The Ankle Blood Pressure Study: An Exemplar Project of Mentoring, Leadership, and Collaboration to Promote Nursing Research

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## Faculty Disclosure

<table>
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Goals and Objectives

Session Goal: Describe the evolution of a clinical practice question from EBP project to research study and delineate the roles of the nurses involved with particular attention to the role of the advanced practice nurse.

Session Objectives:

1. Discuss the evolution of the Blood Pressure Project from clinical question to clinical research study and the contributions of the nurses involved.

2. Delineate the clinical and professional development outcomes that resulted from the BP Project.
Evolution of the Project

Clinical question → Research Roundtable → EBP Project → Research Question → Clinical Research Study
What is the relationship between arm and ankle BP readings?

Using an electronic BP device, a series of 3 readings were taken at the arm and at the ankle.

T-tests and Bland-Altman Analysis

Significant difference (P < .001) between readings taken at the arm and those taken at the ankle with no predictable relationship between the two measurements.
Nurse Roles

**BSN Nurse**
- Data collection
- Recruitment of peers
- Educated others on the project

**Advanced Practice Nurse (APN)**
- Ensured integrity of the research process via IRB approval, overseeing consent procedures, and monitoring integrity of data collection.

**Academic Nurse Researcher**
- Mentor and guide in the research process
Clinical Outcomes

• Practice Change
  – New practice guidelines developed by APN
  – Staff Education focusing on interpretation of BP readings lead by APN

• Improved patient safety
Professional Outcomes

Mentoring

Advance Practice Nurse

Leadership Development

Organizational Influence