Winds of Change
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Poster Abstract Booklet
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1. **Passing the Torch: Models for Mentorship**
   – Lois Chappell, CRNP, Lori Martin-Plank, PhD, FNP-BC, NP-C, GNP-BC, FAANP, FNAP

   **ABSTRACT:** Mentoring is essential to the success of the new nurse practitioner. Occurring in both formal and informal settings, mentoring is defined as a voluntary and intense commitment between two people (Hayes 1998). A formal mentoring program for new nurse practitioners can provide both the career and psychological support necessary to ensure quality care, job satisfaction, and career longevity. Informal mentoring between novice and expert nurse practitioners can lead to professional engagement, life work balance, and enhanced self-esteem. The benefits of mentoring to both the mentor and the mentee are many, and yet there is little support and direction available for new nurse mentors. The purpose of this poster is to identify the challenges, qualifications, resources and outcomes of successful nurse mentors by presenting evidenced based research and mentoring models.

2. **Zika Virus: Global Epidemic with Local Impact**
   – Barbara Cole, MS, CRNP, Stephanie Shirey

   **ABSTRACT:** Zika virus patiently progressed over 70 years to become a world wide epidemic. From its first recognition in 1947 in blood sampled from a rhesus monkey living in Uganda, zika slowly spread outward from Africa to the South Pacific. Finally, on February 1, 2016, the World Health Organization declared it a Public Health Emergency of International Concern. By the time of the declaration, zika had altered, producing increased harm to its most innocent victims, and had already caused tremendous tragedy in Brazil. It was now focused on potential infection over the rest of the American continent and the world.

3. **The Effect of an Online Nursing Journal Club on Evidence-Based Knowledge in Rural Registered Nurses**
   – Joyce DuGan, RN, MSN, DNP

   **ABSTRACT:** Journal clubs have been identified as one strategy to promote EBP knowledge (Sortedahl, 2012). According to Mattila, Rekola, Koponen, and Eriksson (2013), journal clubs are an effective tool to increase nursing research knowledge and to demonstrate the connection between research, clinical practice and evidence based nursing. The implementation of an online nursing journal club allows for scheduling flexibility without interruption of patient care (Kean, 2013). A clear need for accessing continuing education and evidence-based knowledge for rural nurses was identified. In addition, the evaluation of evidence-based education outcomes is difficult to document. Therefore, limited literature and research are available on the effects an online nursing journal club has on EBP knowledge in rural registered nurses.

   The purpose of this research project was to implement an outcomes research project promoting clinical scholarship in rural registered nurses through the dissemination of EBP findings through information systems technology. For this health outcomes research study on the effect of an online nursing journal club on the EBP knowledge, a convenience sample was utilized. A simple interrupted time series research design was selected to implement this outcomes research study. Three articles, one each month, was presented on the journal club website beginning February 2017 through April 2017. A 10 question pre-test post-test design was implemented for each article posting to obtain the quantitative data of EBP knowledge. In addition, a 24 question survey or questionnaire was selected as another data collection method to measure EBP knowledge, attitudes and behaviors.

4. **Enhancing Clinic Lesbian, Gay, Bisexual, and Transgender (LGBT) Cultural Competencies**
   – Denise Falsenstein, MSN, CRNP, WHNP-BC

   **ABSTRACT:** The Joint Commission's 2011 Field Guide provides recommendations for healthcare facilities to attain lesbian, gay, bisexual, and transgender (LGBT) cultural competencies. These recommendations were a response to the Institute of Medicine's 2011 report on LGBT health disparities and Healthy People 2020 goals. Many barriers exist for LGBT patient healthcare.
Implementation of a Diabetes Mellitus Self-Management Education Program for Hispanic/Latinos in the Edward R. Leahy Clinic for the Uninsured

Andrea Mantione, DNP, MHA, CRNP, NP-C

ABSTRACT: Hispanic/Latino adults over the age of 18 have higher rates of diabetes mellitus (DM) compared with non-Hispanic Whites, and are second highest to African Americans for being at-risk of developing DM and suffering from co-morbidities resulting from lack of treatment and control of the disease. This increased risk of co-morbidity is partially due to Hispanic/Latinos having a high uninsured rate (16.2%) nationally, as well as cultural health beliefs that may contribute to unintended poor outcomes related to misunderstanding of health and disease educational material, poor self-management, and treatment response. Barriers specific to Hispanics, such as language differences, immigration status issues, and low socio-economic status result in limited access to quality, affordable care and education programs that are responsive to the cultural self-management needs for living with DM. Factors that influence successful adoption of self-management skills strongly suggest that the Hispanic/Latino diabetic responds positively to the social support of the community. The purpose of this project was to implement a culturally specific self-management education program, ¡Si, Yo Puedo Controlar Mi Diabetes!, for the Hispanic/Latino patients with DM in a Clinic for the Uninsured, in an effort to effectively control disease and improve the quality of life. The theoretical framework guiding the project is Nola Pender’s Health Promotion Model (HPM). This model does not rely on fear or threat as a source of health motivation, but rather on a positive approach to living that leads individuals toward realizing their highest potential for well-being and can be applied across the life span. Facilitation of the program by a trained promotora de salud in the Spanish language with family involvement was a key factor in this self-management educational intervention. As the Hispanic/Latino population increases, so too does the incidence of DM and the need for community-based interventions to support management of the disease.

Pharmacogenomics and the Older Adult: Significance for Practice

Lori Martin-Plank, PhD, FNP-BC, NP-C, GNP-BC, FAANP, FNAP

ABSTRACT: Pharmacogenomics combines pharmacology and genomics, the study of genes and their function, to research the effect of genes on an individual's response to drugs. Older adults comprise 13% of the U.S. population but consume more than 34% of prescription drugs, making this group an important population to target for the benefits of pharmacogenomics. The initial announcement about studies in pharmacogenetics and pharmacogenomics was met with great anticipation and the expectation of dramatic changes in prescribing, however progress has been slow and confounding factors have been identified. The purpose of this poster is to deliver evidence-based information on the state of the science in a practical form for busy clinicians working with older adults.

Recruitment Maneuvers’ Effects on Oxygenation in Acute Respiratory Distress Syndrome

Angela Nguyen, BSN, RN, CCRN

ABSTRACT: Acute Respiratory Distress Syndrome (ARDS) is a deadly complication in critically ill patients that causes significant morbidity and mortality. Despite advancing technology, there has been little improvement in treating ARDS. Treatment is supportive with a large component involving techniques through mechanical ventilation, such as the highly debated recruitment maneuver. A recruitment maneuver is sustained increase in airway pressure with the goal to open collapsed alveoli. Recruitment maneuvers are served to improve oxygenation as part of a lung protection strategy. The most commonly used recruitment maneuver is sustained inflation.
Loving Your Liver: Losing Weight with the Supertracker in Non-Alcoholic Fatty Liver Disease
– Danielle Oakes, DNP, FNP-BC, MSN, BSN

ABSTRACT: Using the Plan-Study-Do-Act cycle, this pilot quality improvement project evaluates the web-based Supertracker as part of a comprehensive weight management and risk factor modification tool for non-alcoholic fatty liver disease (NAFLD) patients.

Folic Acid Use in Women of Childbearing Age
– Lisa Quinn, PhD, CRNP, Lynn McGrath, MSN, CRNP, CH, CI

ABSTRACT: The initial CDC recommendation specific to folic acid was made in 1992. Following decades of intense scrutiny on the relationship between vitamin intake and neural tube defects, the U.S. Public Health Service made the following recommendation: “All women of childbearing age in the United States who are capable of becoming pregnant should consume 400μg of folic acid per day; for the purpose of reducing the risk of having a pregnancy affected with spina bifida and other neural tube defects” (CDC, 1992).

Despite increased media campaigns and ongoing educational programs, many women still do not begin taking a folic acid supplement prior to conception. Similar to other relationships between health knowledge and health behavior, there is a gap between awareness of the importance of folic acid supplementation and folic acid use. Specifically, knowledge and awareness of folic acid supplementation does not always guarantee folic acid use prior to conception.

The purpose of this quantitative, descriptive study conducted in 2007 was to determine among women of childbearing age, whether or not the variables specific to the Theory of Planned Behavior—attitudes, subjective norms and perceived behavioral control—explain folic acid use above and beyond use that is explained by folic acid knowledge and pregnancy status.

Data were collected using a 36-item Folic Acid Knowledge and Behavior Questionnaire. A total of 235 women who met study criteria and agreed to participate were given the questionnaire to complete while they were waiting for their scheduled OB/GYN appointment at a large practice setting located in a northwestern Pennsylvania city. Two-hundred-eleven women returned completed surveys. Six surveys contained excessive missing data. Therefore, a total of 205 questionnaires were used for data analysis, yielding an 87.2% response rate. Following logistic regression, using knowledge as the independent variable, and current vitamin use as the dependent variable, three subjective sum variables were found to be significant in predicting current vitamin use in pregnant women: (1) husband/partner (Odds Ratio = 1.302, 95% CI = 1.0 to 1.5), (2) close friends (Odds Ratio = 1.99, 95% CI = .997 CI = .997 to 1.4), and (3) mother (Odds Ratio = 0.702, 95% CI = .593 to .927). Knowledge was not found to be significant. Logistic regression was also completed in the sample of women regardless of their pregnancy status and two variables were found to be significant, (1) attitude (Odds Ratio = 1.33, 95% CI = 1.0 to 1.1) and

(2) the subjective norm variable husband/partner (Odds Ratio = 1.33, 95% CI = 1.0 to 1.2). Logistic regression was also conducted using pregnancy history/status and knowledge as independent variables. Being pregnant—regardless of pregnancy history—was found to be a significant predictor of multivitamin use. According to the results of this study, Theory of Planned Behavior variables are significant in influencing a woman’s decision to take a multivitamin with folic acid, while knowledge is not found to be significant.

Recent literature provides evidence that a majority of women of childbearing age still do not take a daily multivitamin supplemented with the recommended 400μg of folic acid. The childbearing years make up a significant portion of a woman’s life. It is vital to the health of women and their offspring that health care and health promotion professionals identify the most effective strategies for promoting optimal health for this population. A message of daily multivitamin intake for all women initiated by health care providers and reinforced by people in the woman’s support system may be one such strategy. Other strategies supported by this research include identifying creative ways to change a woman’s attitude about multivitamin use.
Mental Health First Aid: Finding and Supporting the Isolated on College Campuses
– Cheryl Schlamb, DNP, CRNP, Jaqueline Owens

ABSTRACT: The college student population is at risk for mental health disorders that can lead to attempted or completed suicide. The majority of college campuses have health and counseling services for students who seek care. What about those students who do not seek care? How do we reach the socially isolated or those on campus who are at risk of experiencing mental health illness but do not seek assistance from campus resources? The speakers, two nursing faculty members, have introduced two innovative methods to reach those at risk students. Mental Health First Aid training reduces the stigma of mental illness. The 8-hour course educates and empowers students and faculty to become aware and informed of mental illness. This leads to better identification of friends, peers or students who need help but don’t know how to ask for it.

Recognizing Staphylococcal Scalded Skin Syndrome in Primary Care
– Susan Sitter, D.Ed, MSN, CRNP, FNP-C

ABSTRACT: Streptococcal Scalded Skin Syndrome is a rapidly progressing, life threatening disorder, “scalded” blistering dermatologic condition usually affecting children under five years, and adults with chronic illness. In children there is typically no underlying disease and the source of infection is difficult to determine. The syndrome appears suddenly with malaise, fever and skin erythema, leading to rapid skin loss caused by the exfoliative toxins of Staphylococcus Aureus. The syndrome is thought to be relatively rare although its incidence in infants has been reported as high as 250 per million and is reportedly on the rise. Rapid identification and treatment is the key to a full recovery in children (Handler & Schwartz, 2014). Nurse Practitioners, (including this one who was also the grandmother of a SSSS patient), need to be able to recognize, treat and send these children to a medical facility with a pediatric Intensive Care Unit or Burn Unit for definitive treatment with pain control, fluids, specialized skin care, and antimicrobials.

A Nurse Practitioner Led Workshop: Increasing Adult Participation in Advance Care Planning
– Erin Splendore, DNP, FNP-BC, Catherine Grant, DNP, FNP-BC

ABSTRACT: Advance Directives (AD) are written documents to express an individual’s preferences and guide future medical decision-making. Advance care planning (ACP) is an ongoing proactive process in which individual’s share their wishes with others. Despite the potential of AD and ACP to positively impact care, consistently low rates of AD and ACP 5-39% have been documented.

Influence of e-Health Technology Text Messages Linked to Health Portal on College Students’ Influenza Vaccine Rate
– Catherine Sharbaugh, DNP, CRNP

ABSTRACT: This DNP project assessed whether health text messages, linked to health portal with influenza facts, will improve influenza vaccination rates among college students.