

Creating Healthy Work Environments VIRTUAL 2021

ASPIRE to Excellence: A Mentoring Academy for Evidence-Based Practice

Christene A. Taylor, MSN, RN, CEN

Baylor Scott & White Medical Center - Taylor, Taylor, TX, USA

Purpose:

Our evidence-based clinical ladder promotes professional development by empowering nurses to recognize and communicate the difference they make for patient outcomes. The ASPIRE Academy was created to mentor the nurse from project development through dissemination (Saletnik, 2018). Nurses are engaging in unit projects but articulate a lack of confidence in data collection, significance, and the ability to link their work to outcomes (Friesen et al., 2017).

Methods:

Implementing monthly workshops called the ASPIRE Academy to help support the clinical nurses with their evidence-based projects. A curriculum was developed around different topics regarding ASPIRE including: What is ASPIRE?, Building a PICOT question, Awareness of resources for Literature Review, Completing ASPIRE application, PDCA cycle for interventions, Collecting data, Building your portfolio, and mentorship (Melnik, 2016). Curriculum subject matter experts involved in the education include Nursing Professional Development Specialist, Director of Nursing, and other experts. This workshop started with one critical access hospital and has been expanded to include other hospitals in the region. (Melnik, 2016) Curriculum subject matter experts involved in the education include Nursing Professional Development Specialist, Director of Nursing, and other experts. This workshop started with one critical access hospital and has been expanded to include 8 hospitals.

Results:

The need for this project was based on feedback from nursing leaders and clinical staff who were not aware of the ASPIRE program. In 2018, there were no applications for the ASPIRE project. There are no completed projects to date. Goal was to increase applications and completed projects for the region by July 31, 2020. Development of the program started in October 2019. The first ASPIRE Academy was held in December of 2019. Currently there are 7 ASPIRE projects in different stages of completion and 3 application under review.

Conclusion:

As the complexity of healthcare grows, it is imperative for frontline nurses to use evidence-based practice at the bedside (CHIEN, 2019). Participation in the Academy empowers nurses to utilize best practice, innovation, and initiative to drive organizational performance. Through the program, the nurse is confident in their knowledge and skill to analyze and utilize data to improve daily work and drive optimal patient outcomes (Washington, 2018).

Title:

ASPIRE to Excellence: A Mentoring Academy for Evidence-Based Practice

Keywords:

Evidence Based Practice Projects, Mentorship and Patient Outcomes

Abstract Summary:

The overview of the development of a mentoring program to support nurses as they ASPIRE to Excellence by completing evidence-based practice projects impacting patient outcomes.

References:

- Saletnik, L. (2018). The Importance of Mentoring. AORN Journal, 108(4), 354–356. <https://doi.org/10.1002/aorn.12386>
- CHIEN, L.-Y. (2019). Evidence-Based Practice and Nursing Research. Journal of Nursing Research, 27(4), e29. <https://doi.org/10.1097/jnr.0000000000000346>
- Friesen, M. A., Brady, J. M., Milligan, R., & Christensen, P. (2017). Findings From a Pilot Study: Bringing Evidence-Based Practice to the Bedside. Worldviews on Evidence-Based Nursing, 14(1), 22–34. <https://doi.org/10.1111/wvn.12195>
- Melnyk, B. (2016). Improving healthcare quality, patient outcomes, and costs with evidence-based practice. Reflectionsonnursingleadership.Org. https://www.reflectionsonnursingleadership.org/features/more-features/Vol42_3_improving-healthcare-quality-patient-outcomes-and-costs-with-evidence-based-practice
- Washington, G. T. (2018). Mentoring the clinical nurse in nursing research. Journal of Nursing Research and Practice, 2(2). <https://www.pulsus.com/scholarly-articles/mentoring-the-clinical-nurse-in-nursing-research-4545.html>

First Primary Presenting Author***Primary Presenting Author***

Christene A. Taylor, MSN, RN, CEN
Baylor Scott & White Medical Center - Taylor
Nursing Professional Development Specialist
Taylor, Texas
USA

Author Summary: Christy Taylor MSN, RN, CEN a NPD Specialist for a critical access hospital, shares her vision for nursing excellence by encouraging others to advance their professional knowledge. The inspiration behind this presentation comes from Christy's first-hand experience as a bedside nurse implementing an evidence-based practice project at the unit level, unaware of a program that would have positively impacted her both financially and professionally. Christy has a heart for mentorship, which this presentation represents.