

NURSE NAVIGATION NEWSLETTER

Navigating the Course of Nursing Practice at Spencer Hospital

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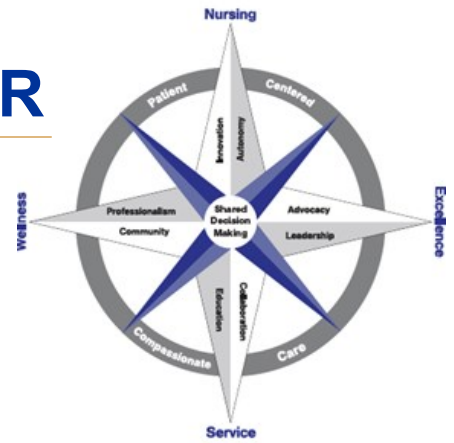
Do Weighted Blankets Help Relieve Anxiety?

Northwestern College seniors Maddie Godfredsen, Mariah Kleinwolterink, Kelsey Den Hartog, and Eden Burch shared with us their findings on the benefits of using weighted blankets for patients with anxiety-related symptoms. Their research question was, "In hospitalized patients, how does the use of weighted blankets affect the control of anxiety-related symptoms?" They concluded following a literature review that, yes weighted blankets are efficacious anxiety-relieving agents. They concluded that weighted blankets would benefit any inpatient meeting the anxiety-related symptoms criteria. They proposed the use of State-Trait Anxiety Inventory for patient assessment and then reassessment after implementation to verify its effectiveness. Thanks to Deb Brodersen of serving as the group's mentor.



Northwestern College Nursing Students Present Research Projects

During the Shared Governance report-out today we had the opportunity to hear presentations on four Northwestern College (NWC) senior nursing student's research projects. Each year Spencer Hospital is excited to mentor several student research projects. This year the projects included: weighted blankets, external female catheters, disinfection IV caps, and compassion fatigue.



Council Membership Practice Council:

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Margaret Molitor (M/S)
Erica Hjelm (SDS)
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Mandy Erdman (Float Pool)
Debbie Meschede (Dialysis)
Dee Vaage - Advisor

Stay tuned for your department Council member's monthly updates on Shared Governance activities. They would love to hear your suggestions and ideas for future projects!! The [Shared Decision Making Request Form](#) can be found in Policy Manager and placed in your unit's Shared Governance folder!



Spencer Hospital

Healthier Together.



Using External Catheters to Reduce Adverse Effects in Female Patients

This four-some of Elizabeth Glover, Allie Helmink, Allison Koehlmoos, and Ellie Bleeker began their presentation with the question, "In inpatient incontinent females, how do external female catheters compare to internal catheters in reducing adverse effects?" Their purpose of their research was to determine the effectiveness of the female external urinary catheter to manage urinary incontinence in bed-bound women to reduce urinary catheter days, catheter-associated UTIs, skin breakdown and decubitus ulcers. The literature suggested that

the use of external female catheters has a positive impact on incontinent women and decreases adverse effects like skin breakdown and infection. They evaluated a new product, PureWick External Female Catheter. <https://youtu.be/fq7WgbSF5-M> This product was found to be a very effective product to help decrease, catheter days, CAUTIs and skin breakdown. Patient's also commented that this device was more comfortable than having a indwelling urinary catheter and patients transitioned to full bladder control sooner. Dee Vaage was the group's mentor.

Efficacy of Curoc Caps in Infection Reduction

The purpose of this research project was to examine whether Curoc Caps are effective at decreasing the incidence of central line bloodstream infections (CLABSI) than the common practice of disinfecting the hub with alcohol wipes. Betsy Bolt, Cherish Shuka, Kassidy DeJong and Megan Young's research concluded that the alcohol-impregnated Curoc Caps would help decrease infections in both peripheral and central intravenous lines compared to the traditional manual "scrub the hub". As a result of implementing the disinfection caps the hospital could see a decrease in CLABSI and hospital costs. The group was mentored by Dee Vaage.



Compassion Fatigue Support for Nurses

Karli Hofer, Courtney Riley, Madeline Swift and Abigail Wanninger posed the research question, "In rural acute care nurses, how do support measures compared to no support measures affect compassion fatigue?" Their research found that supportive measures are significant factors to protect nurses against compassion fatigue and burnout. They identified that prevention, recognizing symptoms and providing supportive resources are helpful strategies to decrease the risk of nurses developing compassion fatigue. To help raise awareness they developed a Compassion Fatigue poster for each department. Thanks to Deb Getting for being the group's mentor.

Council Briefings Here's an abbreviated summary of each council's current activities.

- ♦ The Practice Council continues to fine tune the IV infusion tab, consent for blood infusions, IV discharge tab and updates to the IV infusion policy. They are interested in more Aromatherapy team members!!
- ♦ The Image Council completed 5 nominations for the 100 Great Iowa Nurses and compiled ideas for personal supplies for patients in need. They encourage you to nominate a nurse!
- ♦ The Education Council continued their work on the upcoming Skills Fair as they finalized topics, presenters and CEs.