

Enhancing Nurse Residents' Transition to Practice Through an Evidence-Based Practice Project: The Volunteer Partners Walking Program

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Published In/Presented At

Burket, T. L., (2015, October 29) *Enhancing Nurse Residents' Transition to Practice Through an Evidence-Based Practice Project: The Volunteer Partners Walking Program*. Presented at Research Day 2015, Lehigh Valley Health Network, Allentown, PA.

Burket, T. (October, 22, 2014). *Enhancing Nurse Residents' Transition to Practice Through an Evidence-Based Practice Project: The Volunteer Partners Walking Program*. Poster session presented at the 2014 PONL Nursing Leadership Conference, Gettysburg, PA.

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Enhancing Nurse Residents' Transition to Practice Through an Evidence-Based Practice Project: The Volunteer Partners Walking Program

Lehigh Valley Health Network, Allentown, PA

While orientation centers on clinical competency and acclimation to an organization, a nurse residency program (NRP) focuses on professional development, transition into practice, and role socialization. Through a series of learning and work experiences, graduate nurses transition into leaders at the bedside. An important curriculum objective is to incorporate research based evidence to improve or impact patient outcomes. Nurse residents are divided into small cohorts of their peers to work through completion of an evidence based practice (EBP) project. The projects are supported by an EBP facilitator, an experienced, clinically competent master's prepared nurse who commits to investing in the nurse residents' professional development. Using The Iowa Model of Evidence-Based Practice to Promote Quality Care as a guide, EBP Facilitators coach residents over a 12 month period. Completing an EBP project within the first year of hire allows the nurse resident to experience making an impact on clinical practice early in their career. This poster illustrates a NRP EBP project - "The Volunteer Partners Walking Program."

Background

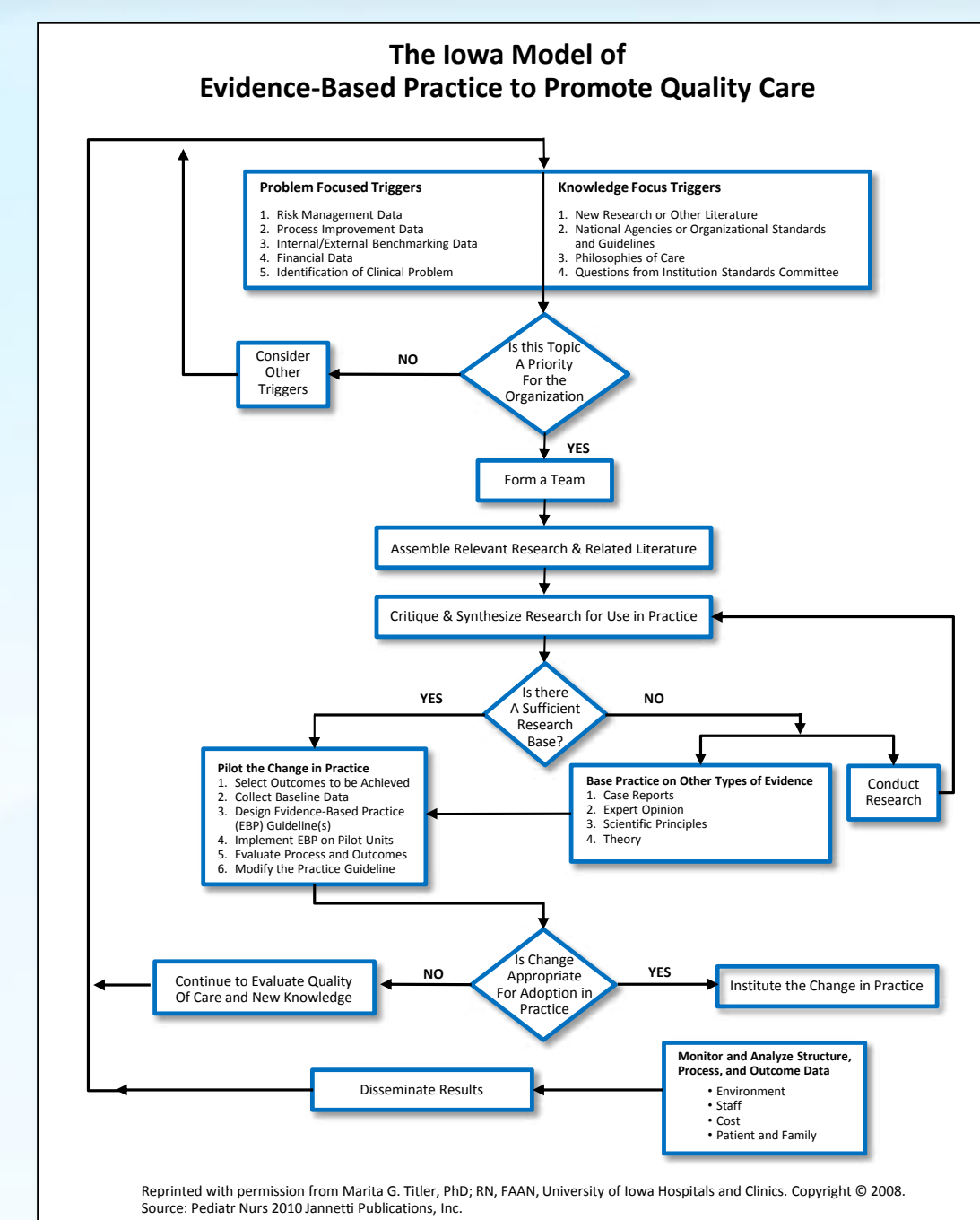
- Patients are not consistently ambulated, often resulting in missed care opportunities.
- During an average stay, a patient spends 73%-83% of their time lying in bed. causing 5% loss of strength per day.
- 34-50% of elderly patients in an acute medical surgical setting lose function for reasons unrelated to the primary diagnosis, including the effects of bed rest.

Purpose

Develop and implement a safe and efficient program to promote opportunities for patient ambulation utilizing the volunteer workforce as caring partners.

The Iowa Model of Evidence-Based Practice to Promote Quality Care

- Identify problem
- Develop PICO question
- Complete literature search
- Build evidence table
- Disseminate findings

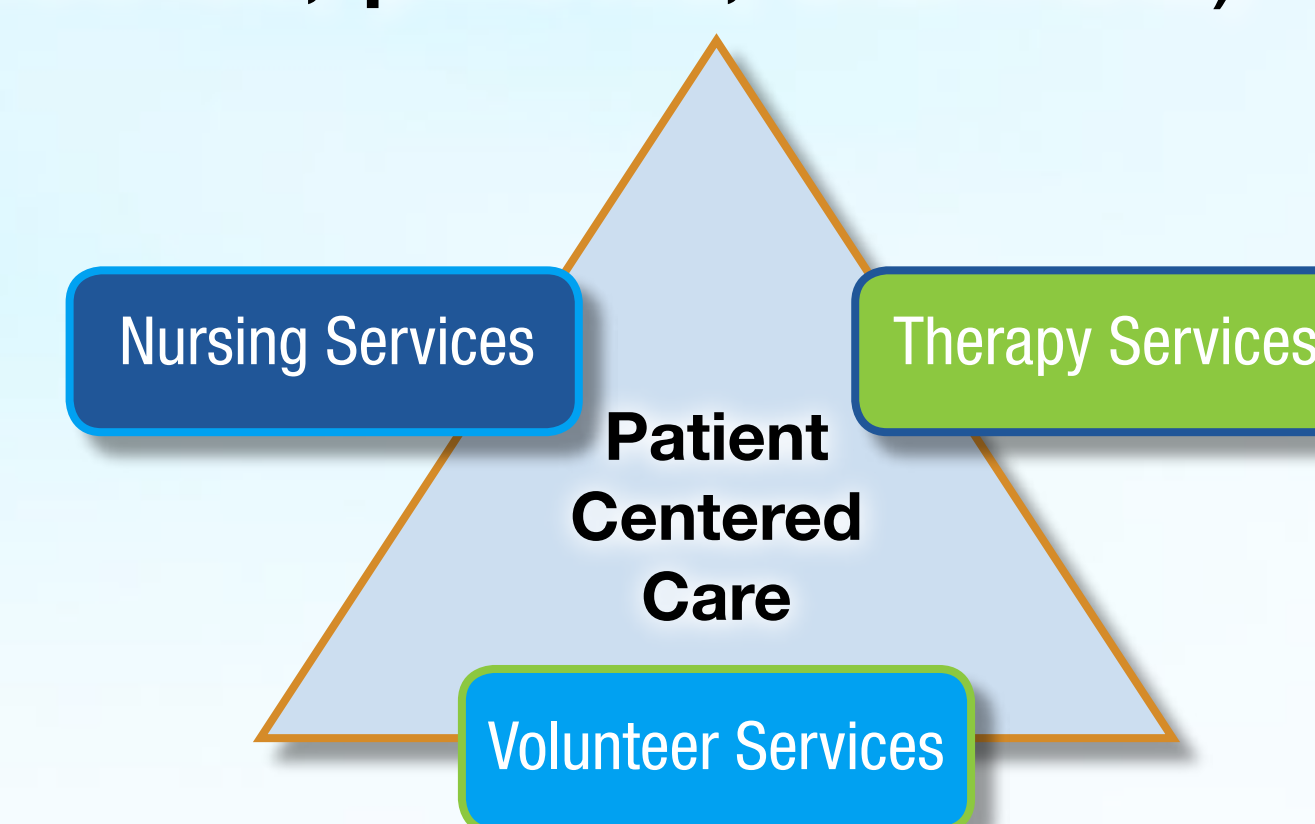


Process

- 1 List of 'walkers' created daily
- 2 Registered Nurse (RN) deems patients appropriate for volunteer walking program

Patient Criteria for Volunteer Walking Program

- Patient Independently:
 - Sits & stands upright
 - Uses walker/cane
 - Pushes IV pump
 - Normotensive
 - Steady, not first time out of bed
 - Not in isolation
 - Needs a partner to be encouraged to walk
- 3 Trained Volunteer Partners round hourly:
 - Ambulate qualifying patients
 - Offer comfort items (headphones, toiletries, pillows, blankets)
 - Clear hallways and patient rooms of clutter
 - Stock hand gel, gloves and incontinence supplies
 - Engage in other duties as requested



References:

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3. Inouye, S. K., Acampora, D., Miller, R. L., Fulmer, T., Hurst, L. D., & Cooney, L. M. (1993). The Yale geriatric care program: a model of care to prevent functional decline in hospitalized elderly patients. *Journal of the American Geriatrics Society*, 41, 1345-52.

Outcomes

Frequent, early ambulation is proven to:

Increase

- level of consciousness (LOC)
- functional independence
- number of patients discharged to home vs. skilled nursing facility/rehabilitative care

Improve

- respiratory function
- cardiovascular fitness
- overall psychological well-being

Decrease

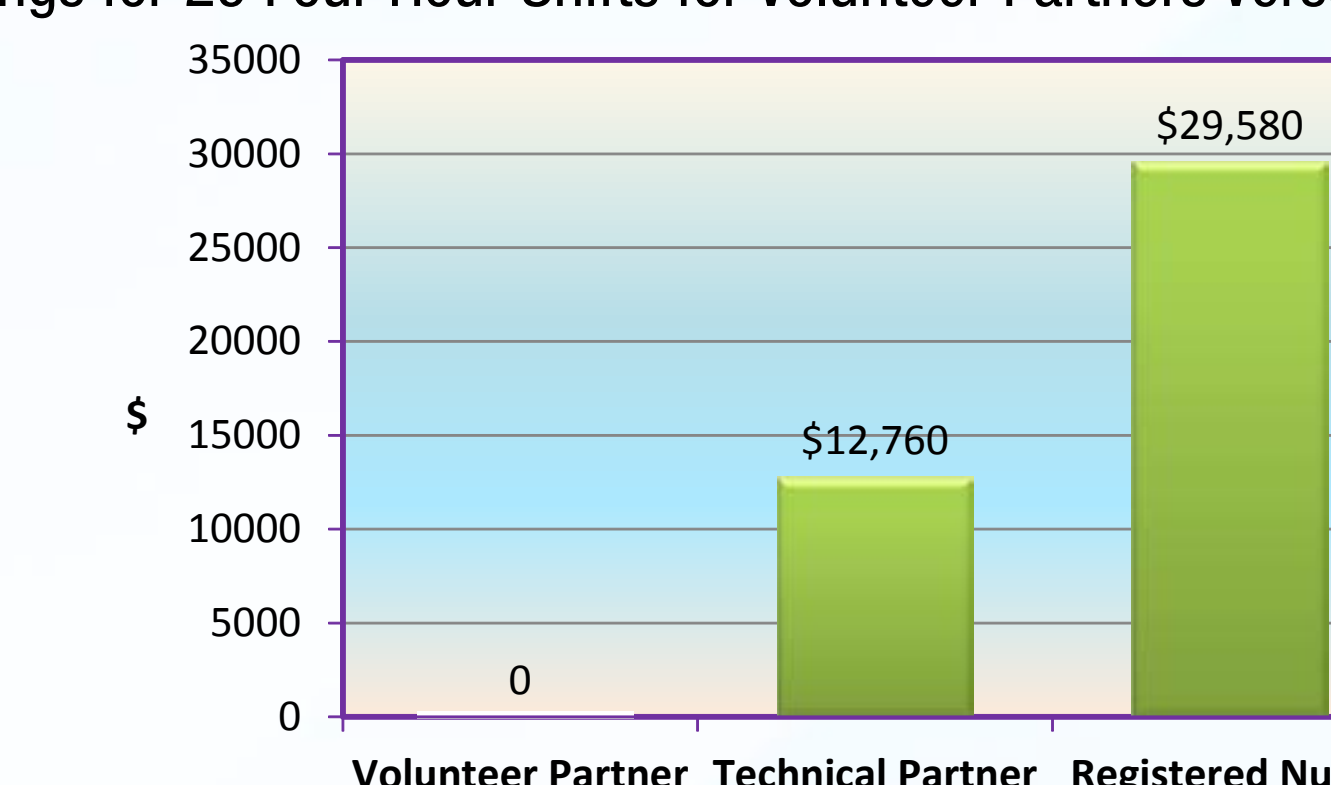
- length of stay

6/15/2014 - 7/15/2014

35 trained volunteer partners logged 116 hours, walking 47 patients a total of 26,136 feet or 4.95 miles.

Cost Savings

Savings for 29 Four Hour Shifts for Volunteer Partners Versus Skilled Caregivers



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