

Successfully Submitting and Publishing an Abstract

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OBJECTIVE

- Identify how to disseminate lessons learned and knowledge gained from a successful performance improvement project

BACKGROUND

- Our Lean Six Sigma project on preventing patient falls resulted in a 52% reduction in falls with a sustained breakthrough in performance
- Lessons learned were shared internally at our organization, regionally and nationally
- Nurses are increasingly expected to take on an ever expanding role in quality improvement – patient falls and beyond

WHY IS SPREAD IMPORTANT?

- Organizations often struggle with the same issues
- Others do not have to “re-invent” the wheel – eliminates redundancy of efforts and work beyond a given work environment
- Opportunity to share newly found best practices
- Provides the opportunity to share lessons learned and improvements to a wide audience
- In the case of spread through publication, a review body validates the quality of the knowledge and evidence prior to spread
- Advances the nursing profession
- Motivates nursing staff who engage in quality and performance improvement efforts

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PRACTICAL GUIDELINES FOR SUBMITTING AND PUBLISHING

Incorporating Research into Performance Improvement

It's easier than you think:

- Research is simply a systematic approach to generating new knowledge
- Research includes quality and performance improvement projects and efforts that are rigorously evaluated using data
- It is desirable to take a research approach to quality and performance improvement efforts – this provides statistically significant evidence as to whether efforts and initiatives are effective
 - We cannot assume that a great idea paired with hard work during implementation will guarantee a successful project... we need to measure whether success occurred to prevent asking our staff and colleagues to engage in work that does not add value
 - When a great idea does work, it is important to be able to prove this to gain support for the initiative and to allow others to replicate new initiatives that are proven successful
- Often, the design of QI/PI does not need to be significantly changed, it is just necessary to guarantee
 - sufficient data for analysis,
 - a comparator group,
 - either a baseline or control group.

| PI Framework | Research Framework |
|--------------|--------------------------------------|
| Plan | Hypothesis Generation |
| Do | Design and implement -> collect data |
| Check | Analyze and interpret |
| Act | Spread -> Publish |

Submitting a Poster Abstract

- You already did the work – the next step is to share your work in a Poster:
- Identify a target audience
 - Look for a “call for abstracts”, many nursing conferences call for poster abstract submissions
 - There are regional, national and international conferences
 - A regional conference may be a good place to start for your first submission
 - Don't be intimidated, but know that some conferences are more difficult to get a poster accepted than others
 - Don't be discouraged if your abstract does not get accepted. Consider another venue.
 - Know your target audience, your abstract should be aligned to meet the needs of your target audience
 - Comply with conference themes:
 - This could increase your chances of getting accepted
 - Follow the abstract instructions including the submission timeline
 - Abstracts are typically evaluated based on criteria:
 - Make sure your abstract meets the submission criteria
 - Have others review the abstract and provide feedback prior to your final submission
 - Think of a “catchy” title
 - Identify key themes or outcomes you want to clearly communicate
 - Submit only completed work
 - End your abstract with a well written conclusion, emphasize the impact and implications of the project

Submitting an Article for Publication

- When you realize your work could impact a broad range of practice, patients, and could help your colleagues:
- Ensure that you have IRB approval for your work
 - Most journals require IRB approval and it is ethically the right thing to do
 - Think about who your target audience is for your article – nursing leadership, nurses within a specific specialty etc.
 - Identify journals that are aligned with your target audience. Online searching of ‘about this journal’ sections of websites will help you. So will talking to your colleagues about what they read.
 - Discuss authorship early. Be inclusive – share the process, recognition... and the work!
 - Write your manuscript
 - Don't be intimidated
 - READ lots of other articles from your target journal
 - Pay attention to style, how they present evidence and how they cite findings
 - Complete a literature search to understand how your work and your discovery adds to existing knowledge
 - Tell your story
 - Write clearly, as if speaking to a colleague. Keep the language simple.
 - Include one thought per sentence
 - Ask for help. Involve all of the project team in the editing process. When they offer suggestions think of it as helpful advice and not criticism.
 - If you need help with the analysis – percentages and statistics – ask. Institutions typically have data teams that should be thrilled to participate.
 - If your manuscript is not accepted at your first choice journal, do not be disheartened. Take the editors comments on board... and keep trying!!!

Conceptual Framework for Preventing Patient Falls

| Systematically Evaluate Compliance with Current Strategies | Patients Should be Engaged as Active Partners in Fall Prevention Initiatives | Establish a Culture of Accountability to the Strategies and Staff ‘Buy-In’ |
|---|---|---|
| <ul style="list-style-type: none"> Determine adherence to existing fall prevention measures Understand nature of barriers to compliance | <ul style="list-style-type: none"> A proven successful strategy in other areas of clinical care and process improvement implementation | <ul style="list-style-type: none"> Staff should hold themselves and each other accountable to the implementation of the fall prevention plan of care |

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OUTCOMES

1 • SUCCESSFUL PROJECT

1 • Conceptual Framework on Preventing Patient Falls Developed

5 • Journal Articles Accepted for Publication

4 • Posters Presented at National Conferences

1 • National Conference Podium Presentation

1 • Patient Safety Webinar



IMPLICATIONS

- A professional obligation
- Promotes professional growth and development
- Recognition and validation of improvement efforts
- Encourages networking
- Expands the nursing body of knowledge
- Ultimately improves patient outcomes

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