequences of attachment and aversion to judged experiences, and ways of incorporating mindfulness into one’s daily life. The investigators used the 22-item Maslach Burnout Inventory to examine three dimensions of burnout: Emotional Exhaustion, Depersonalization and reduced Personal Accomplishment. Participants in the bMBSR program experienced a significant reduction in emotional

exhaustion. The studies were limited in the fact that random assignment to groups was not possible. Both MBSR and IPMR participants experienced greater relaxation and felt more satisfied with their lives after the training in comparison to control participants.

Results demonstrated that both interventions significantly improved relaxation and life satisfaction, with mindfulness participants exhibiting a trend toward particular improvements in emotional exhaustion. Mindfulness-based interventions offer a unique opportunity for participants to reduce the effects of stress in their lives and improve their well-being. The first study with nursing staff demonstrated that even a brief MBSR intervention had significant benefits in terms of relaxation and life satisfaction. Mindfulness-based interventions are proving to be an effective way to support health care professionals.

Upcoming Developmental Programs: Educational and Professional

Listed below are upcoming programs offered through the Education and Professional Development Department . Please call extension 55642 to register or for further information.

February 2010

- 2 National Nursing Practice Network Webinar: Opioid Safety, 12:00pm-1:00pm, Maple Room
- 2 Nursing Research Brown Bag Sessions: Effects of Pre-op Warming Using Bair Paws Gowns, 11:30am-12:30pm, Hoppe Auditorium
- 2 & 3 Trauma Nursing Core Course, (TNCC) Initial, 7:30am-5:30pm, Spruce Room
- 5 Basic Life Support Instructor Recert Course, 8:30am-12:30pm, Aspen Room
- 9 NRP Online/Megacode Renewal Course, 12:30pm-2:00pm, Birch Room
- 18 Cardiology Conference, Windfeldt Room, CentraCare Health Plaza
- 18/19 Basic ECG, 8:00am-4:00pm, Heart Center Conference Room
- 23 NRP Renewal Course, 9:00am-12:00pm, Birch Room
- 23 AHA Pears, 8:30am-3:30pm, Skyview Conference Room
- 26 Basic Life Support Instructor Initial Course, 8:30am-5:00pm, Spruce Room

March 2010

- 2/3 ONS Chemotherapy and Biotherapy Course, 8:00am-4:30pm, Hughes/Mathews Room, CentraCare Health Plaza
- 2 National Nursing Practice Network Webinar: Implementation Practice: Shift to Shift Handoff, 12:00pm-1:00 pm, Hoppe Auditorium
- 10 NRP Online/Megacode Renewal Course, 9:00am-10:30pm, Birch Room
- 15 NRP Initial Course, 8:30am-3:30pm, Aspen Room
- 15/16 Med/Surg Certification Review Course, 7:30am-4:15 pm, Windfeldt Room, CentraCare Health Plaza
- 16/17 Emergency Nursing Pediatric Course, (ENPC) Initial, 7:30am-5:30pm, Aspen Room,
- 18 Cross Cultural Health Care Program, Diversity Defined, 8:45 - 9:45am, Hoppe Auditorium
- 18/19 Basic ECG, 8:00 a.m.-4:00 p.m., Heart Center Conference Room
- 22 NRP Renewal Course, 9:00am-12:00pm, Oak Room
- 23 AHA Pears, 8:30am-3:30pm, Skyview Conference Room, St. Cloud Hospital
- 23 Trauma Nursing Core Course, (TNCC) Renewal, 7:30am-5:30pm, Spruce Room
- 24 Stable Course, 7:30am-5:30pm, Hughes/Mathews, CentraCare Health Plaza
- 30 Perioperative Care Conference, Windfeldt Room, CentraCare Health Plaza

Clinical Ladder

Congratulations to the following individuals for achieving and/or maintaining their Level IV and Level III Clinical Ladder status!

LEVEL IV:

Deb Thompson, RN Surgery

- Code Blue Inservice
- Member, Employee Satisfaction Committee
- Member, ROE Committee
- CNOR

LEVEL III:

Jane Austing, RN Surgery

- Developed Independent "Mesh Learning Module"
- Preceptor
- Epic Super User

Rae Buschette, RN Telemetry

- Precepted Paramedic Student
- Poster Presentation on "JCAHO Preparedness"
- Skill Station Facilitator for New/Old Biphasic Defibrillators

Jenine Graham, RN Medical II

- Preceptor
- Epic Super User
- Member, Employee Engagement Committee

Charlotte Haber, RN Center for Surgical Care

- Preceptor
- Member, Planning Committee for Perioperative Workshop
- Member, Medicaiton Reconciliation Task Force

Jeanie Olson, RN Family Birthing

- Poster Presentation on Glucometers for Education Day
- Employee Campaign Ambassador
- Member, Patient Satisfaction Committee

LEVEL III (cont'd):

Stacy Paulson, RN Center for Surgical Care

- Peds Tour for the Community
- Member, PI Committee
- Presenter at CSC Education Day on Malignant Hyperthermia

Elaine Prom, RN Center for Surgical Care

- CSC Booklet Revision
- Facilitated Preprinted Orders into Epic
- National Certification in Med-Surg Nursing

Mary Sand, RN Intensive Care

- Instructor for Advanced EKG Classes
- Preceptor/Mentor
- CCRN

Kelly Wurdelman, RN Behavioral Access

- Presenter at Behavioral Health Education Day
- Epic Super User
- Presented "Legal Implications and 72 Hour Holds"

Happy Valentine's Day

