Supporting Clinicians to Publish:  
Success of a Publications Committee  
at a Tertiary Care Children’s Hospital

2017 ISAPN Midwest Conference

Diane Dudas Sheehan, ND, APN, FNP-BC
APN Publication Committee Co-Chair  
Division of Orthopaedic Surgery and Sports Medicine  
Ann & Robert H. Lurie Children’s Hospital of Chicago

Assistant Professor,  
Department of Physical Medicine and Rehabilitation  
Feinberg School of Medicine of Northwestern University

No financial disclosures

My Publications

Lippincott Williams & Wilkins

Rehabilitation Nursing, 35 (3) 91-98.

Rehabilitation Nursing, 37 (4) 176-179.

Incontinence in Adults with Cerebral Palsy: Prevalence, Type, and Effects on Participation.  Physical Medicine and  
Rehabilitation, 110-120.

Corrigendum to Urinary Incontinence in Adults with Cerebral Palsy: Prevalence, Type, and Effects on Participation.  
Physical Medicine and Rehabilitation, 11 (11) 1066.

http://www2.luriechildrens.org/ce/online/article.aspx?articleID=329

Sheehan, D. D. & Martin, S. A. (2016). Supporting clinicians to write: APN publication committee efforts  
Journal of Pediatric Health Care, 30(4), 295-298.  
doi:http://dx.doi.org/10.1016/j.pedhc.2016.04.011

https://www2.luriechildrens.org/ce/online/article.aspx?articleID=370

Objectives

Recognize the reasons APNs need to publish in peer reviewed journals and identify the barriers to clinicians writing  
and submitting articles/book chapters

Distinguish strategies to assist APNs & nurse clinicians to submit manuscripts (model from our Tertiary Care Children's Hospital  
publication committee)

Discuss tips on the publishing

Review supports and resources available to guide you through the publication process
APNs need to publish

Contribute to the Knowledge base / Build the Evidence Based Nursing Practice
Scientific research disseminate findings

Professional Growth
Individual satisfaction/pride
Career advancement

Influence Policy
Advance local, national and international agendas

Professionalism
Inter-professional Collaboration & Social Positioning

The Ann & Robert H. Lurie Children's Hospital of Chicago.

Our advanced practice nurse (APN) governing council leaders recognized that publishing in peer reviewed journals contributes to the body of nursing science, increases personal prestige, organization visibility, ranking, marketing and branding.
**APN/ PA PUBLICATION COMMITTEE (PC)**

Established in 2013 to provide an environment for increased publishing to occur within our Center of Advanced Practice.

Primary GOAL is to foster the professional development of Advanced Practice Nurses (APNs), Physician Assistants (PAs) and nurse clinicians interested in publication.

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**PC Structure**

Volunteer members

Meet monthly

Meeting logistics
- Schedule rooms
- Secure phone conferencing
- Agendas
- Work between meetings

Solidify goals

Identified reasons clinicians don’t publish

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**Barriers to Writing and Publishing**

- Lack of knowledge regarding the publication process
- Lack of knowledge regarding types and style of publications
- Lack of topic ideas in my current practice
- Lack of recognition from the organization
- Lack of mentors
- Lack of resources
- Lack of time
Categories of Compiled Resources Maintained on the APN Team Site

- General Publication Process
- Formulating an Idea
- Creating Bibliographies
- Writing Abstracts
- Research and Statistical Support
- Case Study/Case Reports
- Creating a Poster
- Writing Resources (including organizations, websites and textbooks)
- Mentors
- Library Resources
- Publishing and Editorial References

Types of articles & publications

- Research reports
  - Follow IMRAD (Introduction, methods, results & discussion)
  - Guidelines from International Committee of Medical Journal Editors (ICMJE) www.icmje.org
- Quality Improvement projects with supporting data
- Clinical review Articles
  - Evidence based: significance of the problem, epidemiology, pathophysiology, diagnosis and management
  - Systematic or integrative literature reviews
- Health care policy
  - or insightful analysis of professional issues
- Editorials
- Opinion essays
- Personal narratives

Education for colleagues PC Seminar Topics

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<th>Year</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
<th>2017</th>
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<td>Topics</td>
<td>All In One with an Idea, literature search and Access to literature</td>
<td>Literature Review</td>
<td>Clinical Review of a Research Article</td>
<td>Submitting a Manuscript to a Journal</td>
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Starts with an IDEA

A professional manuscript worth publishing is usually triggered by an innovative idea or a challenging problem that is of interest to other researchers/educators/NPs/nurses

- Speaker encouraged everyone to write down an idea on a notecard
- What do you need to say?
- How can you critically analyze the idea?
- What is the right format to transfer this idea into a scholarly work?
- Reviewed Idea Mapping (a powerful whole-brained visual thinking tool that enhances thought organization, planning your manuscript, can be as creative as you

Idea Mapping

Use notecards or computer program

Example - scoliosis

<table>
<thead>
<tr>
<th>Types of Scoliosis</th>
<th>Population Statistics</th>
<th>Surgical Treatment</th>
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<tbody>
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<td>Idiopathic, congenital</td>
<td>varied</td>
<td>surgical correction or brace</td>
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</table>

Non-surgical Treatment

- Schroth method

Patient story - example

CREATING A POSTER PRESENTATION

Dedicated hour session

- Purpose, pros/cons to posters at conferences
- Discuss essential components required for poster presentations
- Design tools/contrast/font/sizing/format
- Critiqued posters
- Resources in our organization

General rules for poster outline

- Determine the central theme you wish to convey
- Organize the flow to enable reader to walk themselves through the project
- Create each section on a single slide (power point) before placing on main poster
- Do not include abstract or references unless required
- Choose high-quality images
- Keep concise; stay under 900 words
Publishing a Clinical Case Report

Case reports in medicine and nursing journals
- Case reports/studies purpose, function in literature, goals, strengths/weaknesses, Non-empirical Level V research
- “CARE” CASE REPORTS guidelines endorsed by multiple medical journals
  - Developed by the International Congress on Peer Review and Scientific Publication

Rehabilitation Nursing
Volume 37, Issue 4, pages 176–179, July/August 2012
Wound Care Management of a Patient with Stage III Lymphedema

CLINICAL / CASE REPORTS

FORMATTING for a Clinical Report
Title
Introduction
Case
Literature Review
Discussion (Implications of medical / nursing practice / Transition to practice)
Conclusion
Abstract & Key words
References / Bibliography
Informed consent
Appendices

NARRATIVE Case components
- Comprehensive Patient history
- Demographics, PMH, PSH, SH
- Comprehensive physical exam
- Lab tests, pathology results, radiographic interpretation
- Diagnosis
- Treatment plan, medical/nursing interventions
- Outcomes
HOW TO: Writing Sequence

Part 1 — Working Title, Timeline, outline, Narrative, tables/lists/graphics

Part 2 — Introduction, Discussion (including limitations), Conclusion

Part 3 — Abstract & Key Words, References, Acknowledgement, Informed Consent, Appendices

WRITING Part 1

Develop Working title:
- A descriptive and succinct working title that describes your work/research/topic of interest

WRITING Timeline
(example)
- Jan 31 - Obtain consent, submit IRB request
- Feb 28 - complete narrative
- By March 31 - perform literature review
- April 28 – write discussion, conclusion, introduction
- May 1 – Request peer review and obtain feedback
- May 31 - write abstract, revise based on colleagues suggestions
- June 15 - Submission

WRITING Part 1—OUTLINE
Lymphedema patient case report Outline

Purpose
The sequelae for patients living with stage III lymphedema, including immobility, functional impairment, isolation and emotional burden, that affect quality of life are highlighted.

Method
The case patient’s medical history upon initial evaluation, descriptive wound characteristics and treatment plan are described in detail.

Results
A comprehensive treatment regimen resolved the patient’s wound.

Discussion
The definition, staging and prevalence of lymphedema are reviewed. Lessons learned from particular case

Conclusion
Successful lymphedema wound treatment includes working with experienced healthcare providers, management of wound drainage and odor, the use of higher pressure compression, and complying with lifestyle changes.
Patient NARRATIVE History

How did the patient present? What is the relevant history?
XX is a 54 y/o AAF w/a long history of BLE lymphedema with open and draining wounds and recurrent cellulitis, requiring multiple hospitalizations for whirlpool debridement and antibiotic treatment over the past 10 yrs. Acquired ichthyosis histrix diagnosed 2001 OHA in Aug ’09, where debulking surgery with skin grafting was recommended, but declined

Wound history: years. Seen before by consulting physiatrist at NMH, had puddles of fluid under her legs managed w/towels
Currently performing betadine soaks and receiving eucerin cream & standard compression lymphedema bandaging = Short-stretch bandage to BLE by an Occupational Therapist

Note De-Identify the patient

Patient NARRATIVE Social History

Detailed pertinent information regarding social/ living situation and functional status
Lives with sister and cares for father (Alzheimer’s, multiple co-morbidities) and sister’s children in 2 flat home with 6 STE. Baptist, attends church;
minimal leisure activities (shops, minimal walking)
Occupation: unemployed, Insurance: Illinois Public aid
No tobacco, substance use

Sleeps in a recliner/chair, has not slept in a bed for years (reports niece broke it)

Functional status: ambulatory without assistive device, slow pace;
Independent w/ADLs (does most cooking/cleaning for household & IADLs (primarily done by family members)

Patient NARRATIVE Comprehensive Exam

– with pertinent positives and negatives
General appearance – Alert, oriented, pleasant, talkative
VS: T98.6, P 88, RR 16, BP 124/72 Weight: 117 kg BMI: 44
Heart: S1, S2, RR, no murmur
Lungs: CTA, respirations non-labor, symmetric chest expansion
Musculoskeletal: moves all 4 extremities ambulates w/bilateral feet externally rotated, slow speed without external support, pedal pulses present with Doppler exam

No Lymphadenopathy

Integumentary: L distal 1/2 of lower limb w/ hyperpigmented, extensive excessive hyperkeratosis, large girth, all but L lateral and posterior areas dry with cracks/fissures; overall no signs of infection, edema present

Wound: Left posterior and lateral area of lower limb, moist, irregular margin (ill-defined edges), pink, whitish in color (maceration), copious amount of exudate serous, typical odor, no purulence to the drainage

Hair distribution: none noted on lower extremity, nail beds thick, yellow

Sensation: intact
overall dry, hyperpigmented distal lower limbs with large girth, and cracks/fissures (cauliflower in appearance)

Patient NARRATIVE Supplemental Photo

Patient NARRATIVE TREATMENT Supplemental Photo

TREATMENT DESCRIPTION

Lymphedema Treatment with 4 layer compression wraps

Compression with a modified three layer compression wrap to start and then a four layer compression wrap (traditionally the gold standard for venous stasis ulcers) applied by the family nurse practitioner twice weekly for months. (Figure 2)

WRITE STUFF SOCIETY

APN PC created a writing support group WSS

Initially founding members, seminar participants and clinicians currently authoring publications were invited to join the (WSS) “Society”

Strategies were launched for society members to connect with each other:

- E-mailing all contemplated ideas for submissions, sharing outlines with each other, requested feedback, questions/answers and encouraging words have been sent via emailing all group members. More experienced members have guided and offered to critique the novice’s work
- Informal meetings (every other month) to discuss potential frustrations, share tips on preventing writer’s block and to discover how to carve time in the day to write/work on a publication
- More experienced members provide guidance, critique the novice’s work.
Goals for the Write Stuff Society

1. Develop a timeline for writing project
2. Gain accountability to complete your writing project
3. Network with peers/support each other
4. Gain insight into the writing process (formulating an idea, abstract, literature search, outline, title/intro/methods/results/discussion, creating a reference list)
5. Discuss types of publications to include posters, podium presentations, articles: case study, research, editorial
6. Review the submission and revisions process
7. Share strategies to carve out time to write for publication

WSS Themes

Writing for Lay Publication – speaker from Public Affairs
Nuts and Bolts regarding the Submission Process for Oral and Poster Presentations
Reviewer Trick or treat – how, why to review articles, how to provide constructive criticism
Journal Club: review Nurse Author and Editor NAE.pub.com free website
Tour of the Library & Overview of Advanced Searches – LC librarian
Meeting with editor of The Child's Doctor (online publication)
Presentation to Publication

WE CONNECT APNS INTERESTED IN PUBLISHING WITH THE EDITOR OF THE CHILD'S DOCTOR

www.luriechildrens.org/OnlineCME
APNs published in CHILD’S DOCTOR

Fall 2011 – Recurrent Urinary Tract Infections in Children
Elizabeth Yerkes, MD, Jennifer Schreiber, CPNP

Spring 2011 – Initial Evaluation and Management of a First Seizure
Sohyeong Koh, MD, Breanne Fisher, APN, CPNP, Catherine DeSoto, APN, CPNP, Douglas Nordli, MD

Fall 2012 – Collaborative Practice of Advanced Practice Nursing at Lurie Children’s
Julie Creaden, MSN, APN, CPNP-PC

Feb 2014 – Adolescent and Young Adult Cancer Survivors in Primary Care
Jennifer Reichek, MD, MSW, and Karina Danner-Koptik, RN, MSN, APN-CPON

April 2014 – Comprehensive Evaluation and Practical Treatment of Children with Wounds
Diane Dudas Sheehan, MD, APN, FNP-BC & Shubhra (Sue) Mukherjee, MD, FRCP(C)

July 2014 – Pediatric Sexual Abuse: What Every Primary Care Provider Should Know
Lisa Matheny, MSN, APN, FNP-BC, SANE-A, SANE-P

CHILD’S DOCTOR electronic version

March 2015 – Bone Density Scanning in Pediatrics: The Why’s and How’s of Testing
Meghan C. Kostyk, APN, CPNP, CCD

April 2015 – Optimizing Neurodevelopmental Outcomes in Congenital Heart Disease Survivors
Carrie Alden, MSN, APN, NP, CPNP, ACNP Bradley Marino, MD

July 2015 – Public Stigma for the Primary Care Provider
Suzanne Kupek, APRN, CPNP-PC

Oct 2015 – Pediatric Hypertension: Challenges and Trends in Primary Care
Krista Ray, APN, FNP-BC

March 2016 – Eosinophilic Esophagitis: Consensus recommendations for diagnosis and treatment in children
Maria Manuel-Rubio, MSN, APN, CPNP

July 2016 – What’s New in Newborn Screening: Expansion of Illinois Newborn Screening Panel and Lysosomal Storage Disorders
Lauren Whiteaker, DNP, CPNP

CHILD’S DOCTOR electronic version cont’d

Jan 2017 – Scoliosis in Pediatrics: Identification, Categories, Treatment Options and Surgical Management
Diane Dudas Sheehan, MD, APN, FNP-BC John Grayhack, MD, MPH

May 2017 – Sudden Unexpected Death in Epilepsy: A Review for the Primary Care Provider
Jacqueline Volak, MSN, BSN, APN, FNP-C, Breanne Fisher, APN, NP and Linda Laux, MD

July 2017 – Infantile Spasms
John Millichap, MD, & Jacqueline Wolak, MSN, BSN, APN, FNP-C

July 2017 – Bedwetting
Jdawn Saldano, MSN, APN, CPNP
Call for Publications & Recognition at APN PA Meetings

Call for Publications & Other Scholarly Activities email (example for Spring Quarter April-June 2016)

On behalf of the APN Publication Committee, we would like to continually promote APN accomplishments. This is a call for publications or other scholarly activities for the Spring Quarter 2017. Your accomplishments will be presented at the next APN quarterly meeting in July. Please send citation of your accomplishments to Sarah Martin APN by July 7th. Please format your citation according to APA format. The most current edition for this style is American Psychological Association. (2010). Publication Manual of the American Psychological Association, Sixth edition. Washington, DC: American Psychological Association. An excellent complimentary online resource for this reference style is http://owl.english.purdue.edu/owl/resource/560/01/

Publication & Presentation Accomplishments Spring Quarter 2016


CALL FOR PAPERS FOR A SPECIAL ISSUE

Care of the Hospitalized Child: Implications for Clinical Practice and Research

The Journal of Pediatric Nursing is pleased to announce the forthcoming publication (May/June 2018) of a special issue on Care of the Hospitalized Child: Implications for Clinical Practice and Research. We are interested in reviewing papers representing the range of research and clinical research and policy issues pertaining to the care of hospitalized children and their families.

Send Announcement to APN PA group - call for articles

Our committee members share Publishing Opportunities such as this one!

“Supporting Clinicians to Publish”

Supporting Clinicians to Publish: Success of a Publications Committee at a Tertiary Care Children's Hospital

Committee Co-Chairs: Diane Dudas Sheehan ND, FNP-BC & Sarah A. Martin MS,CPNP-AC/PC
Committee Members: Sue Horner, MS, APN/CNS, RNC-NIC; Judy Marshall, MS, FNP-BC; Julie Shotwell, MS, CPNP-PC
Chicago, IL 60611

Publication Committee Goals

- Increase in Publications
- Foster the professional development of Advanced Practice Nurses (APNs), Physician Assistants (PAs) and nurse clinicians interested in publication. Our committee continually works to achieve that goal through quarterly educational seminars (with continuing education credit), bi-monthly meetings of the “Write Stuff Society”, provision of resources (published manuscripts, website links, references and publishing mentors), along with committee member support for writing activities.
- Advocate for a dedicated Writer/Coach/Editor role for the Nursing Division to support the needs of over 200 APNs and clinical nursing staff in their publication endeavors.
- Recognize on a quarterly basis published APNs and PAs.

“WRITE STUFF SOCIETY” Open group membership with interested writers supporting each other’s publishing endeavors through informal meetings on a bimonthly schedule and through email communications.

Seminar Topics for CE

2015 Seminars

- Literature Review
- The Art of Writing and Abstract
- Creating a Poster Presentation
- Publishing a Clinical Case Study
- Anatomy of a Research Article

2016 Seminars

- Liar, Liar, Paper on Fire! Ethics & Publishing
- Advocating for Needed Resources
- Negotiating a FTE 0.5 position for a Nurse Editor

2017 Seminars

- Presentation to Publication: A Panel Discussion
- Writing a Research Grant
- Publishing a Clinical Case Report
- Reporting Guidelines

The online quarterly publication reaches approximately 6000 PCPs across the country and with the APN PC involvement (reaching out to colleagues for topic ideas, collecting & providing these to the editor) there have been 12 APNs who have been published.

Advocacy

Additional Strategy
Advocate for Needed Resources

- Galter Library access
- As an affiliate of NU Northwestern University
- Negotiating a FTE 0.5 position for a Nurse Editor

Becoming a Published Writer

How to create a writing life
Read often
Write regularly / Establish a routine
Set aside space
Minimize distractions (turn off phone/internet/eliminate social media)
Carve time in your schedule daily
(research/literature search/review author guidelines on journal website/formulate ideas on blank page/create tables/outline/critique, edit & rewrite work...)
plan strategies for writer’s block
Form or join a writing group
Once you publish, it’s addictive
TIPS
1. Start with the end in mind.
2. Sharpen your idea.
3. Select the right journal.
4. Discuss authorship.
5. Adhere to ethical principles.
6. Prepare the manuscript.
7. Avoid common mistakes.
8. See it from the reviewer’s eyes.
9. Prepare a cover letter.
10. Respond to the editor’s and reviewers’ comments / create a response documents.
11. Don’t be discouraged by rejection.
12. Reflect on your experience.

Azer SA, Dupras DM, Azer S. 2014

References

- BMJ Case Reports: 2015; Published online 2015 Oct 23. doi: 1136/bcr-2015-212304. PMID: 26482220
- http://casereports.bmj.com/site/about/guidelines.xhtml

References

- Nurse Author and Editor website: www.nurseauthroandeditor.com