



## And 5 makes 20

In March 2017, the American Academy of Nursing (AAN) announced five additions to their original list of 15 Choosing Wisely® recommendations. The new recommendations are:

- Don't routinely order a head computed tomography scan to assess for shunt failure in children with hydrocephalus.
- Don't routinely order an electroencephalogram on neurologically healthy children who have a simple febrile seizure.
- Don't administer diazepam for muscle spasm following spine surgery in the elderly.
- Don't use lumbar puncture opening pressure as a reliable measure of intracranial pressure in children with severe chronic headache.
- Don't order a formal swallow evaluation in stroke patients unless they fail their initial swallow screen.

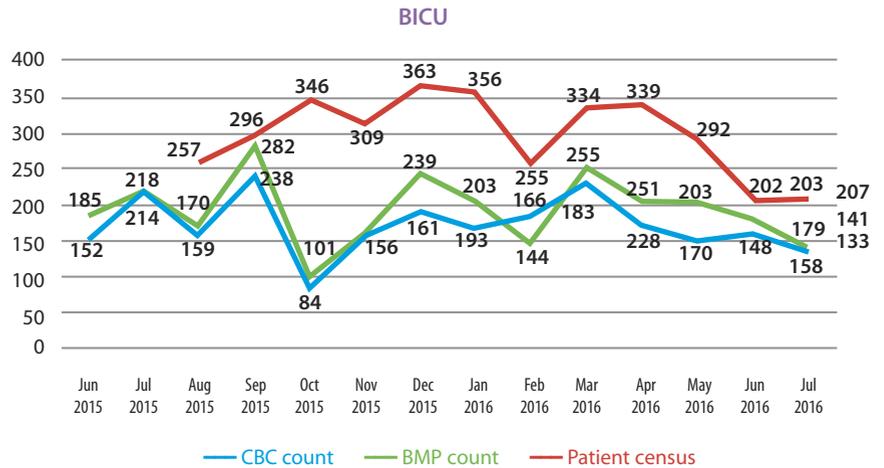
To view the full list of the AAN's 20 Choosing Wisely recommendations, visit [www.aannet.org/initiatives/choosing-wisely](http://www.aannet.org/initiatives/choosing-wisely).

sary lab and diagnostic testing. At VUMC, more than 850 APRNs provide care in various clinical settings, with some teams providing around-the-clock patient care management, making it possible for them to significantly impact the use of unnecessary testing.

Using educational materials, including promotional flyers, a slide presentation customized for individual and group presentations, and email communications, APRN teams promoted awareness of the initiative and served as champions to reinforce its goals of reducing overuse of testing. For 12 months, an interdisciplinary committee that included medical, nursing, quality, lab, and data analysis staff tracked lab and chest X-ray use in six intensive care units and several specialty units, reviewing key metrics, refining data collection, and analyzing ongoing results.

## The results prove it

The results from the Vanderbilt University Medical Center APRN-led Choosing Wisely® initiative highlight the role that APRNs can play in promoting clinical practice changes to encourage better use of tests and treatments.



Monthly tracking of lab test use showed a decrease over time.

BICU = burn intensive care unit BMP = basic metabolic panel CBC = complete blood count

### CVICU cost trends (\$326/CXR)



The decrease in costs reflects a decrease in chest X-ray orders, at \$326 per X-ray.

CVICU = cardiovascular intensive care unit

Overall, the initiative resulted in increased clinician awareness and improved ordering practices with a decrease in unnecessary testing and care measures. (See *The results prove it.*)

### Collaborative components

The initiative's success led to the

formation of the Vanderbilt Advanced Practice Nursing Collaborative to help APRN teams at other organizations implement a Choosing Wisely initiative. Using national presentations and publications, the Collaborative follows the Institute for Healthcare Improvement model for achieving breakthrough im-

provement by learning from one another to improve healthcare practices and measure the impact of implementing Choosing Wisely recommendations. In alignment with a goal identified by the Centers for Medicare Services Transforming Clinical Practice Improvement model, the Collaborative aims to improve quality and reduce healthcare costs by decreasing unnecessary lab or diagnostic testing by more than 15% from baseline for each organization.

To gain access to the Collaborative materials, teams register online at [www.mc.vanderbilt.edu/aprn-choosingwisely](http://www.mc.vanderbilt.edu/aprn-choosingwisely), where they have access to sample flyers, a sample slide deck, examples of data tracking and displays, and lessons learned by Vanderbilt APRN teams. Participants receive guidance and support to implement Choosing Wisely recommendations; collect, analyze, and compare data; evalu-

## APRN teams share *strategies* and participate in conference calls and webinars.

ate resulting quality of care and cost of care changes; and disseminate results through presentations and publications.

Through the Collaborative, APRN teams share strategies and participate in conference calls and webinars. In addition, they share quarterly progress reports, evaluation activities, interim findings, and operational or administrative issues. The Collaborative also allows for manuscript submission and publication tracking, and it provides a repository of abstract submissions

for presentations at regional, national, and international venues.

### Campaign success

Through campaigns like Choosing Wisely, APRNs can lead projects and initiatives that demonstrate their impact on patient care, cost savings, and healthcare quality. The Vanderbilt APRN teams and the resulting Collaborative showcase how teamwork and working across institutions can benefit everyone. ★

Ruth Kleinpell is director of the Center for Clinical Research & Scholarship at Rush University Medical Center in Chicago, Illinois, and visiting professor at Vanderbilt University School of Nursing in Nashville, Tennessee. The following authors work at Vanderbilt University School of Nursing. April Kapu, associate chief nursing officer at Vanderbilt University Medical Center, is associate professor at the school of nursing; Briana Witherspoon is an acute care nurse practitioner in the neurology/neurosurgery intensive care unit; Lauren Oliver is an acute care nurse practitioner in the cardiovascular intensive care unit; Jayme Gibson is an acute care nurse practitioner in the cardiovas-

FREE • LIVE • INTERACTIVE

HOW TO THRIVE IN YOUR  
FIRST YEAR AS AN RN  
2017 | ANA WEBINAR SERIES

[nursingworld.org/NewRNsWebinars](http://nursingworld.org/NewRNsWebinars)



HOW TO PROTECT  
YOUR RN LICENSE

JUNE 7, 2017  
12 NOON, ET

cular intensive care unit; Haley Vance is a pediatric nurse practitioner—acute care and an associate in neurological surgery; Janet M. Myers is director of professional development; Roslyn Green is an acute care nurse practitioner in the surgical intensive care unit; Ann Minnick is senior associate dean for research, postdoctoral fellowship director, and Julia Eleanor Chenault professor of nursing; and Pierce Trumbo is an internal medicine resident. Wade Iams is a clinical fellow in hematology/oncology at McGaw Medical Center, Northwestern University in Chicago, Illinois. The authors acknowledge Marilyn Dubree, MSN, RN, NE-BC, and Linda Norman, PhD, RN, FAAN, for administrative support.

### Selected references

Bryant-Lukosius D, Carter N, Reid K, et al. The clinical effectiveness and cost-effectiveness of clinical nurse specialist-led hospital to home transitional care: A systematic review. *J Eval Clin Pract.* 2015;21(5):763-81.  
 Cassel CK, Guest JA. Choosing wisely: Helping physicians and patients make smart decisions about their care. *JAMA.* 2012;307(17):1801-2.  
 Choosing Wisely. [www.choosingwisely.org](http://www.choosingwisely.org)  
 Donald F, Kilpatrick K, Reid K, et al. Hospital to community transitional care by nurse practitioners: A systematic review of cost-effectiveness. *Int J Nurs Stud.* 2015;52(1):436-51.

Fabbruzzo-Cota C, Frecea M, Kozell K, et al. A clinical nurse specialist-led interprofessional quality improvement project to reduce hospital-acquired pressure ulcers. *Clin Nurse Spec.* 2016;30(2):110-6.

Harris PA, Taylor R, Thielke R, et al. Research electronic data capture (REDCap)—a metadata-driven methodology and workflow process for providing translational research informatics support. *J Biomed Inform.* 2009;42(2):377-81.

Hogan PF, Seifert RF, Moore CS, Simonson BE. Cost effectiveness analysis of anesthesia providers. *Nurs Econ.* 2010;28(3):159-69.

Iams W, Heck J, Kapp M, et al. A multidisciplinary housestaff-led initiative to safely reduce daily laboratory testing. *Acad Med.* 2016;91(6):813-20.

Jessee BT, Rutledge CM. Effectiveness of nurse practitioner coordinated team group visits for type 2 diabetes in medically underserved Appalachia. *J Am Acad Nurse Pract.* 2012;24(12):735-43.

Kapu AN, Kleinpell R, Pilon B. Quality and financial impact of adding nurse practitioners to inpatient care teams. *J Nurs Adm.* 2014;44(2):87-96.

Kilpatrick K, Kaasalainen S, Donald F, et al. The effectiveness and cost-effectiveness of clinical nurse specialists in outpatient roles:

A systematic review. *J Eval Clin Pract.* 2014;20(6):1106-23.

Kilpatrick K, Reid K, Carter N, et al. A systematic review of the cost-effectiveness of clinical nurse specialists and nurse practitioners in inpatient roles. *Nurs Leadersh (Tor Ont).* 2015;28(3):56-76.

Marshall DA, Donald F, Lacny S, et al. Assessing the quality of economic evaluations of clinical nurse specialists and nurse practitioners: A systematic review of cost-effectiveness. *NursingPlus Open.* 2015;1:11-7.

Miller CL. *Improving Compliance with Clinical Practice Guidelines to Reduce Urinary Tract Infection in Long Term Care* [doctoral project]. Dayton, OH: Wright State University; 2015.

[http://corescholar.libraries.wright.edu/cgi/viewcontent.cgi?article=1012&context=nursing\\_dnp](http://corescholar.libraries.wright.edu/cgi/viewcontent.cgi?article=1012&context=nursing_dnp)  
 Newhouse RP, Stanik-Hutt J, White KM, et al. Advanced practice nurse outcomes 1990-2008: A systematic review. *Nurs Econ.* 2011;29(5):230-51.

Ryan P, Revill P, Devane D, Normand C. An assessment of the cost-effectiveness of midwife-led care in the United Kingdom. *Midwifery.* 2013;29(4):368-76.

Swan M, Ferguson S, Change A, Larson E, Smaildone A. Quality of primary care by advanced practice nurses: A systematic review. *Int J Qual Health Care.* 2015;27(5):396-404.

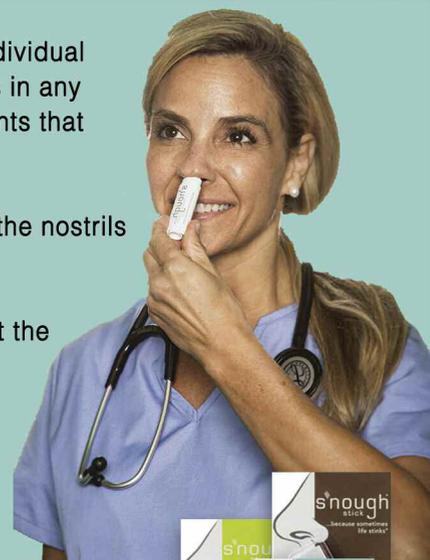
## The pocket size solution for smelly situations



S'nough® stick is the first product specifically designed to protect individual users from bad odors in a discreet (clear and matte), convenient (fits in any pocket) and effective yet sensitive way (comes in three pleasant scents that cover strong smells without irritating the skin).

Simply swipe the natural wax-based compound on the skin between the nostrils and you'll be ready to face any odor life throws your way.

In honor of National Nurses Week and all the good you do throughout the year, S'nough® is offering a **25% discount** on any purchase made directly from our website: [www.snoughstick.com](http://www.snoughstick.com). Please use the discount code: **NURSE WEEK** when prompted and feel free to share this offer and code with your colleagues. There is a six item limit per order and the **discount ends July 1, 2017**.



s'nough<sup>®</sup>...because sometimes life stinks™  
 stick  
[www.snoughstick.com](http://www.snoughstick.com)