



Massachusetts General Hospital

Take a Magnet Moment...

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Nursing research, an integral part of practice

In this issue we are thrilled to showcase one of the winning essays from the recent essay contest run by the American Nurses Credentialing Center (ANCC). Kelli Anspach, RN from Ellison 11 (Cardiac Medicine, Access) describes her experiences with the Collaborative Governance Nursing Research Committee. Kelli's essay will be featured on a new website ANCC is developing called Medscape for Nurses. The following is Kelli's inspiring essay...



I have been a nurse at the Massachusetts General Hospital (MGH) for 2 ½ years. In that time, I feel that my nursing practice has developed and grown through the tremendous support and opportunities available to me. Last year, during my annual performance review with my nurse manager, we were discussing my goals for the upcoming year. I told her I wanted to become more involved in the hospital and she recommended Collaborative Governance. I submitted an application and attended an 8-hour Collaborative Governance Orientation, which described the many facets of the organization, and I felt drawn to the Nursing Research Committee. In nursing school, I actually despised my Nursing Research class but as a professional, I have learned the value of evidence-based practice and the importance of sharing that learned information with others. I felt that the Nursing Research Committee would help to give me new insight into research and would be a challenging growth opportunity for me professionally.

During my first Nursing Research Committee (NRC) meeting, I was immediately impressed at the caliber of members. There are members who are doctorate-prepared, many have their Masters degrees in nursing, some are CNSs, some are involved in their own research, and there are several staff RNs. Never have I met so many inspiring, intelligent women. My first thoughts were that I was in over my head. I really didn't know much about what the committee did and was afraid I wouldn't have much to offer. My fears were quickly allayed by the warm, friendly, encouraging atmosphere and the positive feedback I received from other members. I found that the committee has three sub-committees focusing on three major aspects of utilizing Nursing Research: the Nursing Research Expo (a two-day event highlighting original nursing research), the "Did You Know" posters (evidence-based informational posters for best-practice on bedside nursing issues), and the Nursing Journal Club. My nurse manager supported my participation by insuring there was enough staff coverage to allow me to leave the unit to attend the 1 ½ hour meetings and was willing to give me an additional 1 hour off the floor to attend my sub-committee. Soon, I felt comfortable contributing and even presenting to the committee. I had the chance to present a poster, attend lunch with the Chief Nurse of MGH, and have high tea with the featured nurse researcher during Nurses' Week. I feel honored and lucky to be a part of such an accomplished group and I enjoy getting away from bedside nursing occasionally and feeling like I am truly a part of a professional organization.

My favorite aspect of the NRC is my role as member of the Nursing Journal Club. The Journal Club, a sub-committee of the NRC, is organized and run by its six members. Each month, we meet to "mine for presenters"; we read over recent articles on original nursing research that we feel would have appeal to Staff RNs. Ideally, the research is within the last three years, is original research, and is applicable to bedside nursing practice. If we agree that the article meets our criteria, we contact the nurse researcher and extend an invitation to present their work at our Journal Club. We have had presenters speak on a variety of topics such as communication in nursing, vascular nursing, and chronic skin wounds to name a few. Our last Journal Club meeting had over 25 staff nurses, a physician, two nurse managers, and three nursing students present. (We also have participants from a V.A. hospital who join us via teleconference.) We have had excellent feedback from nurses who feel that the Journal Club helps them practice evidence-based nursing and I personally have learned a great deal. Not only have I been able to practice advertising, public speaking, and professional networking, but I have also benefited from being exposed to invaluable nursing research. I plan to stay involved in this aspect of nursing research by helping to bring it to my fellow nurses, and I have also been inspired to set a personal goal to do original research of my own in the future. I feel so fortunate to be in a Magnet hospital that values professional development and supports me in my membership in the Nursing Research Committee.

Research & the Forces of Magnetism

As part of our Magnet evidence we are asked to describe resources available to nursing staff that support participation in nursing research and evidence-based practice activities. Kelli's wonderful experience as a member of the Collaborative Governance Nursing Research Committee is a perfect example of why we are a Magnet hospital.