Healthy Possibilities: Advancing Health Promotion Through A Structured Nursing Research Program

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Objectives:

1. To describe the background and purpose of the Nursing Research Intern Program
2. To discuss key components of the program
3. To summarize the Nurse Interns work on 2 Health Promotion related studies
4. To explain the program outcomes and continued development
Christmas in July ..... 

• CNO shares good news with Research Council!
• Nursing Leaders committed to promoting nursing research, work collaboratively to create the Nursing Research Institute
• Nursing Research Institute – an initiative focused on supporting nursing research through a variety of avenues and resources.
The Nursing Research Internship Program

Purpose: To mentor staff nurses, interested in nursing research, through the process of conducting nursing research

- Nurses apply for the program
- 18 month commitment
- Collaboration with mentors
- Monthly stipend for program participation
Program Development

• Developed from a variety of sources in the literature
• Focused on advancing research in acute care settings using a structured format for nurses to follow. (Gawlinski & Miller, 2011)
• Used “12 Steps for Success” model of structure (Pierce, 2009)
• Initial meetings focused on sharing information about the research process and generating areas of interest.
• Interns were provided with resources and time to search the literature.
A Shared Interest

- 4 interns chosen from varied clinical areas of practice
- Health Promotion Specific to Nurses
- Inspired by ANA’s Healthy Nurse Healthy Nation Initiative
- Review of studies on health risks specific to nurses supported further propelled the group in this direction
Health Promotion Studies:

A descriptive study of health promotion practices of RNs in a Community Hospital
• Based on work by Thacker et. al.
• Used the *Health Promoting Lifestyle Profile II* (Walker, S., Sechrist, K., Pender, N. 1987)

Healthy Possibilities: A prospective study of health promotion goal attainment.
Mentorship

• Mentors supported the nurses through the multiple phases of research including preparation of proposal, IRB approval, data collection and dissemination of findings
• Varied challenges and delays occurred ...... As expected
• Group meetings allowed for review of progress and actions needed.
• Continued encouragement to maintain the initial excitement for the topic
Cohort Outcomes

• Increased knowledge of nursing research process
• Both studies completed
• All interns finished the program
• Dissemination supported
• Intern interest in the program continues
• Impact on interns
Supporting Scholarship and Dissemination

• Ongoing program to contribute to organizational research initiatives
• Provides opportunities to promote the organization at outside venues
• Demonstrates support of nursing initiative development
• Development of scholarly review
• Development of presentation skills
Dissemination

• Podium presentation
• Local Poster presentation
• State poster
• National abstract submitted
Continued Mentoring & Next Steps

- Podium presentation
- Local Poster presentation
- State poster
- National abstract submitted
- New cohort launched
References


