As we continually strive to improve patient and family care, our ability to critically analyze the results of nursing research, implement evidence-based practice and conduct quality improvement projects is imperative.

This year’s theme, *Nursing Research: the Quest for Significance*, poses the question: is this significant for my patients and/or their families? Join us November 14-15 for this thought-provoking Symposium that is sure to pique your interest in nursing research and finding answers to clinical questions.

Growing each year in numbers, the Symposium continues to provide a forum for Nurses, Students, Educators, Administrators, and Researchers - regardless of experience in conducting nursing research - to learn more about the evolving realm of nursing knowledge.

The Symposium showcases new and innovative initiatives through oral and poster presentations. Categories of initiatives feature:

- **Nursing Research**
- **Evidence-Based Practice**
- **Quality Improvement**

We invite you to join us and engage in this learning event at the Hampton Inn this November!

Register online at: [http://www.uvm.edu/~kappatau/](http://www.uvm.edu/~kappatau/)
Welcome

Message from the Symposium Co-Chairs...

On behalf of this year’s Symposium Planning Committee, it is our pleasure to invite you to the 5th Annual Nursing Research and Evidence Based Practice Symposium.

Our theme for this year is Nursing Research: the Quest for Significance. We are delighted that Barbara Blakeney, RN, MS, will serve as our keynote speaker. We had invited Barbara to be our keynoter last year, but an unexpected health challenge kept her from attending. We are certain she will inspire us with real life projects and innovations that support an environment of clinical inquiry. She will demonstrate how nursing is taking a leadership role in changing the delivery of healthcare.

The Annual Symposium will showcase a sampling of the incredible work that nurses in our region are doing to improve healthcare. Whether you practice at the bedside, in a patient’s home, in a clinic, or as an educator or nurse leader, the Symposium offers opportunities to network and learn about novel practice approaches that will inspire you.

The Symposium’s Planning Committee continues to recognize nursing knowledge generated by a variety of methods. The Symposium highlights: Quality Improvement, Evidence-based Practice and Nursing Research as methodologies to advance nursing knowledge and improve clinical practice.

We hope that you will consider participating in our annual Honor the Nurse presentation. (see page 4) for details regarding this year’s Honor the Nurse presentation.

Special thanks to the Planning Committee, for their time and efforts in creating this extraordinary annual event. We would also like to thank our dedicated professional conference planner, Julie Basol, who keeps us on task and brings her expertise and wisdom to our team. Please join us on an adventure in learning at from this year’s Symposium.

Ann Laramee, MS ANP-BC ACNS-BC, CHFN
Clinical Nurse Specialist/Nurse Practitioner
Cardiology/Palliative Care/Nursing
Fletcher Allen Health Care
Ann.Laramee@vtmednet.org

Hollie Shaner-McRae, DNP, RN, FAAN
Coordinator, Professional Nursing Practice
Fletcher Allen Health Care
Hollie.Shaner-McRae@vtmednet.org

Symposium at a Glance

THURSDAY, NOVEMBER 14

Noon-1:00pm REGISTRATION
1:00-2:30pm TECH DIM SUM WORKSHOP
2:30-2:45pm AFTERNOON BREAK
2:45-4:15pm ORAL PRESENTATIONS: 1, 2, 3
4:15-5:00pm POSTER SET-UP
4:30-5:00pm ABSTRACTS 101, free
5:00-6:30pm RECEPTION POSTER PRESENTATIONS, EXHIBITS

Thursday Evening’s Poster Reception is free and open to the public.

FRIDAY, NOVEMBER 15

7:30-8:15am REGISTRATION; POSTERS; CONTINENTAL BREAKFAST
8:15-8:30am WELCOME, INTRODUCTIONS
8:30-9:30am KEYNOTE ADDRESS
9:30-10:30am ORAL PRESENTATIONS: 4, 5
10:30-10:45am MORNING BREAK; POSTERS
10:45-11:45am ORAL PRESENTATIONS: 6, 7
11:45-12:45pm LUNCH; POSTERS
12:45-2:15pm ORAL PRESENTATIONS: 8, 9, 10
2:15-2:30pm AFTERNOON BREAK
2:30-3:30pm ORAL PRESENTATIONS: 11, 12
3:30-4:00pm CAPSTONE ADDRESS:
BARBARA BLAKENEY, MS, RN
Throughout her career, Barbara Blakeney, past President of the American Nurses’ Association (ANA), has maintained a passion for providing access to high quality, affordable health care. When serving as ANA President, Barbara was named one of the 100 most powerful people in health care for 4 successive years. She has served as a member of both the US and International Council of Nurses delegations to the World Health Assembly. Barbara has served on the National Advisory Board for the Joint Commission and as a member of the advisory group for the first nursing sensitive quality indicators for the National Quality Forum.

Barbara has served on many boards of directors including as a founding member of the Boston Health Care for the Homeless Program where she is currently the Vice-Chair of the Board of Directors, the American Nurses Credentialing Center, Health Care Without Harm, Practice Green Health, The Center for Education and Research on Therapeutics (CERTS) as well as advisory boards for the Colleges of Nursing at the University of Massachusetts at both Amherst and Boston.

As a clinician, she focused her practice in poor communities, both urban and rural, and from that she learned the power of resilience and the oppression of poverty. Barbara is the recipient of many awards and honors including the Pearl McIvor Public Health Nursing Award, the Chief Nurse Award of the US Public Health Service and the Distinguished Alumni Award at the University of Massachusetts at Amherst.

Barbara currently serves as an Innovation Advisor to the Center for Medicare and Medicaid Services (CMS). As the Innovations Specialist at the Massachusetts General Hospital, Barbara is on the cutting edge of practice, technology and policy.

Disconnections between current research and what is experienced in everyday practice provides rich ground for discovery of new knowledge. The ability of clinicians to recognize discrepancies between what they learned and what they see in practice provides rich possibilities for furthering nursing research. Our keynote speaker, Barbara Blakeney, MS, RN will present a relevant case study and discuss possible opportunities for partnering research and practice.

---

**Featured Workshop: Tech Dim Sum**

Hope Greenberg, MA  
Information Tech Specialist  University of Vermont

**THURSDAY, NOV. 14 1:00-2:30PM**

An expert in the field of Digital technologies, Hope Greenberg, MA serves on the faculty of The University of Vermont’s Center for Teaching and Learning. An Information Technology Specialist; she partners with UVM faculty and students to encourage and increase integration of information technologies into teaching and scholarship. In addition, she provides faculty development in areas of technology and teaching. An instructional designer for online and hybrid courses, Greenberg provides consulting services to university faculty, staff and students in the areas of electronic representation of content (electronic texts, hypertext, multimedia, text analysis tools, images, computer-mediated).

This valuable workshop, Tech Dim Sum will give us “bite size” introductions to a variety of applications that you will find useful for conducting research and teaching.

**Objectives:**

- Describe online resources for designing and developing teaching materials
- Discuss the use of images in publications and ways to find public domain images
- Identify strategies for cataloguing and retrieving files

*Join us!*
**Honor the Nurse: The Quest for Significance: Nurses in Action**

Each year, the Symposium features an HONOR THE NURSE presentation. This year’s theme, The Quest for Significance: Nurses in Action recognizes all nurses - nurse leaders, educators, clinicians, and students - performing their daily jobs. CVPH Medical Center members of the Planning Committee invite you to submit a digital photo (send in JPEG file format) of a colleague you would like to honor, along with their name, credentials and a one sentence description of why you are honoring them. Email your Honor a Nurse submission to both Elli Collins: ecollins@cvph.org and copy Kathleen Carey: kcarey@cvph.org no later than **Friday, November 1**. Honorees are not required to attend or be registered for the Symposium. The presentation will take place during Thursday evening’s Poster Reception and also be posted on the Kappa Tau Web site after the Symposium.

For more information, contact Julie Basol, Symposium Director: 802 598-7424

### Program Planning Committee

<table>
<thead>
<tr>
<th>Chair/Position</th>
<th>Name</th>
<th>Institution</th>
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<tbody>
<tr>
<td>Program Co-Chair</td>
<td>Ann Laramee</td>
<td>Fletcher Allen Health Care</td>
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<tr>
<td>Coordinator of Professional Nursing Practice</td>
<td>Hollie Shaner-McRae</td>
<td>Fletcher Allen Health Care</td>
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<tr>
<td>Associate Professor, Department of Nursing</td>
<td>Marcia Bosek</td>
<td>University of Vermont</td>
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<tr>
<td>Critical Care Nurse Specialist</td>
<td>Kathleen Carey</td>
<td>Champlain Valley Physicians Hospital</td>
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<tr>
<td>Director, Magnet Program</td>
<td>Jean Cody</td>
<td>Southern Vermont Medical Center</td>
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<tr>
<td>Professor of Nursing</td>
<td>David G. Curry</td>
<td>SUNY Plattsburgh</td>
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<tr>
<td>Clinical Informatics Specialist; RN Staff</td>
<td>Julie Jones</td>
<td>Fletcher Allen Health Care</td>
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<th>Honorees</th>
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<tr>
<td>Suzanne Murdock</td>
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<td>Annie Parker</td>
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<tr>
<td>Christine Rovinski-Wagner</td>
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<td>Isabelle Sargeant</td>
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### Sponsors - special thanks!

- Fletcher Allen Health Care - Nursing Education & Research - James M. Jeffords Institute for Quality & Operational Effectiveness
- Sigma Theta Tau Int’l Nursing Honor Society - Kappa Tau Chapter - Gamma Delta Chapter
- Castleton State College
- Champlain Valley Physicians Hospital
- University of Vermont Department of Nursing
- Rutland Regional Medical Center
- Southwestern Vermont Medical Center
- SUNY Plattsburgh Department of Nursing
- VA Medical Center, White River Junction
- Vermont Department of Health
- Vermont State Nurses’ Foundation
- Vermont Assembly of Home Health & Hospice Agencies

### Symposium Logistics

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
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<tbody>
<tr>
<td>Executive Director</td>
<td>Peter Cobb</td>
</tr>
<tr>
<td>Clinical Research Coordinator; Nursing Research Council Chair, Foley Cancer Center</td>
<td>Rebecca Denofer</td>
</tr>
<tr>
<td>Director, Magnet Program</td>
<td>Jean Cody</td>
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### Symposia Directors

<table>
<thead>
<tr>
<th>Program</th>
<th>Name</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Kappa Tau Chapter, Sigma Theta Tau International</td>
<td>Christine Rovinski-Wagner</td>
<td><a href="mailto:crwagner@cvph.org">crwagner@cvph.org</a></td>
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<tr>
<td>VA Medical Center, White River Junction</td>
<td>Rebecca Denofer</td>
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# Symposium Agenda

## THURSDAY, NOVEMBER 14

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Noon-1:00pm</td>
<td>REGISTRATION</td>
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<tr>
<td>1:00-2:3pm</td>
<td>Tech Dim Sum Workshop</td>
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<tr>
<td>2:30-2:45pm</td>
<td>REGISTRATION</td>
</tr>
<tr>
<td>2:45-3:15pm</td>
<td>AFTERNOON BREAK</td>
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</table>
| 1:00-2:30pm  | **1:** The Strategic Prevention Framework: A Systematic Public Health Model that Enhances Results of the Nursing Process in Population Level Care  
Abby Young, BSN, RN  
Public Health Nurse  
Vermont Department of Health |
| 2:30-2:45pm  | **2:** Building a Culture of Safety                                       
Tara Bombard, RN, BSN, CCRN-CMC-CSC  
Clinical Operations Supervisor  
CVPH Medical Center |
| 2:45-3:15pm  | **3:** Looking Ahead: Community Awareness of Vermont Health Connect and the Changes to Come  
Jessica Morrison, RN  
MSN Nursing Student |
| 4:15-5:00pm  | POSTER SET-UP                                                             |
| 4:30-5:00pm  | **Abstracts 101**                                                          
Ann Laramee, MS, ANP-BC, ACNS-BC, CHFN |
| 5:00-6:30pm  | RECEPTION, POSTER PRESENTATIONS, HONOR THE NURSE, WELCOME REMARKS:         
Ann Laramee, MS, ANP-BC, ACNS-BC, CHFN  
Holly Shaner-McRae, DNP, RN, FAAN  
Co-Chairs, 5th Annual Symposium |
| 6:00-10:00pm | **6:** Hospital In-Patient Continued Stay Utilization: System Redesign  
Deborah Cutts  
Director, Quality Management  
VA Medical Center, White River Junction |
| 7:00-9:00pm  | **7:** Nasogastric Insertion with Midazolam in the Emergency Department (NIMED)  
Kathy Gutierrez, RN, BSN, CEN  
Care Coordinator  
Fletcher Allen Health Care |
| 7:00-9:00pm  | **8:** Mepilex Border Sacrum Used Prophylactically to Prevent Sacrum Pressure Ulcers:  
A Quality Improvement Project in the SICU  
Carolina Baldwin, DNPC, MSN, CCRN  
Clinical Faculty; Staff RN  
University of Vermont; Fletcher Allen Health Care |
| 7:00-9:00pm  | **9:** To Void or Not to Void: A Risk Stratification Tool  
Heather Meisterling, BSN  
Registered Nurse  
Fletcher Allen Health Care |
| 7:00-9:00pm  | **10:** Pass It On Clinical Assistant Report Sheets  
Krista Bull, RN, BSN, OCN  
Clinical Operations Supervisor  
CVPH Medical Center |
| 7:00-9:00pm  | **11:** Attitudes of Nurses Toward Patient-Directed Dying:  
Determining the Significance of the Data  
Marcia Bosek, DNSc, RN  
Associate Professor, Department of Nursing  
College of Nursing & Health Sciences  
University of Vermont |
| 7:00-9:00pm  | **12:** Engaged Improvement Work in Healthcare:  
Inspiring Upcoming Leaders to Success  
Christine Rovinski-Wagner, ARNP, MSN  
Performance Improvement and Accreditation Coordinator  
White River Junction VA Medical Center |
| 10:30-10:45am| MORNING BREAK                                                              |
| 10:45-11:45am| **10:** Hospital In-Patient Continued Stay Utilization: System Redesign  
Deborah Cutts  
Director, Quality Management  
VA Medical Center, White River Junction |

## FRIDAY, NOVEMBER 15

<table>
<thead>
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<th>Time</th>
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<tr>
<td>7:30-8:15am</td>
<td>REGISTRATION; CONTINENTAL BREAKFAST; POSTERS</td>
</tr>
<tr>
<td>8:15-8:30am</td>
<td>WELCOMING REMARKS</td>
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</table>
| 8:30-9:30am  | KEYNOTE:                     
When What’s Known Isn’t So: Why “Mismatches” in Research & Practice Need Investigation  
Barbara Blakeney, MS, RN |
| 9:30-10:30am | **4:** The Experience of the High School Freshman Who Participates in an Adventure Orientation Program  
Jean Coffey, PhD, CPNP  
Assistant Professor  
University of Vermont |
| 5:00-6:30pm  | **5:** Advance Care Planning with Heart Failure: Results of a Primary Care Practitioners Needs Survey  
Ann Laramee, MS, ANP-BC, ACNS-BC CHFN  
Clinical Nurse Specialist  
Fletcher Allen Health Care |

## ABSTRACTS 101 free practical, non-CE session

### THURSDAY, NOVEMBER 14  4:30-5:00PM

New to research submission? Need a refresher? Join us for a hands-on session that will fine tune your approach to future research submission. Guided by Ann Laramee, MS, ANP-BC, ACNS-BC, CHFN, developer of the Annual Nursing Research & Evidence-Based Practice Symposium.
Hampton Inn
42 Lower Mountain View Drive
Colchester, Vermont, 05446

CONFERENCE SITE:
The 5th Annual Nursing Research & Evidence-Based Practice Symposium will be held at the Hampton Inn in Colchester, Vermont.

DIRECTIONS TO THE SYMPOSIUM:
From I-89N: Exit 16 turn right on Rt 7; turn right at the stop light on Lower Mountain View Drive. From I-89S Exit 16 turn left on Rt 7; turn right on Mountain View. Hotel on the right. For further directions, you may visit www.randmcnally.com or the Hampton site.

LODGING:
Attendees requiring overnight accommodations the night of Thursday, November 14 may contact the Hampton at: 802 655-6177. The Hampton offers a reduced overnight rate of $89, based on a very limited availability to Symposium attendees. When calling, you must mention that you are with the Research Symposium. For additional lodging options, please contact Julie Basol (see below).

REGISTRATION & PAYMENT:
Two day registration fee for the Symposium includes Thursday afternoon tutorials, sessions, evening reception and poster presentations as well as Friday keynote, sessions, continental breakfast, lunch, and breaks. Symposium materials will be made available to attendees on line at the Kappa Tau Web site.

Best rates by Thursday, October 14, two options for registration and payment are available this year:

1) ONLINE: Complete the online registration and indicate your method of payment: check or credit card (you will then be invoiced through PayPal)

2) BY MAIL: Complete the registration form found on page 7 of the e-brochure. Indicate your chosen method of payment. If paying by credit card, you will then be invoiced through PayPal.

If paying by check, make payable to Kappa Tau. Mail your payment to:

Research Symposium
741 Hand Road North Ferrisburgh, VT 05473

For questions or more information contact:
Julie Basol, Symposium Coordinator
Ph: 802.598.7424  JNB@gmavt.net  Fax: 802.425.5507

CONTINUING EDUCATION:
This activity has been submitted to the Vermont State Nurses Association Committee on Education for approval to award contact hours. The Vermont State Nurses Association Committee on Education is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

For more information regarding contact hours, please contact Julie Basol, Symposium Coordinator: JNB@gmavt.net or 802 598-7424
Registration Form

REGISTRATION, PAYMENT: Return your completed registration form with a check made payable to:

Kappa Tau

Mail your registration and payment to:
Research Symposium  741 Hand Road  No. Ferrisburgh, VT 05473
For more information: Julie Basol, Symposium Coordinator  JNB Marketing, LLC
Ph: 802.598.7424  |  Fax: 802.425.5507  JNB@gmavt.net
www.uvm.edu/~kappatau

Date of Registration: __________________________

Last Name: _______________________________  First Name: ______________________  Credentials: ____________________

Position Title: _______________________________________________________________________________________________

Organization: _______________________________________________________________________________________________

Address: __________________________________________________________________________________________________

City: _____________________________________State:  _________  Zip:  ______________

Telephone: ____________________________________________________________________

Email: _________________________________________________________________________

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<tr>
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<th>Registration Fee after 10/31</th>
<th>Registration Fee On Site</th>
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<td>$150</td>
<td>$160</td>
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<tr>
<td>☐ Full Registration Oral &amp; Poster Presenters</td>
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Registration Amount:  $: ______________________

☐ Check #:  ______________________  ☐ Please send me a PayPal invoice to pay by credit card

☐ If you require special accommodations or have additional needs in order to participate, please check this box. Indicate your requests in writing and include with your registration form.

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Online Registration, REGISTER NOW: