Evidence-Based Practice Conference
Marriott Hotel & Conference Center, Iowa City/Coralville, Iowa
April 26-27, 2018

Conference Purpose
Emerging evidence in health care continually evolves, requiring clinicians, leaders and faculty to be nimble when solving issues. The program will highlight systematic EBP processes to address contemporary issues with evidence based solutions, while addressing complexity in evidence-based care. Conference participants will learn strategies to translate evidence into practice and have opportunities for discussion and networking with experts. A wide variety of clinical issues will be presented based on the abstracts submitted.

Objectives
- Describe progress and strategies toward meeting the Institute of Medicine/National Academy of Medicine goal of > 90% of care being evidence based by 2020.
- Discuss strategies for EBP decision making as health care issues emerge.
- Facilitate networking to advance application of EBP for improved health care outcomes.

Jointly sponsored by
University of Iowa Hospitals and Clinics
Department of Nursing Services & Patient Care
The University of Iowa College of Nursing;
Csomay Center for Gerontological Excellence
Sigma Theta Tau International - Gamma Chapter
Kaplan University - Cedar Rapids, IA campus
Capella University
Rush University College of Nursing
Allen College
Zoll

Registration
Conference Cost: $210 by 3/1/18 or $250 after 3/1/18

Go to uihc.org/ebp-conference to register. You will need to select the track you will attend on Thursday and the concurrent sessions you will attend on Friday.

Registration fee may be paid by credit card at uihc.org/national-evidence-based-practice-conference-payment or by check payable to UIHC Department of Nursing, mailed to University of Iowa Hospitals and Clinics; Attn: Rosanna Sebold, Department of Nursing; 200 Hawkins Dr - T100 GH; Iowa City, IA 52242.

Participants must preregister and will receive an email confirmation. Registration cost covers program materials, awarding of continuing education contact hours, invited faculty expenses, refreshment breaks and lunches. Special dietary requests may be sent to kristen-rempel@uiowa.edu. Please email kristen-rempel@uiowa.edu a request to cancel by 3/31/18 to receive a refund less a $50 processing fee. Refunds will not be granted after 3/31/18 but substitutions are permitted.
Veterans Administration Nurses Program • Thursday, April 26

Interested nurses who are not VA employees are welcome to attend! To register or for more information, contact Brandi Garrett or Emily Holderness at brandi.garrett@va.gov or 319-338-0581 ext 6061 or emily.holderness@va.gov.

7:30 am - 8:00 am  VA Program Registration
8:00 am - 11:30 am  VA Nursing Program

Conference Schedule • Thursday, April 26 • please note lunch is not provided

11:30 am - 12:30 pm  Conference Registration and Poster Setup

12:30 pm - 1:10 pm  Welcome and Keynote Address
Julie Zerwic, PhD, RN, FAHA, FAAN*

1:20 pm - 2:00 pm  The Role of Evidence in Health Reform
Brad Wright, PhD*

2:30 pm - 4:40 pm  Track 1: Evolving Evidence
- Organizing the Evidence • Matt Regan, MA, MLIS*
- The Problem of the Pyramid • Laura Cullen, DNP, RN, FAAN*
- Gap Analysis Methods • Mary Beth Flynn Makic, PhD, RN, CNS, CCNS, FAAN, FNAP*
- Start in Your Own Backyard for EBP • Donna Dolezal, MSN, RN, CPAN, CAPA*

Track 2: RE-Solving Care
- Position Yourself for Delivery: Reducing Cesarean Sections • Holly Mendralla, BSN, RN, RNC-OB
- Formal Exercise Training Improves Endurance in Cardiac and Pulmonary Disease Patients • Susan Boyle, BSN, RN
- The Use of Relaxation Exercises and Massage Therapy in Elective Joint Replacement Surgical Patients • Carrie Van Houten, MHA, BSN, RN
- Ongoing Experience with Severe Alcohol Withdrawal Protocol • Heather Morton, MSN, RN, CCRN-CSC
- Outcomes of a Mobile, Nurse-Led Interprofessional Collaborative Team in Underserved Rural America • Gwenneth Jensen, PhD, RN, CNS
- Food for Thought: Nutrition Screening in a Cancer Clinic • Linda Abbott, DNP, RN, AOCN, CWON*

Track 3: Risky Business
- Psychology of Pain • Benjamin Tallman, PhD*
- Locked Up: Nurses Have the Key to Avoiding Jail • Andrew McKnight, BS*
- De-Escalation Techniques for Challenging Behaviors • Dana Cook, MSN, RN-BC* and Marcia Gingerich, MSN, RN, NE-BC*
- Care for the Caregiver • Kathleen (Kitty) Buckwalter, PhD, RN, FAAN*

4:40 pm - 5:30 pm  Poster Presentations • Wine and Cheese Reception (cash bar)
## Conference Schedule • Friday, April 27

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:00 am - 7:30 am</td>
<td><strong>Optional Yoga Session</strong>&lt;br&gt;This free session of yoga will be a gentle, stretch-focused sequence. Nurture your own wellness, relax, and center before diving into your day. Learn stretches that can be done throughout the day to alleviate muscle tension and potential joint swelling. No need for special equipment - come dressed for your day!</td>
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<tr>
<td>7:00 am - 8:00 am</td>
<td><strong>Poster Viewing • CEU Check-in • Continental Breakfast</strong></td>
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<td>8:00 am - 8:10 am</td>
<td><strong>Welcome</strong>&lt;br&gt;Cindy Dawson, MSN, RN, CORLN*</td>
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<td>8:10 am - 9:10 am</td>
<td><strong>25 Years of EBP: A Silver Lining</strong>&lt;br&gt;Mary Beth Flynn Makic, PhD, RN, CNS, CCNS, FAAN, FNAP*</td>
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<td>9:10 am - 10:00 am</td>
<td><strong>RE-Solving Implementation</strong>&lt;br&gt;Laura Cullen, DNP, RN, FAAN*</td>
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<tr>
<td>10:30 am - 11:30 am</td>
<td><strong>Concurrent Sessions</strong> (select from session 1, 2 or 3 on following page)</td>
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<tr>
<td>11:30 am</td>
<td><strong>Buffet Lunch</strong></td>
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<tr>
<td>12:15 pm - 1:00 pm</td>
<td><strong>Poster Presentations</strong></td>
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<tr>
<td>1:00 pm - 2:00 pm</td>
<td><strong>Concurrent Sessions</strong> (select from session 4, 5 or 6 on following page)</td>
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<tr>
<td>2:30 pm - 3:30 pm</td>
<td><strong>Closing Address</strong>&lt;br&gt;The Wave of the Future&lt;br&gt;Kathleen (Kitty) Buckwalter, PhD, RN, FAAN*</td>
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## Nursing Credit

10 contact hours will be granted by University of Iowa Hospitals and Clinics Department of Nursing (Iowa Board of Nursing Approved provider #34). Participants must attend the entire program to receive full credit.

## Conference Materials

Online access to conference materials will be available prior to the conference. Hard copies of presentations will not be available at the conference.
Concurrent Sessions 1, 2 & 3 • Friday, April 27 • 10:30 - 11:30 am

**Session 1: High Reliability Health Care**
- Knowing the Evidence to be Nimble • Mary Beth Flynn Makic, PhD, RN, CNS, CCNS, FAAN, FNAP*
- Breaking the Fast: A Nutritional Intervention to Enhance Surgical Outcomes • Keri Wall, BSN, RN, CPAN

**Session 2: Nursing Matters**
- Use of Dexmedetomidine for Severe Alcohol Withdrawal in the Intensive Care Unit • Rachel Ruhland, DNP
- Counter-Pressure Maneuvers, Vasovagal Syncope, and Falls - the Good, the Bad, the Ugly • Trudy Laffoon, MA, RN-BC
- A New Graduate Nurse Float Pool: From Concept, to Reality, to Success! • Kristen Brown, MSN, BA, RN-BC, CPN

**Session 3: Critical Illness**
- What?! Not Another Fall! Reducing Patient Falls in the Neuroscience Patient Population • Tiffany Omann-Bidinger, BSN, RN
- Integration of Primary Palliative Care in the ICU: The Critical Care Nurse Communicator Program • April Buffo, RN
- An Interprofessional Evidence-Based Approach to Reducing Harm Related to Critical Illnesses • Kelly Drumright, MSN, RN, CNL, CCRN-CMC, CSC

Concurrent Sessions 4, 5 & 6 • Friday, April 27 • 1:00 - 2:00 pm

**Session 4: EBP Change Agent**
- EBP Change Champion Pilot Program • Michele Farrington, BSN, RN, CPHON*
- 3 Peas in a Pod • Jessica Block, MSN, RN, CCRN, CNRN*, Rachel Krueger, BSN, RN* and Lindsay Snipes, BSN, RN*
- Caught up in CAUTI • Emily Dimmer, BSN, RN*, Emily Rod, BSN, RN* and Taylor Suchan, BSN, RN*

**Session 5: Elder Care**
- Implementation of a Geriatric Comprehensive Assessment Guideline on a Military Trauma ICU • Cheryl Lockhart, CCNS, AG-CNS, DNP
- An Analysis of Non-Emergent Needs for Older Adults Presenting to the Emergency Department • Alice Kindschuh, DNP, APRN-CNS, GCNS-BC, CNE
- Family Involvement in Dementia Care • Marianne Smith, PhD, RN, FAAN*

**Session 6: Wellness**
- Helping Understand Sleep Heals (H.U.S.H.): An Interdisciplinary Approach • Kristen Pike, BSN, RN
- Aromatherapy: The Clinical Use of Essential Oils • Élise Arsenault Knudsen, MS, RN, ACNS-BC
- Code Lavender: Evidence-Based Practice Addressing Critical Care Workplace Stress and Satisfaction • Maggie O’Neil, BSN, RN

*Invited presentation, all others selected from submitted abstracts. Listing is the first author and credentials submitted. Content considerations and selection of presentations are the responsibility of the Planning Committee. Companies providing financial support did not have input in these areas. Persons participating as faculty for this conference will disclose to attendees the nature of any existing relationships they have with companies providing support.
Faculty

Linda Abbott, DNP, RN, AOCN, CWON; Nursing Practice Leader; UI Hospitals and Clinics, Iowa City, IA

Élise Arsenault Knudsen, MS, RN, ACNS-BC; Clinical Nurse Specialist for Research and Evidence-Based Practice; UW Health, Madison, WI

Jessica Block, MSN, RN, CCRN, CNRN; Nurse Manager; UI Hospitals and Clinics, Iowa City, IA

Susan Boyle, BSN, RN; Cardiopulmonary Rehabilitation Program Coordinator; VA St. Louis Health Care System, St. Louis, MO

Kristen Brown, MSN, BA, RN-BC, CPN; Regional Clinical Development Specialist; Advocate Healthcare, Downers Grove, IL

Kathleen (Kitty) Buckwalter, PhD, RN, FAAN; Professor Emeritus; UI College of Nursing, Iowa City, IA

April Buffo, RN; Critical Care Nurse Communication Coordinator; UW Health, Madison, WI

Dana Cook, MSN, RN-BC; Nursing Practice Leader; UI Hospitals and Clinics, Iowa City, IA

Laura Cullen, DNP, RN, FAAN; Evidence-Based Practice Scientist; UI Hospitals and Clinics, Iowa City, IA

Cindy Dawson, MSN, RN, CORLN; Chief Nurse Executive; UI Hospitals and Clinics, Iowa City, IA

Emily Dimmer, BSN, RN; Staff Nurse; UI Hospitals and Clinics, Iowa City, IA

Donna Dolezal, MSN, RN, CPAN, CAPA; Nurse Manager Ambulatory Surgery; UI Hospitals and Clinics, Iowa City, IA

Kelly Drumright, MSN, RN, CNL, CCRN-CMC, CSC; Clinical Nurse Leader; Tennessee Valley Healthcare System VA Medical Center, Nashville, TN

Michele Farrington, BSN, RN, CPHON; Clinical Healthcare Research Associate; UI Hospitals and Clinics, Iowa City, IA

Marcia Gingerich, MSN, RN, NE-BC; Nurse Manager; UI Hospitals and Clinics, Iowa City, IA

Gwenneth Jensen, PhD, RN, CNS; Clinical Nurse Specialist Research and EBP; Sanford Health, Sioux Falls, SD

Alice Kindschuh, DNP, APRN-CNS, GCNS-BC, CNE; Clinical Nurse Specialist/Director of Doctoral Studies; Nebraska Methodist Hospital/Nebraska Methodist College, Omaha, NE

Rachel Krueger, BSN, RN; Assistant Nurse Manager; UI Hospitals and Clinics, Iowa City, IA

Trudy Laffoon, MA, RN-BC; Nurse Manager; UI Hospitals and Clinics, Iowa City, IA

Cheryl Lockhart, CCNS, AG-CNS, DNP; Chief Nurse; 20th Medical Group, Shaw AFB, SC

Mary Beth Flynn Makic, PhD, RN, CNS, CCNS, FAAN, FNAP; Professor; University of Colorado College of Nursing, Aurora, CO

Andrew McKnight, BS; Police Officer; City of Iowa City, Iowa City, IA

Holly Mendralla, BSN, RN, RNC-OB; Staff Nurse; Advocate Sherman Hospital, Elgin, IL

Heather Morton, MSN, RN, CCRN-CSC; RN; Saint Joseph Hospital, Denver, CO

Maggie O’Neil, BSN, RN; Staff Nurse; Cook Children’s Medical Center, Fort Worth, TX

Tiffany Omann-Bidinger, BSN, RN; Director Neuroscience/Spine; CentraCare Health St. Cloud Hospital, St. Cloud, MN

Kristen Pike, BSN, RN; RN; UCLA Health, Los Angeles, CA

Matt Regan, MA, MLIS; Clinical Education Librarian; UI Hardin Library for the Health Sciences, Iowa City, IA

Emily Rod, BSN, RN; Assistant Nurse Manager; UI Hospitals and Clinics, Iowa City, IA

Rachel Ruhland, DNP; Nurse Practitioner; William S. Middleton Veterans Hospital, Madison, WI
25th National Evidence-Based Practice Conference
Evolving Evidence, RE-Solving Care

Faculty

Marianne Smith, PhD, RN, FAAN; Associate Professor, Director of Csomay Center for Gerontological Excellence, CO-Director of Center on Aging; UI College of Nursing, Iowa City, IA

Lindsay Snipes, BSN, RN; Staff Nurse; UI Hospitals and Clinics, Iowa City, IA

Taylor Suchan, BSN, RN; Assistant Nurse Manager; UI Hospitals and Clinics, Iowa City, IA

Benjamin Tallman, PhD; Licensed Psychologist and Psychology Training Program Director; UnityPoint Health - St. Luke’s Hospital, Cedar Rapids, IA

Carrie Van Houten, MHA, BSN, RN; Advance Practice Nurse; UnityPoint Health St. Luke’s Hospital, Cedar Rapids, IA

Keri Wall, BSN, RN, CPAN; Registered Nurse PACU; Freeport Health Network, Freeport, IL

Brad Wright, PhD; Assistant Professor, Health Management and Policy; UI College of Public Health, Iowa City, IA

Julie Zerwic, PhD, RN, FAHA, FAAN; Kelting Dean and Professor; UI College of Nursing, Iowa City, IA

UI (University of Iowa)

Hotel and Transportation

Hotel
A few rooms may be available at the Marriott Hotel & Conference Center. Please make your reservation directly with the Marriott Hotel using this link. There are also rooms available at the Homewood Suites by Hilton at Iowa River Landing which is within walking distance of the conference center. Please make your reservation directly with the Homewood Suites using this link and enter group code EBP.

Air Travel
The Eastern Iowa Airport (CID) is approximately 20 miles from the conference site. More information can be found at eiaairport.org.

The Quad City International Airport (MLI) is approximately 64 miles from the conference site. Learn more at qcairport.com.

Ground Travel
The conference is held at the Marriott Hotel & Conference Center located at 300 East 9th St, Coralville, Iowa.

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact the Department of Nursing in advance at 319-384-6737.

The University of Iowa prohibits discrimination in employment, educational programs, and activities on the basis of race, creed, color, religion, national origin, age, sex, pregnancy, disability, genetic information, status as a U.S. veteran, service in the U.S. military, sexual orientation, gender identity, associational preferences, or any other classification that deprives the person of consideration as an individual. The university also affirms its commitment to providing equal opportunities and equal access to university facilities. For additional information on nondiscrimination policies, contact the Director, Office of Equal Opportunity and Diversity, the University of Iowa, 202 Jessup Hall, Iowa City, IA, 52242-1316, 319-335-0705 (voice), 319-335-0697 (TDD), diversity@uiowa.edu.

Contact Kristen Rempel with questions at kristen-rempel@uiowa.edu, 319-384-6737 or visit uihc.org/ebp-conference.