ANNIE TAYLOR DEE SCHOOL OF NURSING



DOCTOR OF NURSING PRACTICE Gradwate Projects



Message from the Dean

In response to the intensified healthcare needs that surround us, the Annie Taylor Dee School of Nursing housed in the Dumke College of Health Professions at Weber State University (WSU), is still finding and seizing opportunities during these challenges. And you, graduate, are our success through the opposition.

As a graduate of the Doctor of Nursing Practice (DNP) program, we are proud to see you empowered by the very first doctorate degree offered by WSU. You will now move forward with the critical knowledge to provide leadership to the complex field of nursing. You will have the ability to develop innovative



competencies needed for patient outcomes and healthcare deliveries. You will be able to educate at a higher level and offer advance practice approaches, and you will continue to be the essential and the contributing member of the healthcare teams you serve. We look forward to you standing as leading role models in the field of nursing and to the students that follow your footsteps.

We congratulate you on reaching this milestone and achieving your goals. You have worked hard, sacrificed some and experienced much to reach this point in your lives. We hope that you will stay in touch with us and let us know of your success.

Heartfelt congratulations to you and all the best.

Yasmen Simonian

PhD, MLS (ASCP)CM, FASAHP

Dean/Presidential Distinguished Professor Dumke College of Health Professions

Message from the Chair



Congratulations, Graduates! You deserve to be celebrated! It is a pleasure for all of us here at the Annie Taylor Dee School of Nursing to recognize you for your hard work and perseverance. It is no small feat to graduate with a doctorate, and we could not be more proud. You are a part of history as you graduate with your Doctor of Nursing Practice (DNP) degree from the first doctoral program at Weber State University. We are confident that despite achieving a terminal degree in your field, you will continue to support and advance the nursing profession.

We also recognize that it takes a village, and we are grateful to your support system, who

saw you through this monumental work. Your personal sacrifices and those of your loved ones enabled you to be where you are today.

The faculty and staff of the Annie Taylor Dee School of Nursing share your sense of accomplishment and pride with you. We are excited to see your impact on patients, families, and communities. Regardless of where you are in your nursing journey, we are confident that the knowledge and skills you have gained will benefit us all. Please know our sincere gratitude for allowing us to share this journey with you. We wish you all the best as you continue to pursue your dreams!

Rieneke Holman

PhD, RN

Chair & Professor Annie Taylor Dee School of Nursing Dumke College of Health Professions

Program Director Remarks

Dear Doctor of Nursing Practice Graduates,

Your graduation from the Annie Taylor Dee School of Nursing, Master of Science in Nursing, and Doctor of Nursing Practice Programs in the Dumke College of Health Professions is an essential personal and professional milestone and deserving of our sincerest congratulations.

Many individuals celebrate your accomplishments on this special day. It has been a pleasure to support your learning and professional growth as advanced nurse educators and leaders who are



prepared with the knowledge and skills to teach, translate evidence into practice to improve healthcare outcomes, and advance nursing practice in various healthcare settings. We look forward with great anticipation as you continue our legacy of nursing excellence in your future pursuits.

Congratulations!

Melissa NeVille Norton

DNP, APRN, CPNP-PC, CNE

Graduate Programs Directors & Associate Professor Annie Taylor Dee School of Nursing Dumke College of Health Professions

Faculty & Staff Remarks

The Annie Taylor Dee School of Nursing has outstanding students with whom I have been able to work in the graduate program. I have had the pleasure of being a project lead as these students worked toward improving healthcare. These students express a passion and desire to improve the workplace and community. Becoming acquainted with the DNP students as they overcome obstacles and push forward has increased my respect for the challenges faced each day in the healthcare system, which are faced with fortitude and resilience. It is a privilege and honor to be associated with the DNP graduates, and I wish them the best as they move forward in the nursing profession. Congratulations to an incredible group of nurses!

Diane Leggett-Fife

PhD. RN

Associate Professor Annie Taylor Dee School of Nursing Dumke College of Health Professions

Mechanism of Action: WSU DNP's® are highly selective and potent agonists for disease prevention and treatment. Absorption: The absolute bioavailability of WSU DNP's® is difficult to measure. It is estimated at 99%. Administration without food or sleep showed no changes in overall exposure (AUC) or Cmax. Demonstrated dependable, predictable effects under all testing conditions to date. Metabolism: Durability of effect is thought to be comparable to the "Eveready Bunny". How Supplied: Predominately Carbon-based life forms with diverse dimensions. Well prepared, ready for use. No inactive ingredients.

You earned this, now go make someone's life better.

Marvin Orrock

RPh, PharmD

Associate Professor Annie Taylor Dee School of Nursing Dumke College of Health Professions Congratulations to our 2022 graduating cohort of Post BSN to DNP FNP students! It has been an honor and a privilege to work alongside you. I appreciate your patience, good nature, and willingness to provide constructive feedback as the faculty continue to strengthen this program of study based on your input. I wish you nothing but the best as you embark on your new career, and look forward to having you act as preceptors for future students! Take care, and I have no doubt you'll make a difference!

Ann Rocha

PhD, APRN, FNP-BC

BSN to DNP-FNP Curriculum Coordinator & Associate Professor Annie Taylor Dee School of Nursing Dumke College of Health Professions

Graduates,

Congratulations! You've achieved a new milestone in your life and that did not come without labor, drive, and a willingness to learn. The role that you've agreed to take on is so crucial to improving the overall purpose of healthcare. Providers are in demand because care requires individuality, personal connections, and true moments of mindful observations. Be the provider that makes a difference to your patients. And remember the words of Desmond Tutu "Do your little bit of good where you are; it's those little bits of good put together, that overwhelm the world."

Thank you for the opportunity to work with you and learn from you. Enjoy your adventures ahead.

Elizabeth (Lizz) Bizzell

MHA

Graduate Programs Clinical & Marketing Coordinator Annie Taylor Dee School of Nursing Dumke College of Health Professions

Doctor of Mursing Practice Faculty

Suzanne Ballingham-Tebbs

MSN, APRN, FNP Instructor

Kristy Baron

PhD, RN Associate Professor

Joyce Barra

PhD, RN Assistant Professor

Tamara Bergout

EdD, RN Assistant Professor

Cynthia Beynon

PhD, RN, CNE Assistant Professor

Kathleen Cadman

PhD, RN, RAC-CT, CNE Associate Professor

Darcy Carter

DHSc, MHA, RHIA Associate Professor

Valerie Gooder

PhD, RN, NHDP-BC Professor

Cathy Harmston

DNP, APRN, FNP-BC Assistant Professor

Suzy Heugly

DNP, APRN, FNP-BC Assistant Professor

Tiffany Hood

PhD, RN, CNE Assistant Professor

Jon Kelly

MNA, MAP, RN Associate Professor

Diane Leggett-Fife

PhD, RN Associate Professor

Melissa NeVille-Norton

DNP, APRN, CPNP-PC, CNE Professor

Marvin Orrock

RPh, PharmD Assistant Professor

Angela Page

DNP, APRN, PNP-BC Instructor

Ann Rocha

PhD, APRN, FNP-BC Associate Professor

Kelley Trump

DNP, MSN, RN, CNE, COI Instructor

Stephanie Wheatley

MSN, APRN, FNP-C Instructor

Kris Williams

DNP, APRN, FNP-C Professor

Community Partners

We want to send a generous thank you to our community partners for their time, dedication and commitment to our program and students. Without their participation, guidance and assistance we would not have been able to strive in our commitment to our students for a high quality and impactful educational experiences.

Weber State University aims for a dual mission approach in education by creating community-based learning and public service opportunities, we thank the following organizations for helping us achieve our goal!

Advanced Health Clinic

Cascade Academy

Coimagine Health

Intermountain Medical Center

Intermountain Obstetrics and Gynecology Specialists

McKay Dee Gastroenterology Clinic

Northeastern Counseling Center

Ogden Clinic (Farmington)

Ogden Preparatory Academy

Primary Children's Medical Center

Sarah Daft Home Assisted Living Facility

South Ogden Junior High School

The Children's Center

Tooele School District

Uinta County Public Health Department, Wyoming

Valley View Middle School

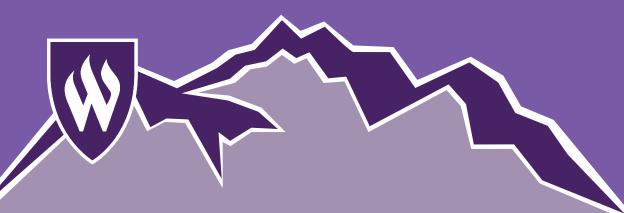
Weber Morgan Area Agency on Aging

Weber Morgan Health Department





DOCTOR OF NURSING PRACTICE Gradwate Projects



Doctorate Projects

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Secure Family Attachment

SHAUNA BENNEE

Lifestyle Changes for Cholesterol Benefits

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Doctorate Projects

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MELISSA SLAUGH

Establishing a Narcan Protocol in a Mental Healthcare Center in a Rural Community



AMBER J BARRUS

DNP-FNP, RN



Secure Family Attachment

PURPOSE

Childhood secure attachment profoundly contributes to developing coping mechanisms, confidence, resilience, executive functioning, and overall health. Educational opportunities for parents on tools that promote secure attachment will increase parental confidence and enhance bonds between parent and child. This project addresses a preventative measure for improving mental and physical health outcomes by targeting relational interactions between child and parent.

METHODOLOGY

Infant massage is a nonpharmacologic therapy introduced in a time of substantial brain neuroplasticity (Alto & Petrenko, 2017; Wright & Edginton, 2016). Parents receiving family dyadic relationship therapy at a nonprofit mental health agency attended a five-week infant massage course. They received instruction on infant behavior states, neurological reflexes, cue-reading, and massage strokes. The Karitane Parenting Confidence Scale (KPCS) served as pre- and post-evaluation. Parents filled out the KPCS prior to the start of the course and after its completion.

RESULTS

Post-evaluation results revealed an increased standard deviation in the following categories: parental knowledge of how to deal with their crying infant, understanding of infant cues, decision-making skills in the care of the infant, and confidence in the ability to parent the infant.

IMPLICATIONS FOR PRACTICE

Educational modalities such as infant massage enhances parental knowledge and confidence, promoting secure attachment in infants. The implications of secure attachment are supportive of improved, lifelong outcomes in overall mental and physical health (Kaya & Aydin, 2021; Rasmussen & Storebo, 2019; Stefano & Atkins, 2017).

PROJECT CONSULTANT

Dr. Jennifer Mitchell PhD. BCBA-D

FACULTY LEAD

Diane Leggett-Fife PhD, RN



SHAUNA BENNEE

DNP-FNP, RN



Lifestyle Changes for Cholesterol Benefits

PURPOSE

Healthy lifestyle changes can impact hypercholesterolemia. Despite the effectiveness of statin drugs in reducing cholesterol, many patients deny this treatment. In addition to medications, practitioners need a resource to help their patients navigate making healthy lifestyle changes. An evidence-based, well-developed lifestyle website can be a tool for practitioners to offer patients that will benefit cholesterol levels. This DNP project aims to provide practitioners with a toolkit they can confidently prescribe to patients that can benefit from making healthy lifestyle changes.

METHODOLOGY

Practitioners were provided a trifold flyer to give patients directing them to the website titled "What's your One?". The website is built around three areas of focus: eating well, exercise, and stress reduction. A Qualtrics survey on the website asked patients if their practitioner discussed lifestyle changes with them and what area they would focus on. Analytics embedded into the site quantify users and their browsing patterns. A follow-up survey of practitioners evaluated if they plan to continue using the website, why or why not.

RESULTS

Data analysis showed 0 to 42 users over four months. Survey results showed that 80% of users would focus on diet, 60% would focus on exercise, and 60% would focus on meditation. Ninety percent of users were prescribed the website by their practitioner; 100% of those prescribed received education about the benefits of making healthy lifestyle changes. Of the eight family practitioners that trialed the lifestyle website, 87.5% said that they have recommended it to patients, and 100% said they thought it was helpful and would likely recommend it again.

IMPLICATIONS FOR PRACTICE

For cholesterol benefits, practitioners can prescribe a multifaceted lifestyle change website for patients who deny statins, want to decrease their statin medication, or are at risk of hypercholesterolemia.

PROJECT CONSULTANT

Martha Bray FNP-BC, APRN

FACULTY LEAD

Diane Leggett-Fife PhD, RN



KAITLIN BIRD

DNP-FNP, RN



Decreasing Public Nurse Burnout Through Mobile Technology

PURPOSE

The project's focus was to educate rural public health nurses in Uinta County, Evanston, Wyoming, on skills to reduce healthcare-associated burnout by learning stress management skills. The project involved implementing an evidence-based stress management mobile device app by Fifth Windows, Inc.

METHODOLOGY

Pre- and post-surveys were used to assess the effectiveness of the stress management app. These surveys included the Oldenburg Burnout Inventory and Perceived Stress Scale. The Oldenburg Burnout Inventory identified burnout presence and severity among participants. The Perceived Stress Scale established stress levels before and after the intervention. A follow-up survey was administered to determine the effectiveness of the Fifth Window, Inc. app. Data were analyzed through the Qualtrics surveying program.

RESULTS

Thirteen nurses participated in this study, with seven nurses completing the post-survey. Data showed that the evidence-based mobile stress management app demonstrated a self-report improvement of stress levels by participants.

IMPLICATIONS FOR PRACTICE

Utilizing mobile device technology has become an ideal model for learning stress-management skills remotely due to the COVID-19 pandemic. Project findings promote the continued use of an evidence-based mobile app to learn these skills. Having sufficient stress management skills can increase coping abilities for the job demands related to nursing, thus preventing burnout.

PROJECT CONSULTANT

Merrilee Francom ADN RN & Patricia Arnold MSN RN

FACULTY LEAD

Kristy Baron PhD, RN



ANGELA SUE BISHOP

DNP-FNP, RN



Lift Up, Reach Up: Promoting Depression Care of Older Adults in Assisted Living

PURPOSE

Depression is prevalent in older adults residing in assisted living facilities (ALF), and facility staff often lack the knowledge to identify and respond to depression symptoms. Also, older adults do not understand treatment options for depression. The DNP project was designed to determine if ALF staff could be trained to deliver depression care to older adult residents, resulting in decreased depression symptoms.

METHODOLOGY

The project provided web-based and in-person training on latelife depression to local ALF staff to improve daily supportive care, including a Behavioral Activation (BA) group class. Pre-and post-tests assessed staff learning and an exit survey determined the ongoing feasibility of the education. Residents received depression screening, referral services, and inclusion in the group BA class. Depression screening scores were used to determine the benefit of the intervention, and an exit survey assessed the usefulness of the intervention.

RESULTS

Data analysis showed a slight increase in staff understanding of depression symptoms in older adults. Depression screening results of the residents participating in the BA class indicated a decrease in depression symptoms. Exit surveys indicated that both groups found the intervention helpful and would continue using this new knowledge in their day-to-day activities.

IMPLICATIONS FOR PRACTICE

Older adults often prefer therapy to medication for depression. This project provides a way to incorporate evidence-based depression care into the daily care received by older adults most often affected by depression. In addition, this intervention could be adapted to community settings, such as senior centers, to provide another referral option for primary care providers caring for this population.

PROJECT CONSULTANT

Nobu lizuka MS

FACULTY LEAD

Diane Leggett-Fife PhD, RN

Para digita da Milison Barra M

DEVON L BROWER

DNP-FNP, RN



Improving Clinician Identification of Human Trafficking in an Emergency Department Setting

PURPOSE

A need exists for increased human trafficking education among emergency department staff to raise clinician awareness of human trafficking and their ability to treat and provide appropriate community resources to this vulnerable population. This DNP project aimed to improve human trafficking education among clinicians at Intermountain Medical Center's Emergency Department (ED) by implementing an educational module to increase clinician knowledge of human trafficking laws, definitions, prevalence, victim identification, treatment, and community resources.

METHODOLOGY

Department clinicians completed pre- and post-intervention surveys to assess sociodemographic information and confidence in knowledge about human trafficking. These surveys contained Likert-style scale responses, and quantitative data were collected during the module intervention and evaluation.

RESULTS

Data analysis showed increased clinician confidence at the 4-week mark regarding knowledge of human trafficking laws, definitions, prevalence, victim identification and treatment, and referral of community and social resources. Data analysis from the second post-survey at the 8-week mark showed a slight decrease in clinician confidence in the ability to treat victims and a slight decrease in knowledge of the community and social resources.

IMPLICATIONS FOR PRACTICE

Outcomes show that human trafficking education did increase but saw a slight decrease in confidence in victim identification and community resources at the 8-week mark. Further investigation will need to be done to ensure long-term content retention. The educational module can be adapted and updated to fit current needs. Project findings support the continued use of the education module at Intermountain Medical Center's ED.

PROJECT CONSULTANT

Lisa Taylor MSN, RN, CEN, Fernando Rivera DNP-FNP, & Jenn Avery MSN, RN, CEN

FACULTY LEAD

Diane Leggett-Fife PhD, RN



ELISE BUTTERFIELD

DNP-FNP, RN



Improving Advance Directive Education for Assisted Living Patients and Their Families

PURPOSE

While the United States government has made strides in promoting advance care planning since the 1990s, there remains a general lack of paperwork completion overall. The COVID-19 pandemic has emphasized making these life-altering decisions before emergency hospitalization. People who have established their preferences for end-of-life care report a higher quality of life and autonomy with a decreased use of emergency care toward the end of life. This DNP project highlights the role education has on an individual's likelihood of completing an advance directive in an assisted living setting.

METHODOLOGY

This project provided a single teaching session to residents and family members of the Sarah Daft Home Assisted Living Facility. A podcast from the Utah Coalition on Aging served as the primary education tool, followed by a discussion of the Utah Advance Health Care Directive. Participants completed pre-and post-surveys designed to evaluate their knowledge and attitudes about advance care directives.

RESULTS

After the educational session, participants reported an increased knowledge level of advance directives, the likelihood of completing an advance directive, confidence that their loved ones would follow their wishes, and the capability of how to update an advance directive. Additionally, post-teaching surveys indicated that 100% of participants supported advance directives.

IMPLICATIONS FOR PRACTICE

Providers who interact with patients across the lifespan should discuss advance directives with their patients. Provider-led advance directive education leads to informed decision-making and patient-centered care.

PROJECT CONSULTANT

Paul Ogilvie MBA

FACULTY LEAD

Kristy Baron PhD. RN



CLAUDIA CELLIS

DNP-FNP, RN



Community-Based Hypertension Management Ogden Clinic

PURPOSE

Hypertension is a leading cause of heart disease in the United States. Nearly 27% of Ogden City residents have hypertension (Utah Department of Health, 2020). This percentage is expected to rise even higher by 2025. Implementing a community-based approach to managing hypertension has been proven effective and low-cost (Jafar et al., 2020). A community-based approach to hypertension involves local providers educating the population on hypertension interventions that may include diet, exercise, medications, and self-monitoring. The Doctorate of Nurse Practice (DNP) project was designed to educate and empower the Ogden, Utah, residents about lifestyle changes and self-management of previously undiagnosed hypertension.

METHODOLOGY

The DNP project offered each participant their blood pressure cuff and fitness tracker. Participants attended three educational classes about self-management and lifestyle modifications. Each participant completed a pre and post-survey to evaluate learning. The survey items reflected a 4-5 Likert scale and two open-ended questions to evaluate the participants' understanding and confidence in self-management of hypertension and lifestyle modifications.

RESULTS

After the implementation, the participants showed a 5.778 point reduction in their systolic blood pressure and a 5.148 point reduction in diastolic blood pressure over 12 weeks.

IMPLICATIONS FOR PRACTICE

Outcomes, patients provided with equipment to monitor blood pressure and fitness show an increased engagement in their health and self-management—education classes allowed for increased knowledge and a sense of community with participants.

PROJECT CONSULTANT

Mary Anne Reynolds PhD, RN

FACULTY LEAD

Joyce M Barra PhD, RN



CELESTE CHRISTENSEN

DNP-FNP, RN



Improving Adolescents' Mental Health by Teaching Healthy Life Skills

PURPOSE

The project's focus was to educate students on healthy life skills at Valley View Middle School, helping them cope more effectively with stress.

METHODOLOGY

Personal stress plan topics were taught once a week in a classroom over a six-week time frame to 12 middle school students. Knowledge gain was assessed using a pre-and post-assessment consisting of 10 questions. Student learning and teaching were analyzed at the conclusion of each class for updates on future classes.

IMPLICATIONS FOR PRACTICE

Adolescents is a time of rapid growth and learning. Mental health is an essential part of adolescent development. Promoting healthy life skills can help them deal with stressors during adolescence.

RESULTS

All participants showed a knowledge gain in the pre-and post-assessment results. Qualitative data showed that students were engaged in healthy life skills classes.

PROJECT CONSULTANT

Reilee Brinkerhoff MS

FACULTY LEAD

Kristy Baron PhD, RN



THOMAS COX

DNP-FNP, RN



Reducing Blood Pressure in Hypertensive Patients using the Community-Based Approach in Ogden, Utah

PURPOSE

Hypertension is a leading cause of heart disease in the United States. Nearly 27% of Ogden City residents have hypertension (Utah Department of Health, 2020). This percentage is expected to rise even higher by 2025. Implementing a community-based approach to managing hypertension has proven effective and low-cost (Jafar et al., 2020). A community-based approach to hypertension involves local providers educating the population on hypertension interventions, including diet, exercise, medications, and self-monitoring. The Doctorate of Nursing Practice (DNP) project was designed to educate and empower the Ogden, Utah, residents about lifestyle changes and self-management of their previously undiagnosed hypertension.

METHODOLOGY

The DNP project offered each participant a blood pressure cuff and fitness tracker and invited participants to attend three educational classes about self-management and lifestyle modifications. Each participant completed a pre- and post-survey to evaluate learning outcomes and participants' understanding and confidence in self-management of hypertension with lifestyle modifications.

RESULTS

After the implementation, the participants showed a 5.778 point reduction in their systolic blood pressure and a 5.148 point reduction in diastolic blood pressure over 12 weeks.

IMPLICATIONS FOR PRACTICE

Patients provided with equipment to monitor blood pressure and fitness show an increased engagement in their health and self-management—education classes allowed for increased knowledge and a sense of community with participants.

PROJECT CONSULTANT

Mary Anne Reynolds PhD, RN

FACULTY LEAD

Joyce M Barra PhD, RN



RYAN G DAVIS

DNP-FNP, RN



Primary Care Hypertension Management in Older Adults: Incorporating New Guidelines and Effective Follow-up into the Hear the Beat Program

PURPOSE

Primary care providers can improve hypertension (HTN) management by using the Hear the Beat (HTB) pamphlet to guide the comprehensive management of HTN, especially for older adults. The 2020 International Society of Hypertension Global Hypertension Practice Guidelines provide updated blood pressure (BP) parameters and encourage greater patient participation. The HTB pamphlet needed revision to comply with the latest guidelines. The Doctor of Nursing Practice (DNP) team modified the pamphlet and created training on updates for clinical staff at the Ogden Clinic – Farmington family practice and urgent care.

METHODOLOGY

Clinical staff completed a pre-education survey and were educated on the updated HTB pamphlet. Next, the staff completed a post-education survey and utilized the pamphlet for two months. Finally, a post-implementation survey was given. A questionnaire was given to patients two weeks after receiving HTB so that Ogden Clinic's quality department staff could determine the usefulness of the updates. Qualitative and quantitative data were gathered, with most on a Likert scale or Yes/No/Unsure.

RESULTS

Data analysis revealed an increase in HTB usage by clinical staff. Staff members also improved in defining national BP parameters and explaining home BP tracking. Patient responses showed a universal belief that the HTB pamphlet is helpful. In addition, 93.75% of patients agreed that their knowledge and frequency of home BP monitoring increased. Over 80% saw a BP improvement.

IMPLICATIONS FOR PRACTICE

These results indicate that HTB is a clinical tool capable of managing HTN and is preferred by staff and patients.

PROJECT CONSULTANT

Quincy Robinson MPA, MA & Sarah Gadd FNP-C

FACULTY LEAD

Kelley R Trump DNP, MSN/Ed, RN, CNE, COI



KAIA DEROCHE

DNP-FNP, RN



Implementation of a Fitness Program to Supplement Mental Health

PURPOSE

Exercise and movement are proven to affect mental wellness positively, yet it is rarely integrated directly into our treatment plan for mental health. This project aims to create a fitness program for the counseling center clients to attend to augment talk therapy. The clients are offered a holistic experience by offering fitness classes in the same physical space as their talk therapy.

METHODOLOGY

A six-week acro yoga class was held weekly and opened to all the therapists' clientele. A pre-and post-survey was given to participants to evaluate changes in overall mood and quality of life. Survey items assessed different aspects of health and mental wellness to evaluate the effectiveness of the course.

RESULTS

After the classes were completed, participants showed modest to significant improvement in strength, balance, anxiety, depression, social activities, and self-confidence. While the sample size was small, the results supported that physical fitness improves mental health.

IMPLICATIONS FOR PRACTICE

For best patient outcomes, ensuring that patients have access to physical fitness is imperative in treating mental health. Fitness and health status goals can be achieved by integrating the role of the counselor and the nurse practitioner and melding the parts into a physical fitness practice. The project found that the participants were pleased with the results.

PROJECT CONSULTANT

Sophie Durocq Archibald LCSW

FACULTY LEAD

Joyce M Barra PhD, RN



JACOB EWELL

DNP-FNP, RN



Blood Pressure Self-Monitoring Implementation Guide

PURPOSE

Blood pressure self-monitoring (SMBP) can improve hypertension (HTN) and adherence to HTN treatments. Comagine Health, a nonprofit healthcare consulting firm, works with Utah clinics and providers to improve the delivery of healthcare services to patients. Comagine needed to update HTN resources on their website specific to SMBP and clinic workflows for HTN management. This DNP project aimed to develop a web-based guide to educate patients and support clinics as they provide HTN management with an emphasis on SMBP.

METHODOLOGY

A pre-survey conducted by Comagine Health indicated a need for additional HTN resources to improve workflows and resources related to SMBP. The author developed an up-to-date, evidence-based website resource for HTN and SMPB management. The web-based guide was presented to clinics and partners of Comagine, who provided quantitative and qualitative data through a Likert scale and free-text box options to evaluate guide effectiveness. An additional survey completed by Comagine Health determined if the guide was accepted or rejected.

RESULTS

The results indicated that Comagine Health accepted the guide. The feedback from providers, clinics, and the Patient Family Advisory Council (PFAC) demonstrated that the project effectively delivered evidence-based SMBP and HTN management resources.

IMPLICATIONS FOR PRACTICE

The results indicated that an SMBP guide can benefit and improve HTN management workflow and provide clinics with the evidence-based and up-to-date resources they need to implement an SMBP program in their clinic.

PROJECT CONSULTANT

Rebecca Wilson BS CPHO

FACULTY LEAD



ASHLIE T FLYNN

DNP-FNP, RN



Preventing Vaping in Students Through Parental Education in a Northwest Utah Elementary School

PURPOSE

In 2019, 8.0% of sixth graders in Tooele County, Utah, reported ever using e-cigarettes (State of Utah, 2019). Due to the high e-cigarette use among adolescents in Tooele County, and the association of parental attitudes with adolescent e-cigarette use, there is a need for parental education regarding the adverse health effects of e-cigarette and nicotine use in adolescence. The primary goal of this DNP project was to raise parental awareness and concern about the prevalence of e-cigarette use in adolescence, as well as the harmful effects of nicotine on the developing brain, and to encourage open conversation regarding e-cigarette use between parents and their children.

METHODOLOGY

Parents attended an evidence-based e-cigarette prevention program via Zoom meeting or a pre-recorded video and participated in a pre-and post-survey. The survey assessed parental knowledge of e-cigarettes, nicotine, and concern about adolescent e-cigarette use. The surveys were anonymous, confidential, and adapted with permission from a previously published e-cigarette prevention program study.

RESULTS

Data analysis showed increased parental awareness and knowledge of e-cigarettes, nicotine, and addiction. An increase in parental concern about adolescent e-cigarette use was also evident.

IMPLICATIONS FOR PRACTICE

A strong parent-child bond and parent involvement decrease adolescents' desire to use e-cigarettes (Kurji et al., 2021). An evidence-based e-cigarette prevention education video was created for use in the future to increase parental awareness and overall concern regarding adolescent e-cigarette use. Future quality improvement projects could focus on providing similar education to 5th-grade students and increasing parental involvement.

PROJECT CONSULTANT

John Contreras PhD. MSPH.

FACULTY LEAD



HAILEY GADDIS

DNP-FNP, RN



Improving Utilization of Polyp Surveillance Guidelines

PURPOSE

Provider knowledge of polyp surveillance guidelines and sufficient bowel preparations are necessary components of proper guideline utilization to decrease the incidence of colorectal cancer. There is a need for improved polyp surveillance guideline use among gastrointestinal providers and for improved nurse-directed patient bowel preparation regimens. The primary goal of this DNP project was to educate providers in a Northern Utah gastroenterology (GI) clinic regarding importance of utilizing evidence-based polyp surveillance guidelines and educate GI nurses on how to better instruct patients on bowel preparation regimens.

METHODOLOGY

Providers were educated by pre-recorded videos about the importance of polyp surveillance guidelines and given a checklist to utilize after procedures. Nurses were similarly educated on patient bowel preparation instructions and given a checklist for utilization when providing patient education. Both nurses and providers were surveyed before and after video education. Pre-education surveys assessed comfort levels with topics. Post-education surveys re-assessed comfort levels and assessed personal attitudes and feelings on covered topics and willingness to utilize checklists.

RESULTS

Data analysis of pre-survey versus post-survey comparison demonstrated improved comfort levels for nurses providing bowel preparation instructions. Data from surveys also showed overall willingness from both providers and nurses to utilize checklists moving forward.

IMPLICATIONS FOR PRACTICE

Results of this project demonstrate that utilization of video education can improve perceived understanding of both provider knowledge of guideline importance as well as nurse understanding of patient bowel preparation education. Additionally, results showed willingness from all participants to utilize checklists in their daily practice.

PROJECT CONSULTANT

Dr. Kyle Eliason MD

FACULTY LEAD



CARRIE HANNI

DNP-FNP. RN



Family Media Plan Education and Access for Junior High Counselors to Support Students and Their Families

PURPOSE

Adolescent depression and anxiety rates are on the rise. Adolescents are at a higher risk for depression and anxiety as their daily screen time increases. National pediatric medical guidelines recommend that children and adolescents who utilize screened devices have a family media plan. The goal of this DNP project was to increase the knowledge of the school counselors at South Ogden Junior High regarding the correlation between adolescent mental health and screen time and provide them with family media plans as a mental health resource.

METHODOLOGY

Participating junior high counselors completed a pre-and post-project survey to measure knowledge regarding the correlation between student depression, anxiety, and screen use. The counselor's familiarity with available resources to impact the student population was also assessed. Counselors were educated on the project tool and provided copies to utilize during the implementation period. The project's effectiveness was evaluated through a qualitative survey based on a Likert scale.

RESULTS

Project analysis demonstrated the intervention increased counselor knowledge of (1) the correlation between adolescent mental health and screen time and (2) available resources for utilization. Improvement in the counselors' comfort level with discussing the project topics and confidence in their ability to impact student and family screen use habits were also supported by project evaluation.

IMPLICATIONS FOR PRACTICE

Counselor knowledge increased through the educational intervention and resources provided. Project findings support the continued use of family media plans. Other schools in the district may also benefit from utilizing the project tools and resources.

PROJECT CONSULTANT

Glen Porter M.Ed.

FACULTY LEAD

Cynthia Beynon PhD, RN, CNE

MAJA LUSK

DNP-FNP, RN



Improved Perinatal Depression Screening

PURPOSE

In the United States, mood disorders are the number one complication of childbirth and increase the lifetime utilization of mental and physical health services. Early identification of depression in the birthing individual is an essential step in prevention. The project aimed to develop a standardized workflow model to ensure universal depression screening for all birthing individuals occurred in the obstetric clinic setting.

METHODOLOGY

A standardized workflow was created, and staff training was completed to implement the Edinburgh Postnatal Depression Screening (EPDS). Pre- and post-training qualitative data were collected in individuals' electronic health records, identifying completed mental health screening, provider assessment, and intervention for at-risk birthing individuals. In addition, surveys were to determine staff knowledge and attitudes toward depression.

RESULTS

Analysis of the knowledge and bias levels of the staff exposed gaps in clinical knowledge concerning universal screening and charting of the EPDS. The small team clinic workflow model was successful, but the implementation process for the entire clinical staff revealed some areas that needed to be readdressed. In addition, the MICA-4 results indicated attitudes did not improve with education.

IMPLICATIONS FOR PRACTICE

Efforts to educate staff and improve depression screening depend on staff turnover and accountability by leadership. When small teams were trained, completing the universal screening was successful. A second phase was implemented to educate staff on the workflow and decrease the stigma surrounding depression screening.

PROJECT CONSULTANT

Dr. Amelia Parrett MD. OB-GYN

FACULTY LEAD

Kelley R Trump DNP, MSN/Ed, RN, CNE, COI



SPENCER NOYCE

DNP-FNP, RN



Training Staff to Increase Advance Care Planning for Patients and Families at the Sarah Daft Assisted Living Facility

PURPOSE

The risk for incomplete advance care plans increases when end-of-life conversations do not occur. Identifying key individuals with proper training and education is essential for initiating these difficult conversations. This DNP project aimed to highlight the importance of having regular staff training and frequent discussions about end-of-life planning and increasing the completion of advance directives for all residents at Sarah Daft Assisted Living Facility, leading to better patient outcomes.

METHODOLOGY

This DNP project included gathering the existing advance directive policy, training the staff members, completing a pre- and post-test to see if they learned from the presentation, identifying a champion RN, and checking charts at one-month intervals to ensure completion of advance directives.

RESULTS

After the training session, staff members reported an increased knowledge level and felt more comfortable about the content of advance directives, realized the importance of completing advance directives, and felt competent with end-of-life discussions. In addition, post-training surveys indicated that more than 90% of staff members supported the advance directives policy.

IMPLICATIONS FOR PRACTICE

This training and advance directive policy implementation helped support the culture change at Sarah Daft Assisted Living, easing the burden for the patients and their family members as they make end-of-life decisions.

PROJECT CONSULTANT

Paul Ogilvie MBA

FACULTY LEAD

Kristy Baron PhD, RN



SHAYLEE PETTIT

DNP-FNP, RN



Implementation of a Screening Tool to Help School Educators Identify Adolescents at Risk for Mental Health Issues

PURPOSE

This project aimed to introduce the Patient Health Questionnaire for Adolescents (PHQ-A) and Generalized Anxiety Disorder (GAD-7) screening tools at Ogden Preparatory Academy (OPA) to help faculty identify students at risk for mental health issues.

METHODOLOGY

The participants completed a pre-training survey to evaluate prior knowledge. All participating faculty members then viewed a training video discussing the screening tools' use. After viewing the video, each participant completed a post-training survey to evaluate learning from the presentation. Lastly, OPA faculty completed an end-of-school-year survey to determine attitudes and effectiveness of the project implementation. These surveys used Likert-scale and free-text options to collect quantitative and qualitative data.

RESULTS

OPA faculty's use of these screening tools increased the number of student referrals and treatment for anxiety and depression. Additionally, participating faculty felt more confident identifying adolescent anxiety and depression after the training. Having more staff available at the school to review the screening tools and refer to a healthcare provider may be beneficial due to the high number of positive screenings.

IMPLICATIONS FOR PRACTICE

This DNP project provided standardized anxiety and depression screening tools to be utilized by OPA staff. The success of the project and staff response indicated that the OPA administration should continue to utilize mental health screening in the future. In addition, using the screening tools may lead to early intervention and treatment for students with anxiety and depression.

PROJECT CONSULTANT

Suzy Hinsley MA, OPA

FACULTY LEAD

Kelley R Trump DNP, MSN/Ed, RN, CNE, COI



CARLY REID

DNP-FNP, RN



Quality Improvement of Mindfulness Program for Adolescent Anxiety Disorders in Residential Treatment

PURPOSE

A need for consistent, mindfulness-based interventions (MBIs) for adolescents experiencing anxiety disorders. The primary purpose of this project is to plan, implement, and evaluate evidence-based practice to improve a residential mindfulness program. As a result, this project decreased the amount of anxiety experienced and assisted adolescents in coping with the challenges of daily life.

METHODOLOGY

Staff at Cascade Academy completed a pre-survey followed by a digital education module and post-education survey. Four interventions were implemented over four months, after which a post-survey was administered to measure the change in attitude and knowledge. These surveys contained both quantitative and qualitative data to measure improvement.

RESULTS

Overall, the data suggest an improvement in the knowledge and change of attitude of staff throughout the project, including an increase in perception of the importance of mindfulness. In addition, the interventions implemented by the DNP team created a higher percentage of Agree and Strongly Agree responses, indicating an increase in knowledge or a wanted change in attitude by staff.

IMPLICATIONS FOR PRACTICE

Outcomes show that knowledge and attitude changed when staff was educated on mindfulness's importance in treating anxiety disorders. Furthermore, the education module, and surveys, can be used in other residential treatment centers that seek to understand how to incorporate a quality mindfulness program into their treatment plan.

PROJECT CONSULTANT

Bekah Schuler Ms. CMHC

FACULTY LEAD

Kelley R Trump DNP, MSN/Ed, RN, CNE, COI



EMILY RHODES

DNP-FNP, RN



E-Cigarette Intervention for Sixth-Grade Students

PURPOSE

Lack of e-cigarette education and prevention efforts in adolescents can increase the use of e-cigarettes, leading to nicotine addiction and adverse health consequences. This project addressed educating sixth-grade students about e-cigarettes and their associated risks and ultimately aimed to decrease the number of students using e-cigarettes.

METHODOLOGY

Sixth-grade students in a school district with high e-cigarette use were chosen as the focus population for e-cigarette use prevention efforts. The school administration was consulted in selecting an age-appropriate, evidence-based prevention intervention. The FNP/DNP-L student led the 35-minute program to 60 students over four consecutive weeks. In addition, to satisfy Internal Review Board (IRB) requirements, pre and post-surveys were administered to teachers to indirectly measure students' attitudes and knowledge of e-cigarette use and refusal skills.

RESULTS

Survey results showed a teacher-perceived increase in student knowledge of the addictive nature of e-cigarettes. The Teachers' perception also increased regarding students' attitudes of aversion and understanding of refusal skills. The program was also perceived to have met the needs of the students in e-cigarette use prevention.

IMPLICATIONS FOR PRACTICE

Education programs increase knowledge of e-cigarettes and support students in making healthy decisions and avoiding addiction. Teaching refusal skills can help adolescents confidently refuse e-cigarettes. Finally, implementing e-cigarette prevention programs in elementary schools is projected to decrease the use of e-cigarettes in adolescence.

PROJECT CONSULTANT

John Contreras PhD. MSPH

FACULTY LEAD



AMANDA SIMS

DNP-FNP, RN



Sustainable Use of Nonpharmacological Pain Techniques in Pediatric Oncology

PURPOSE

Nonpharmacological pain techniques effectively relieve pain in the pediatric oncology population. Despite multiple systematic reviews and studies supporting their usage, these techniques are underutilized, contributing to the over prescription of narcotics and unrelieved pain. Improving pediatric oncology nurses' knowledge of available techniques may increase nonpharmacological pain method exposure and usage. This DNP project aims to improve nurses' knowledge of nonpharmacological pain techniques and increase utilization.

METHODOLOGY

Nurses working in the pediatric oncology unit at Primary Children's Hospital were given a pre-survey to assess their knowledge regarding and use of nonpharmacological pain management interventions. The 54 registered nurses attended an educational in-service. They were provided with handouts regarding the efficacy of nonpharmacological pain management with a specific focus on guided imagery and hand/foot massage. Adjustments were made to nursing report sheets and patient teaching outlines to increase the visibility and usage of these nonpharmacological pain interventions. Nurses were asked to complete a post-survey to assess changes in knowledge and utilization.

RESULTS

Fifty-four nurses received the in-service and 26 completed the post-class evaluation survey. Seventy-three percent of the surveyed participants found the learning intervention to be beneficial. The post-class evaluation results (N=15) showed increased usage of thought-replacement and breathing techniques, essential oils, progressive muscle relaxation, massage therapy, and heat/cold therapy.

IMPLICATIONS FOR PRACTICE

Increasing access to evidence-based, effective pain relief methods may improve pediatric oncology patients' quality of life. Educating nurses about available techniques at their facilities increases their knowledge and utilization of these techniques with patients.

PROJECT CONSULTANT

Cynthia Beynon PhD, RN, CNE

FACULTY LEAD

Jody Osteyee DNP, APRN, CPNP



MELISSA SLAUGH

DNP-FNP, RN



Establishing a Narcan Protocol in a Mental Healthcare Center in a Rural Community

PURPOSE

Narcan is a life-saving drug proven to reverse an opioid-related overdose if administered promptly. There is a need to improve distribution rates of intranasal Narcan to reduce high overdose rates. This Doctor of Nursing Practice (DNP) project aimed to increase Narcan awareness among Northeastern Counseling Center (NCC) employees, thereby aiming to increase the distribution rates of Narcan kits handed out by NCC staff to community members at risk for opioid overdose.

METHODOLOGY

Northeastern Counseling Center employees were provided Narcan education and training at a staff meeting. Pretest and post-test surveys were used to evaluate knowledge of Narcan and how it should be administered. The survey directly assessed the employee's comfort level with delivering intranasal Narcan for an opioid-related overdose. In addition, a Narcan distribution sheet was used to track the number of intranasal Narcan kits handed out six months before and six months after employee Narcan education and training.

RESULTS

Narcan education and training proved to be an effective intervention in a) increasing Narcan awareness, b) increasing the confidence to intervene in an opioid-related overdose event, and c) increasing the number of Narcan kits distributed to patients and community members. Staff education and training increased the comfort level in educating the patients and their family members. The Narcan distribution rate also increased, as evidenced by the data collected via the distribution sheet.

IMPLICATIONS FOR PRACTICE

Narcan education and training is an effective intervention that increases the confidence of staff members to administer intranasal Narcan in an opioid-related event. Narcan education and training increase staff awareness, and staff members feel better prepared to distribute Narcan kits to patients at risk for an opioid-related overdose.

PROJECT CONSULTANT

Cynthia Beynon PhD, RN, CNE

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Robert Hall LCSW



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