



**Nursing Research  
Collaborative  
of the Lehigh Valley**

INAUGURAL SYMPOSIUM

Fueling the Future to Improve  
Healthcare Quality and Patient Outcomes  
with Evidence-based Practice

SPONSORED BY



**April 6, 2018**

Cedar Crest College



## Welcome to Cedar Crest College!

On behalf of the 2018 Symposium Planning Committee of the Nursing Research Collaborative of the Lehigh Valley (NRCLV), thank you for joining us at our inaugural event. This year's theme is *Fueling the Future to Improve Healthcare Quality and Patient Outcomes with Evidence-based Practice*. The keynote presentation will be delivered by Dr. Bernadette Melnyk, PhD, RN, CPNP, Vice President for Health Promotion, University Chief Wellness Officer, and Dean and Professor of the College of Nursing at The Ohio State University. Other highlights of the day include student scholarly work through presentations and posters from the Baccalaureate to Doctor of Nursing Practice level.

The NRCLV is a new alliance of the Nursing Departments of Cedar Crest College, DeSales University, and Moravian College. The NRCLV is a program of the Lehigh Valley Association of Independent Colleges (LVAIC), a 501(c)3 organization, which includes Cedar Crest, DeSales, and Moravian, as well as Lafayette College, Lehigh University, and Muhlenberg College. The NRCLV is committed to creating and sustaining a local nursing culture that encourages and supports the spirit of scientific inquiry, nursing research, and application of evidence-based nursing practice through mutually-shared efforts and goals.

It takes an innovative and dedicated team to plan for and execute a successful inaugural symposium. We are grateful for the considerable energy and time-consuming effort of the Symposium Planning Committee, which has been working for almost two years to bring together students and faculty from three different schools for this mutually inclusive, one-of-a-kind event. All are greatly appreciated for their work and commitment on a variety of critically important endeavors.

We also want to extend our gratitude for the generous financial support of our presenting, breakfast, lunch, and break sponsors, and exhibitors — their contributions were critical to delivering a symposium of this caliber. We know you will find the EXPO Fair an exciting opportunity to view the many vendors, products, services and opportunities for education, health, and wellness.

Best wishes for a rewarding, educational, and memorable time at the Inaugural Symposium of the NRCLV.

Sincerely,



**Wendy J. Robb, PhD, RN, CNE**  
Professor & Chair of the Nursing Department  
Cedar Crest College



**Mae Ann Pasquale, PhD, RN**  
Associate Professor of Nursing  
Cedar Crest College

# Symposium Agenda

April 6, 2018 | Cedar Crest College

**7:30 – 8:15 AM**      **Registration/Continental Breakfast – Alumnae Hall**

**8:15 – 8:30 AM**      **Welcome and Introductory Remarks**

*Robert Wilson, PhD, Acting Provost, Cedar Crest College*

*Wendy J. Robb, PhD, RN, CNE, Professor and Chair, Nursing Department, Cedar Crest College*

**8:30 - 10:00 AM**      **Opening Keynote Presentation**

Advancing and Sustaining Evidence-Based Practice: Key Tactics for Success

*Bernadette Melnyk, PhD, RN, CRNP, FAANP, FNAP, FAAN, Vice President for Health Promotion, University Chief Wellness Officer, and Dean and Professor of the College of Nursing at The Ohio State University*

**10:00 – 10:30 AM**      **Break**

*Transportation is available for those with mobility limitations to travel to the Hamilton Boulevard Building.*

**10:30 – 11:30 AM**      **Showcase I – Hamilton Boulevard Building, Rooms 6 and 7\***

The Impact of Stress Management on Nurse Burnout

*Precious White, Student Nurse, Cedar Crest College*

Pre-Pregnancy Body Mass Index (BMI) and Weight of Offspring

*Julianne Martone, Student Nurse, Cedar Crest College*

Comparing Efficacy of Diabetes Prevention Strategies

*Julianne Wehr, RN, BSN, Nurse Practitioner Student, Adult Gerontology Primary Care, Moravian College*

The Impact of a Focused Factory on Intraoperative Cost Per Case in Elective Total Knee Replacement Surgery

*Hope Johnson, DNP, MBA, RN, CNOR, NEA-BC (DNP Graduate, DeSales University)*

**OR**

**Showcase II – Hamilton Boulevard Building, Rooms 8 and 9\***

Comparing the Effectiveness of Honey-Based Dressings to Silver-Based Dressings in Wound Healing

*Rachel Hams, Student Nurse, Cedar Crest College*

Electrical Stimulation for the Healing of Pressure Ulcers

*Sabrina M. Kester, Student Nurse, Cedar Crest College*

*Showcase II continued on page 4*

# Symposium Agenda

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## *Showcase II, continued from page 3*

Ketamine Infusions: An Opioid Reduction Strategy in Trauma Patients with Rib Fractures  
*Heather L. Alban, MS, RN-BC, Nurse Practitioner Student, Adult Gerontology Acute Care, Moravian College*

Factors Related to Associate Degree and Diploma Registered Nurses Obtaining Their Bachelor of Science in Nursing Degree  
*Courtney Vose, DNP, MBA, RN, APRN, NEA-BC (DNP Graduate, DeSales University)*

**OR**

## **EXPO Fair – Graduate Simulation Center\***

**11:30 - 12:30 PM**

**Lunch**

**12:30 - 1:30 PM**

**Showcase I, Showcase II and EXPO Fair as above**

**1:30 - 1:45 PM**

**Snack Break**

**1:45 - 2:30 PM**

## **Afternoon Session – Hamilton Boulevard Building, Rooms 6, 7, 8, and 9\***

The “So What” Outcome Factor in Research and EBP Projects: A Necessity to Speed the Translation of Research into Practice.

*Bernadette Melnyk, PhD, RN, CRNP, FAANP, FNAP, FAAN, Vice President for Health Promotion, University Chief Wellness Officer, and Dean and Professor of the College of Nursing at The Ohio State University*

**2:30 - 3:00 PM**

## **Closing Remarks & Raffles**

*Kerry H. Cheever, PhD, RN, Professor & Chairperson  
Helen S. Breidegam School of Nursing, Moravian College*

The NRCLV thanks the following organizations  
for their support of this symposium.

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**Many thanks to the "FRIENDS OF NRCLV"  
for their generous contributions.**

## Keynote Speaker

# Dr. Bernadette Melnyk, PhD, RN, CRNP, FAANP, FNAP, FAAN

*Dean and Professor, College of Nursing at The Ohio State University*

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**Bernadette Mazurek Melnyk** is Vice President for Health Promotion, University Chief Wellness Officer, Professor and Dean of the College of



Nursing at The Ohio State University, and Professor of Pediatrics and Psychiatry at OSU's College of Medicine. She is a pediatric and psychiatric mental health nurse practitioner, and is a nationally/internationally recognized expert in evidence-based practice, intervention research, child and adolescent mental health, and health & wellness. Her funding record includes over \$33 million from federal agencies as PI. She is co-editor of five

books and over 320 publications. Dr. Melnyk is an elected fellow of the National Academy of Medicine, the American Academy of Nursing, the National Academies of Practice, and the American Association of Nurse Practitioners. She is currently an invited member of the National Quality Forum's Behavioral Health Phase 3 Standing Committee.

Dr. Melnyk founded the National Interprofessional Education and Practice Collaborative to advance the DHHS' Million Hearts® initiative. She also created and chaired the first three National Summits on Building Healthy Academic Communities in April of 2013, 2015 and 2017, and founded the National Consortium for Building Healthy Academic Communities, a collaborative organization to improve population health in the nation's institutions of higher learning, for which she served as its first president.

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**The NRCLV Symposium** is a forum where nursing students, faculty, staff, and professional nurses in the local community can build relationships and establish a meaningful context for the exchange of nursing knowledge. The symposium serves as a venue where scholarly work that informs nursing practice, education, research, and healthcare policy is showcased. This collaborative effort has the potential to improve quality of care and healthcare outcomes for individual patients and the community at large. With this premise, the NRCLV Symposium will aim to cultivate and sustain a local nursing culture that promotes scholarship and intellectual exchange among participants about research and application of evidence-based nursing practice.

## SYMPOSIUM OBJECTIVES

1. Discuss the importance of evidence-based practice and nursing research in improving healthcare quality and patient outcomes.
2. Explore nursing issues and innovative solutions that promote health in diverse populations and communities.
3. Engage in professional networking with nurse colleagues across the region to promote best practices for collaboration and scholarship.

## 2018 SYMPOSIUM PLANNING COMMITTEE

**Tricia Bernecker, PhD, RN**

DeSales University

**Dawn Goodolf, PhD, RN**

Moravian College

**Joyce Brill, PhD, RN**

Moravian College

**Karen Groller, PhD, RN-BC, CMSRN**

Moravian College

**Kerrie H. Cheever, PhD, RN**

Moravian College

**Mae Ann Pasquale, PhD, RN**

Cedar Crest College

**Natalie Cyphers, PhD, RN**

DeSales University

**Wendy J. Robb, PhD, RN, CNE**

Cedar Crest College

**Mary Elizabeth Doyle-Tadduni, PhD, MBA, RN**

DeSales University

## SOCIAL MEDIA

We are social! Share your experience at the Inaugural NRCLV Symposium with your friends and colleagues. Like our Facebook page and tag NRCLV to any symposium photos that you upload.

Don't forget to use this year's hashtag: **#NRCLV2018**.



**Nursing Research Collaborative of the Lehigh Valley**

Thank you to the following organizations  
for their support of this symposium.



## SAVE THE DATE!

Nursing Research Collaborative of the Lehigh Valley 2nd Annual Symposium | April 2019  
Moravian College, Bethlehem, PA

