Translating Nursing Evidence into Practice

7th Annual Nursing Research & Evidence-Based Practice Symposium

Keynote Speaker:
Jane Barnsteiner, PhD, RN, FAAN
Professor Emerita, School of Nursing
University of Pennsylvania

Dr. Barnsteiner is a national mentor, a resource and a consultant for individuals and organizations on the implementation of research utilization. Join us!

Oral & Poster Presentations:
- Nursing Research
- Evidence-Based Practice
- Quality Improvement

November 5-6, 2015
DoubleTree by Hilton ~ So. Burlington, Vermont

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

2 Tutorial Workshops begin Thursday afternoon!

Register Online: [click here]
Message from the Symposium Co-Chairs...  

On behalf of this year’s Symposium Planning Committee, it is our pleasure to invite you to the 7th Annual Nursing Research and Evidence Based Practice Symposium. Our theme this year is Translating Nursing Evidence into Practice. Nurses during every interaction with a patient and family must decide on using the best evidence available to provide quality and safe care. We are thrilled to have Jane Barnsteiner, PhD, RN, FAAN Professor in Pediatrics - Clinician Educator from the University of Pennsylvania School of Nursing as our keynote speaker. As a leader in evidence based practice in the nursing and pediatric fields, Dr. Barnsteiner will surely educate us to how translate the best evidence and research into our practice.

The Annual Symposium will showcase a sampling of the incredible work nurses in our region are investigating to improve healthcare outcomes. 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.

We hope that you will participate in the annual Honor the Nurse presentation by paying tribute to a nurse who has been instrumental in your career as a mentor. This musical dedication occurs at the Thursday evening’s ever-popular free reception, where posters are presented, networking opportunities abound, and SUNY Plattsburgh and University of Vermont nursing students intermingle with novice and veteran nurses.

Special thanks to the Planning Committee, for their time and efforts in creating this extraordinary annual event. We would also like to thank our devoted professional and institutional organization sponsors, without their support this experience could not happen. Lastly, we so appreciate 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 this year’s Symposium.

Symposium at a Glance, tentative schedule

### Thursday, November 5

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>2:00-3:00pm</td>
<td>Registration, Poster Set Up</td>
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<tr>
<td>2:30-3:30pm</td>
<td>Tutorial A</td>
</tr>
<tr>
<td>3:30-3:45pm</td>
<td>Poster Set Up, Afternoon Break</td>
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<tr>
<td>3:45-4:45pm</td>
<td>Tutorial B</td>
</tr>
<tr>
<td>5:00-6:30pm</td>
<td>Welcome, Opening Remarks, Reception, Poster Presentations</td>
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### Friday, November 6

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30-8:15am</td>
<td>Registration; Posters; Continental Breakfast</td>
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<tr>
<td>8:15-8:30am</td>
<td>Welcome, Introductions</td>
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<tr>
<td>8:30-10:00am</td>
<td>Keynote Jane H. Barnsteiner, PhD, RN, FAAN</td>
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<tr>
<td>10:00-10:30am</td>
<td>Morning Break; Posters</td>
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<tr>
<td>10:30-12pm</td>
<td>Oral Presentations: 1, 2, 3</td>
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<tr>
<td>Noon-1:15pm</td>
<td>Lunch; Posters</td>
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<tr>
<td>1:15-2:45pm</td>
<td>Oral Presentations: 4, 5, 6</td>
</tr>
<tr>
<td>2:45-3:00pm</td>
<td>Afternoon Break</td>
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<tr>
<td>3:00-4:30pm</td>
<td>Oral Presentations: 7, 8, 9</td>
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Thursday Evening’s Poster Reception is free and open to the public.
Each Year, the Symposium features an HONOR the NURSE presentation. The “Honor the Nurse” theme for 2015 is My Mentor in Nursing.

We invite you to share with us, the person/people who have influenced you and continue to inspire your professional practice and your commitment to nursing excellence.

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, place of employment, and department name. Also include, a brief description of why you are honoring them.

Email your “Honor the Nurse” submission by Tuesday, October 27 to:
- Tara Ebere - tebere@cvph.org
- Carly Haag - chaag@cvph.org
- or Kathleen Carey - kcarey@cvph.org

The Honor the Nurse presentation will take place during Thursday evening’s Poster Reception and will also be posted on the Kappa Tau web site after the Symposium.

For more information, contact Julie Basol, Symposium Director: (802) 598-7424.
**Thursday Afternoon Tutorials**

**Poster Perfect: Tips & Tricks for Creating a Successful Research Poster**

**Gary S. Atwood MA, MSLIS**  
*Health Sciences Education Librarian*  
*University of Vermont Dana Medical Library*

**2:30-3:30PM**

Whether you are a seasoned poster presenter or not, join us to learn more about the different sections of a poster, tips on how to properly use text and images, rules for layout, and more. Participants will also get to practice what they’ve learned by critiquing sample posters. No prior experience with creating posters is required.

**Objectives:**

- Identify the required sections and content of an academic poster
- Explain how to choose appropriate font, font size, font color, and apply basic rules for text layout

Gary Atwood is the Health Sciences Education Librarian at the University of Vermont's Dana Medical Library. He graduated from the University of Maine with a MA in American History and from Simmons College with a MSLIS in Library Science. He has over 15 years of experience teaching people how to find information as well as how to use technology to manage the resources they find.

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**Respecting and Protecting Copyright in Nursing Research**

**Alice Stokes, MSLIS**  
*Librarian Assistant Professor*  
*Jeanene Light, MLS*  
*Collection Development Librarian*  
*University of Vermont Dana Medical Library*

**3:45-4:45PM**

Ethical use of others' work—images, instruments, and articles—requires an understanding of authors' rights. Whether you are using or producing research, there are basic copyright issues to be considered. This workshop will give participants an opportunity to discuss real-world scenarios and brush up on key issues in scholarship and research.

**Objectives:**

- Identify basic rules related to copyright law
- Examine your rights as a user of copyrighted information
- Examine how copyright law affects your rights as a creator of information

Alice Stokes holds a Master's of Library and Information Science from Syracuse University. She has four years of experience as a health sciences librarian, including instruction for practitioners, students and faculty in nursing and medicine.

Jeanene Light holds a terminal degree in Library and Information Science (M.L.S.) and has over twenty years experience in library management.
Symposium Agenda

**THURSDAY, NOVEMBER 5**

2:00-3:00pm  Registration, Poster Set Up

2:30-3:30pm  **Tutorial A** Poster Perfect: Tips & Tricks for Creating a Successful Research Poster  
Gary S. Atwood MA, MSLIS  
Health Sciences Education Librarian  
University of Vermont Dana Medical Library  
Burlington, Vermont

3:30-3:45pm  Poster Set up, Afternoon Break

3:45-4:45pm  **Tutorial B** Respecting and Protecting Copyright in Nursing Research  
Alice Stokes, MLIS  
Library Assistant Professor  
University of Vermont Dana Medical Library  
Burlington, Vermont

4:30-5:00pm  Poster Set up

5:00-6:30pm  Reception, Poster Presentations, Honor the Nurse, Welcome Remarks:  
Ann Laramee, MS, ANP-BC, ACNS-BC, CHFN  
Jessica Sherman, DNP, RN-BC  
Co-Chairs, 7th Annual Symposium

**FRIDAY, NOVEMBER 6**

7:30-8:15am  REGISTRATION; CONTINENTAL BREAKFAST; POSTERS

8:15-8:30am  WELCOMING REMARKS

8:30-10:00am  Keynote: We’re Evidenced-Based When We Like the Evidence  
Jane S. Barnsteiner, PhD, RN, FAAN  
Professor Emerita, School of Nursing  
University of Pennsylvania

10:00-10:30am  POSTERS, MORNING BREAK

10:30-11:00am  **1** Fructose Metabolism and Neural Correlates of Food Reactivity in Obese Children  
Jennifer Laurent, PhD, FNP  
Assistant Professor, Department of Nursing  
University of Vermont  
Burlington, Vermont

11:00-11:30am  **2** Influences of Social and Environmental Supports on Moderate to Vigorous Physical Activity in Hispanic Adolescent Females  
Deborah Benes-Nadworny, RN, PhD, PNP-BC  
Assistant Professor, Department of Nursing  
Fitchburg State University  
Townsend, Massachusetts

11:30-Noon  **3** Trends in Ambulatory Care/Community Health Nursing in Vermont  
Mary Val Palumbo, DNP, APRN GNP-BC  
Assistant Professor, Department of Nursing  
Betty Rambur, PhD, RN  
Professor, Department of Nursing  
University of Vermont  
Burlington, Vermont

Noon-1:15pm  LUNCH; POSTERS

1:15-1:45pm  **4** Effective Management of Observation Beds  
Donna Richardson, MSM, BSN, RN  
Registered Nurse/Health Systems Specialist  
Department of Veterans Affairs  
Suffolk, Virginia

1:45-2:15pm  **5** Addressing Moral Distress through Creation of a Just Culture in Nursing Education  
Rhonda Reader, DNS, RN, CNE  
Dean, College of Nursing  
Crouse Hospital College of Nursing  
Syracuse, New York

2:15-2:45pm  **6** The Role of Nurses in Communities Experiencing Environmental Contamination  
Wendy Robinson, PhD, RN, FNP, CNE  
Associate Professor  
Helene Fuld College of Nursing  
Goldens Bridge, New York

2:45-3:00pm  AFTERNOON BREAK

3:00-3:30pm  **7** Reducing Preventable Hospitalizations: A Study of Two Models of Transitional Care  
Jessica Morrison, BA, RN  
Nurse Practitioner Student  
University of Vermont  
Burlington, Vermont

3:30-4:00pm  **8** Testing a Brief Guided Reflective Intervention to Improve Self-Care in Patients Recently Hospitalized with Heart Failure  
Kristen Sethares, PhD, RN, CNE  
Professor of Nursing  
University of Massachusetts Dartmouth  
Marion, Massachusetts

4:00-4:30pm  **9** Evaluation of an Experiential Learning and Simulation Based Clinical Orientation at UVMHN-CVPH  
Karen Phillips, RN, BSN, MSN, CMSRN  
Clinical Learning and Development Manager  
University of Vermont Health Network - CVPH  
Plattsburgh, New York

**Thursday Evening’s Poster Reception is free and open to the public.**
Program Planning Committee

- **ANN LARAMEE, MS, ANP-BC, ACNS-BC, CHFN**
  Program Co-chair
  *Clinical Nurse Specialist, Palliative Care, Cardiology, Nursing*
  University of Vermont Medical Center

- **JESSICA SHERMAN, DNP, MSN, RN-BC**
  Program Co-Chair
  *Clinical Assistant Professor*
  University of Vermont

- **MARcia BOSEK, DNSC, RN**
  Associate Professor, Department of Nursing
  College of Nursing & Health Sciences
  University of Vermont

- **Kathleen Carey, MS, RN, CNS-BC, CCRN**
  Critical Care Nurse Specialist
  The University of Vermont Health Network-CVPH

- **David G. Curry, PhD, APRN**
  Professor of Nursing
  SUNY Plattsburgh

- **TARA EBERe, BSN, RN**
  Magnet Program Director
  The University of Vermont Health Network-CVPH

- **CarlyN HaaG, BSN, RN, CCRN-K**
  Clinical Education Manager, Critical Care
  The University of Vermont Health Network-CVPH

- **SUZANNE MURDboxx, MSN, APRN-BC, GNP**
  Director, Nursing Education and Research
  University of Vermont Medical Center

- **Terry a. powers Phaneuf, MSN, CRRN**
  Nurse Educator - InPatient Rehab
  University of Vermont Medical Center

- **Christine rovinski-Wagner, MSN, ARNP**
  Performance Improvement and Accreditation Coordinator
  VA Medical Center, White River Junction

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Sponsors ~ special thanks for your support!

- University of Vermont Medical Center
  - Nursing Education & Research
  - James M. Jeffords Institute for Quality & Operational Effectiveness

- Sigma Theta Tau International Nursing Honor Society
  - Kappa Tau Chapter
  - Gamma Delta Chapter

- Castleton University Nursing Department

- Champlain Valley Physicians Hospital

- Norwich University

- Rutland Regional Medical Center

- Southwestern Vermont Medical Center

- SUNY Plattsburgh Department of Nursing

- University of Vermont Department of Nursing

- Veterans Education & Research Association of Northern New England

- Vermont Department of Health, Division of Maternal Child Health

- Vermont State Nurses’ Foundation

- Vermont State Nurses’ Association
CONFERENCE SITE:
The 7th Annual Nursing Research & Evidence-Based Practice Symposium will be held Thursday-Friday, November 5-6, 2015 at the DoubleTree by Hilton, Vermont.

DIRECTIONS TO THE SYMPOSIUM:
Take Exit 14E just off Interstate 89. The DoubleTree Hotel is located less than a ½ mile east on Williston Road (on the right hand side). Conference parking is located in the back of the hotel. For further directions, you may visit www.randmcnally.com or the DoubleTree web site.

LODGING:
Attendees requiring overnight accommodations the night of Thursday, November 5 may contact the DoubleTree at: 802 658 0250. The hotel offers a reduced overnight rate of $119, based on a very limited availability to Symposium attendees. When calling, you must mention that you are with the University of Vermont Medical Center.

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 22, 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 on the last page 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

CONTINUING EDUCATION:
This activity has been submitted to Northeast Multistate Division (NE-MSD) for approval to award contact hours. Northeast Multistate Division (NE-MSD) 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, contact:
Julie Basol, Symposium Coordinator:
JNB@gmavt.net or 802 598-7424

Online Registration, REGISTER NOW:
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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<th>Registration Fee</th>
<th>Early Bird Prior to 10/22</th>
<th>Registration Fee after 10/22</th>
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<tr>
<td>□ Full Registration</td>
<td>$125</td>
<td>$140</td>
</tr>
<tr>
<td>□ Full Registration Oral &amp; Poster Presenters</td>
<td>$100</td>
<td>$125</td>
</tr>
<tr>
<td>□ Full Time Student Registration *</td>
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<tr>
<td>□ Thursday Registration for Tutorials only</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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