The Great Cookie Experiment: How to Differentiate Between Good and Crummy Research

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Background
Our healthcare environment requires nurses to have “a basic understanding of research to lead change and implement evidence-based practice” (Lane & Huffman 2016). Increasing interest in nursing research among peers can be daunting. The purpose of this study is to promote increased participation in research by evaluating the effectiveness of an educational intervention utilizing a double-blinded cookie experiment.

Methodology
The study was conducted at Orange Regional Medical Center, a nationally recognized Magnet hospital. Participants of the study were comprised of a convenience sample of Nursing Shared Governance Committee Members and Magnet Champions, totaling (n=) 57 participants were recruited for the study. A double-blinded study design was used to examine overall preference for two chocolate chip cookies that were identical visually but differed in taste. Qualitative pretest to determine prior knowledge and post test to determine increase in understanding of nursing research after presentation were used for evaluation.

Results
Nurses who participated in the study had greater preference for the regular chocolate chip cookie than the sugar free cookie. They noted the taste, presentation, texture, smell, and size of the chocolate chips.

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<table>
<thead>
<tr>
<th></th>
<th>Not Intimidated by Nursing Research</th>
<th>Understanding of the Nursing Research Process</th>
<th>Comfortable Applying Research to Clinical care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Data</td>
<td>33</td>
<td>77</td>
<td>77</td>
</tr>
<tr>
<td>Post-Data</td>
<td>78.95</td>
<td>100</td>
<td>96.49</td>
</tr>
</tbody>
</table>

Conclusion & Next Steps
- Nursing should not be guided only with knowledge gained from academia, peer practice, traditions or one’s preference but rather be infused with nursing research and EBP usage to deliver outstanding, safe and high quality nursing care.
- Recruit and mentor more nurses to Nursing Research and EBP.
- Develop a Nursing Research and EBP toolkit/guide.
- Conduct an annual Nursing Research and EBP needs assessment.

Acknowledgements
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References

Limitations
- Initial group participants reviewed blinded ingredients of both cookies. We eliminated this step and instead preface the overall ingredients of both cookies ensuring no participants had any allergies.
- Small sample size.

Significance
Research is an important part of clinical practice and an essential component to quality patient care. Nurses working in all settings (acute care/primary care) must be familiar with and engaged in research and evidence-based processes. Clinical nurses’ participation in clinical research can be affected by lack of experience and fear of research.

P-I-C-O Question:
In a population of shared governance committee members (P), does using a cookie theme (I), compared to previous learned methods (C), decrease intimidation and improve understanding of nursing research (O)?