Stroke Nursing Research: Advancing Your Stroke Program

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Disclosures:

Lori Massaro - Genentech Speaker Bureau
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UPMC Stroke Institute

• UPMC is a 13 hospital system -
  – 1 CSC – Presbyterian Univ Hospital – Oakland Based
  – 7 PSC hospitals – Community hospitals
• Telestroke services in place since 2006 – 18 hospitals in network -
• Active in Clinical stroke research
• Discharge 150-175 patients/month
• 7 vascular neurologist/stroke and endovascular fellowship programs.
Penn Medicine

• A 4 hospital system: Hospital of the University of Pennsylvania (HUP), Pennsylvania Hospital, Presbyterian University of Pennsylvania, and Chester County (Chester County new to the system in late 2013, not included in the statistics).

• Licensed Beds 1,632; HUP: 784
• HUP: 1.9 million sq. ft
• Physicians 2,593
• Adult Admissions 78,262
• Outpatient Visits 2,080,269
• Emergency Dept. Visits 136,374
STROKE CARE at Penn Medicine

• HUP is a Comprehensive Stroke Center-about 90 stroke patients per month. Tele-stroke HUB and Spoke Model.

• PAH, PPMC, and Chester County are Primary Stroke Centers.

• Good Shepherd-Penn Partners is a CARF- Stroke certified rehabilitation center.
Teamwork at Penn Medicine
Objective:

• To discuss tips for writing successful abstracts and applying new research in practice.
“In dwelling on the importance of sound observation, it must never be lost sight of what observation is for. It is not for the sake of piling up miscellaneous information or curious facts, but for the sake of saving life and increasing health and comfort.”

Florence Nightingale
WHAT is Nursing Research?

Nursing research is research that provides evidence used to support nursing practices.

- Nursing, as an evidence-based area of practice, has been developing since the time of Florence Nightingale to the present day.
- Quantitative – objective and measureable
- Qualitative - more subjective, open ended questions
WHY is Nursing Research Important?

- Build the scientific foundation for clinical practice
- Prevent disease and disability
- Manage and eliminate symptoms caused by illness
Recent Examples of Nursing Research in Stroke

1. Mode of arrival for acute stroke patients directly impacts emergency care delivery. Kelly Arnold - St. Mary's Hospital, Grand Junction, CO

2. Improving nurse practice through telestroke partnerships – Kathy Morrison - Penn State Hershey medical center. Hershey, PA

3. Start the clock – stop the clock. Decreasing door to tpa times. Cheryl Deitch - Riddle Hospital, Media, PA.
Research Focus

- Patients
- Caregivers
- Practice Issues
Steps in Research Process

• Identify the problem or question.
  – Does Red Print or Blue print on patient education materials improve patients retention of knowledge?

• Review the literature
  – Lit search on patient education materials and retention – variables that influence
Steps in Research Process

• Develop hypothesis
  – Red print educational materials result in higher stroke knowledge retention

• Methodology - Decide how you will investigate the question/hypothesis?
  – 50 patients will be given red print and 50 patients will be given black print. A post test will be developed and provided. Variables such as age, race, sex, highest completed education, NIHSS will be collected in addition to results.
Research Design

Retrospective versus Prospective research
Use of Databases

- Get With The Guidelines-Stroke
- University Health Consortium (UHC)
- Home grown databases
Steps in Research Process

• Institutional Review Board (IRB) process.
• Implement methodology/collect data
• Analyze results - statistics
Steps in Research Process

- Draw conclusions
- Share conclusions
- Implement change
Integrating Research Findings into Your Practice

• One example is the updates to clinical practice guidelines – developed by AHA/ASA work groups.
  – When published, we need to compare to current practice
  – Discuss gaps/changes recommended in stroke team meetings
  – Work with E record, nursing focus groups, etc
  – Change protocols, documentation records, educate all team members
  – Measure
Share Your Results

- **International Stroke Conference** – occurs yearly in Feb
  - Strokeconference.org

- **American Association of Neuroscience Nurses (AANN)**
  - 2015 Nashville - March 29, 2015 through April 1, 2015
    call for abstracts May 2014

- **AACN** - May 2105
Stroke Coordinator Boot Camp
Train & Think F.A.S.T. - Time Saved is Brain Saved

Evidence Based Practice
Asking is the Answer.
The nurse patient ratio applied to the bed patient ratio.