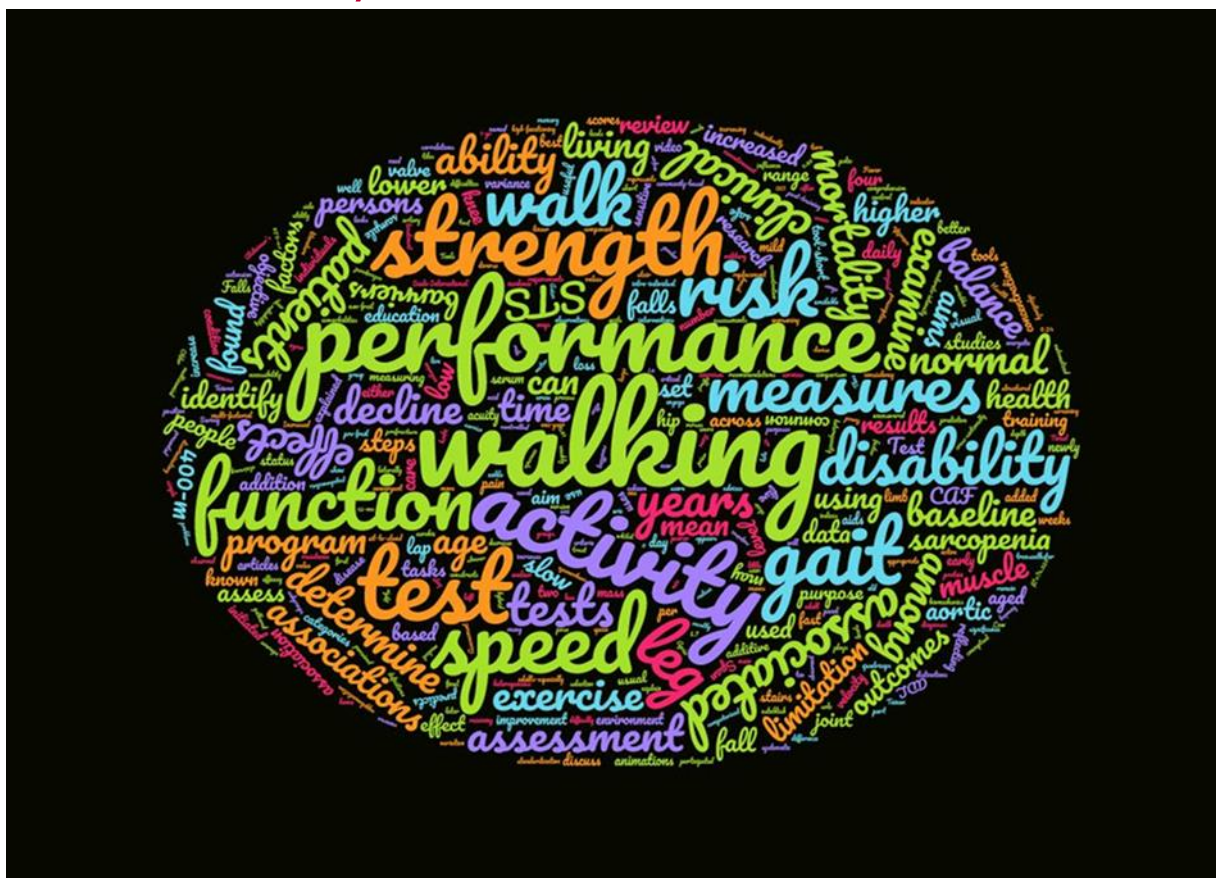




WASHINGTON STATE UNIVERSITY COLLEGE OF NURSING

Using a Participatory Approach to Build Capacity for Nurse-Led Research at the Bedside to Overcome Insufficient Older Adult Mobilization

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Disclosures and Objectives

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The authors have no conflict of interest; no commercial support was given to the authors for this work.

Objectives

- 1) Describe the participatory approach used to involve bedside nurses, and other disciplines, in the conduct of nurse-led research to overcome insufficient older adult mobilization.
- 2) Discuss how this participatory approach served as a springboard to build capacity for additional nurse-led research at the bedside.

Background

- Compared to older adults who ambulate on average 2 or more times per day, *immobile hospitalized older adults* are:
 - ❑ 34 times more likely to die, and
 - ❑ 6 times more likely to be institutionalized

(Brown, Friedkin, & Inouye, 2004)
- Hospitalized older patients spend:
 - ❑ > 80% of their time lying in bed, and
 - ❑ < 43 minutes per day walking (despite being able to walk upon admission) (Brown, Redden, Flood, & Allen, 2009).

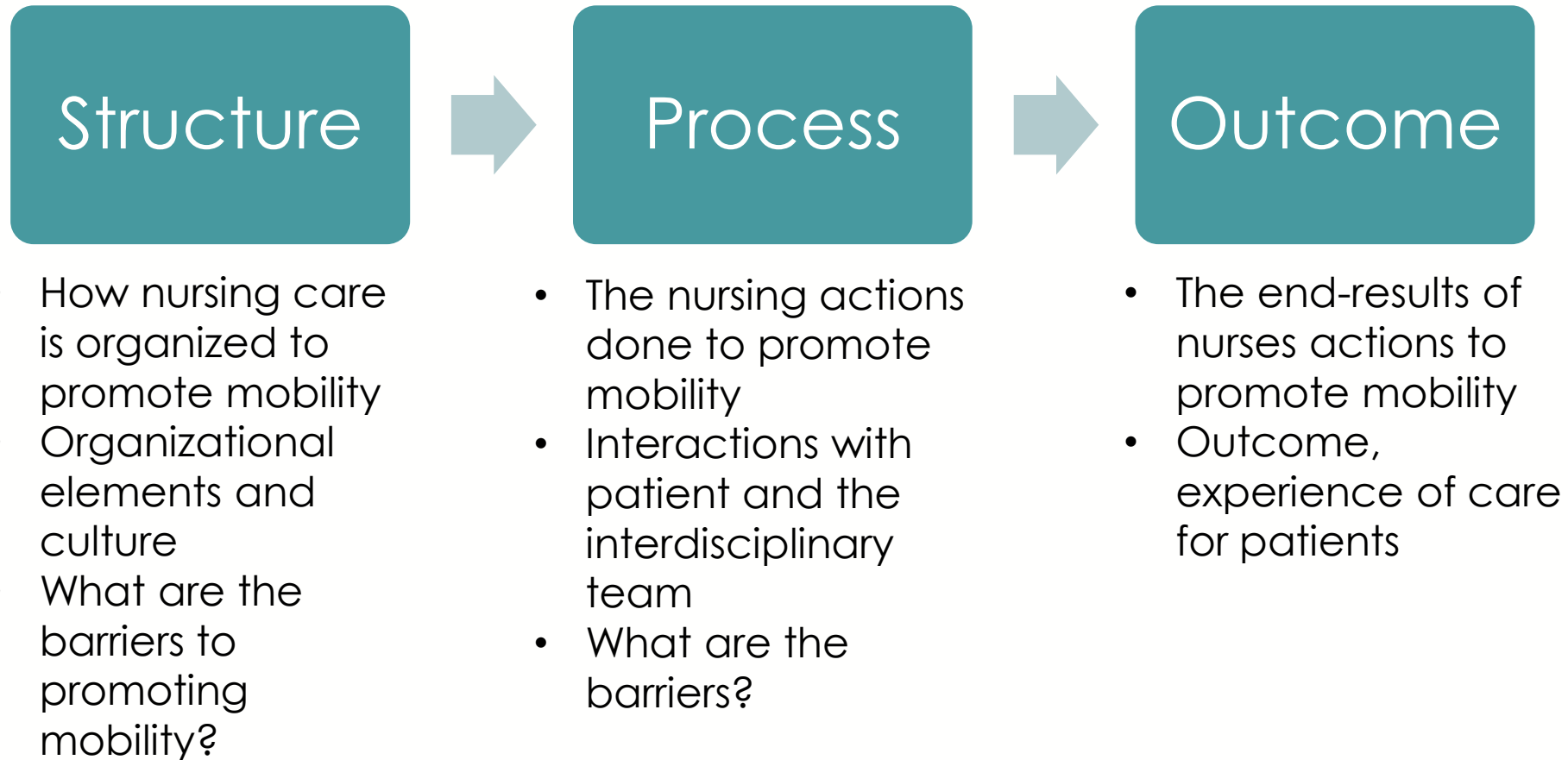
Consequences of Insufficient Mobility

- Hospital readmissions
- Hospital-acquired conditions (falls, pressure ulcers, pneumonia)
- Unnecessary nursing home admission
- Decreased quality of life
- Financial burden on family & healthcare systems.

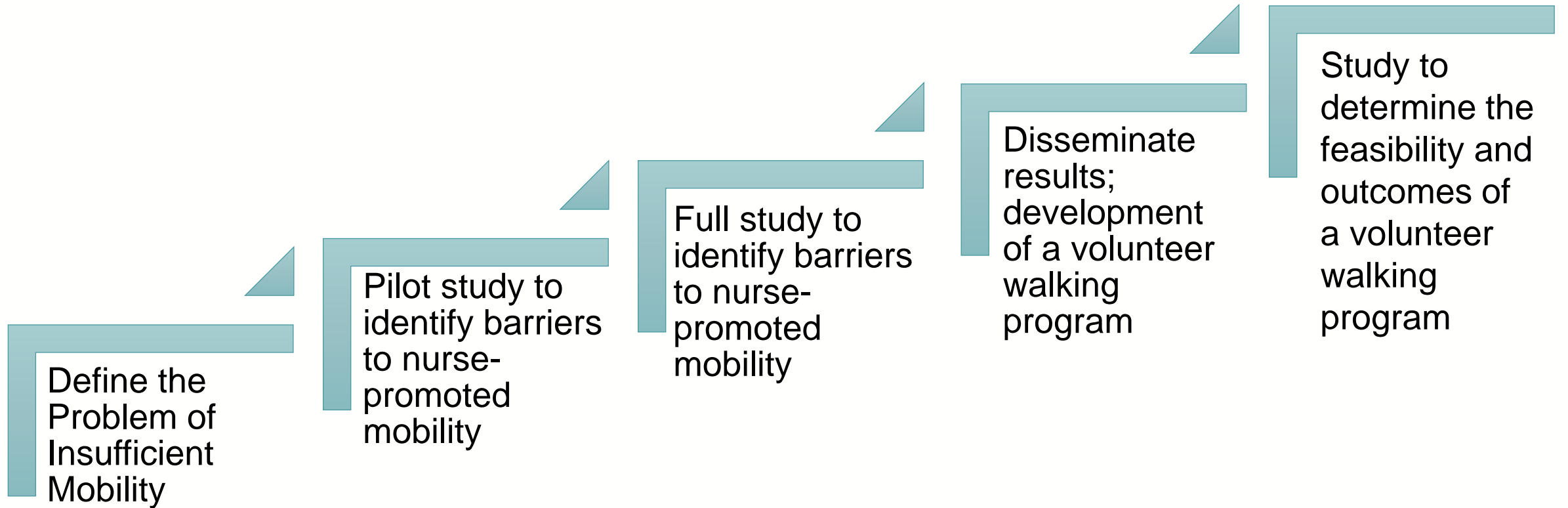
Clinical Problem

- Bedside nurses from a community-based hospital in Washington State understood the gap between mobility needed and actual mobility promoted in hospitalized older adults.
- Nurses saw the need for interventions to improve the mobility of patients at the bedside.

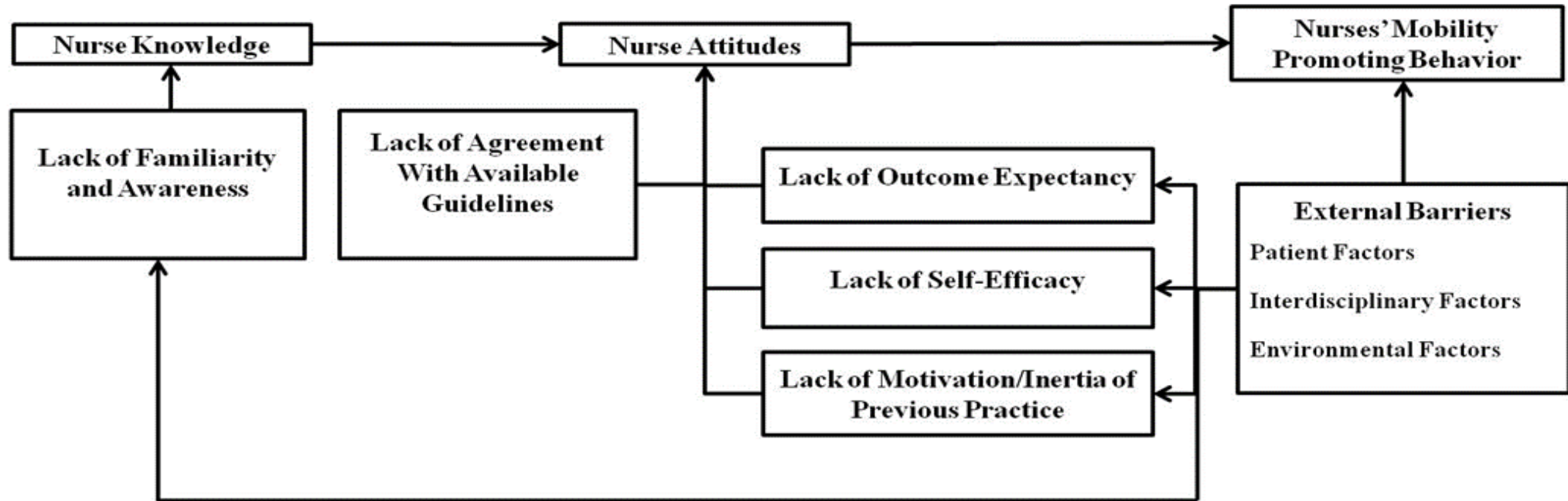
Structure-Process-Outcome: Preventing a “Quick-Fix” Approach



Steps to Success



Knowledge, Attitude and Behavior Framework



Study Purpose & Design

1. Examine potential barriers to nurse-promoted mobility in hospitalized older adults.
2. Determine differences in the perception of barriers between nurses with differing levels of nurse-experience.

Design

Descriptive-
correlational design
with convenience
sampling.

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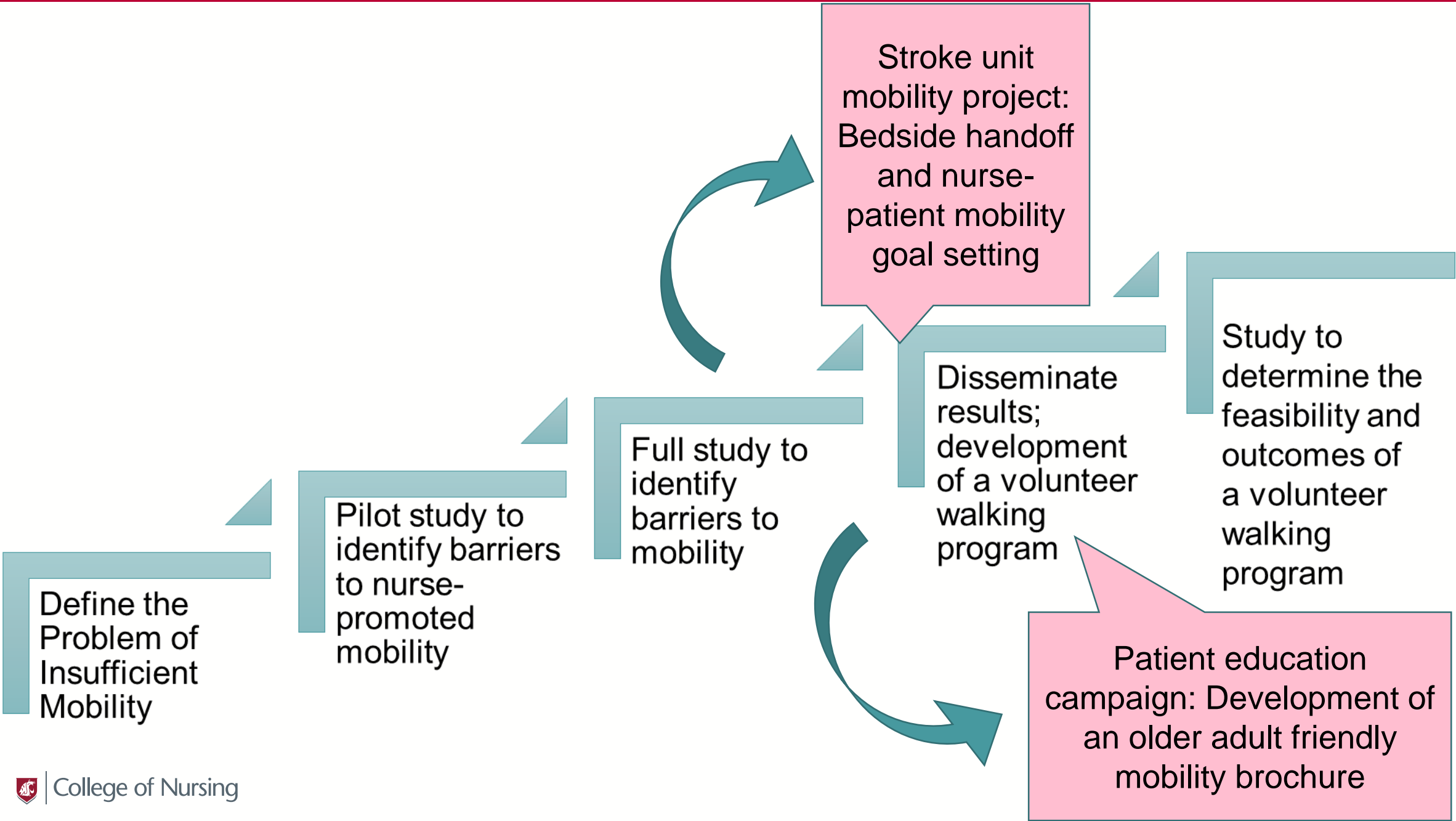


- Using a participatory approach served as a spring-board to build capacity for nurse-led research at the bedside.



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- Bedside nurses assisted in determining how to best collect the data
- Co-PI bedside nurse
- Meeting with nurse managers
- Meeting with nurses during unit practice council
- Meeting with nurses during unit meetings



Nurse-Led Collaborative Activities

Western Institute for Nursing Research

- Increasing Nurse-Promoted Mobility through Improved Goal Setting and Communication
(Leanne Woods, RN, BSN)

American Association for Colleges of Nursing Clinical Nurse Leader Summit 2016

- Identifying the Micro-System Barriers that Nurses Encounter in Promoting Mobility in Hospitalized Older Patients (Dermody & Zimmerman)

Providence Nursing Research Symposium (Dermody, Bryant, Zimmerman, & Woods)

- Academic-Practice Partnerships to Create a Culture of Inquiry for Nurse-Led Research at the Bedside to Overcome Insufficient Older Adult Mobilization (Providence Holy Family Hospital, Sacred Heart Medical Center & Washington State University).

Providence Nursing Research Council (Dermody, Zimmerman, Parish & Bryant)

- Barriers to promoting mobility in hospitalized older adults

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Questions?





Thank you

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