

THE UNIVERSITY OF IOWA

Gerontological Nursing Interventions
Research Center

Research Translation & Dissemination Core



**The latest, comprehensive information available
at your fingertips!**

March 2005

Look inside for

- ◆ **Protocols currently available**
- ◆ **Courses available online or on CD roms**
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- ◆ **Upcoming protocols—
reserve your copy today**

Research Translation and Dissemination Core

March 2005

PURPOSE

The purpose of the Research Translation and Dissemination Core (RTDC, formerly Research Dissemination Core) is to 1) distribute scientific information to the professional nursing community and to consumers; and 2) promote adoption of evidence-based interventions to improve care of older adults.

EVIDENCE-BASED PROTOCOLS

There are currently thirty-one evidence-based nursing practice protocols. These are available for a nominal fee (not-for-profit) to defray production and mailing expenses. Quick Reference Guides and Consumer Information Sheets accompany some of our protocols. You may request protocols using the RTDC Order Sheet on page 9 or by accessing the website at www.nursing.uiowa.edu/centers/gnirc/rtdcore.htm

****With any protocol purchase, a permission form will be sent granting the purchaser permission to copy purchased protocols for internal, non-profit use.**

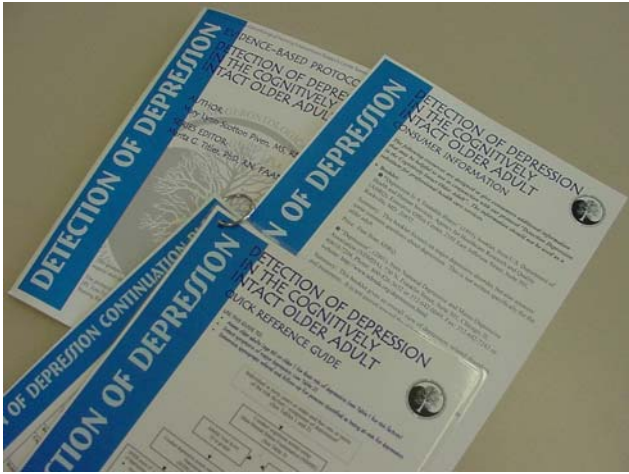
GERONURSE

To subscribe to the *Geronurse* listserv (requires access to electronic mail), you may either call Pam Michael Milder at (319) 335-7022 or send your request electronically to: gero-nurse-request@list.uiowa.edu with the following command in the body of your e-mail message, "subscribe". After your subscription to *Geronurse* has been processed, you will receive a welcome message with further instructions on how to use *Geronurse*.

EDUCATIONAL PROGRAMS

The 12th National Evidence-Based Practice Conference, "Evidence-Based Practice: Pursuing Excellence", will be held Friday, April 29, 2005, at the Holiday Inn Hotel & Conference Center in Coralville, Iowa. The guest speaker will be Linda Urden, Executive Director, Nursing Quality, Education & Research, Palomar Pomerado Health, Poway, California. The pre-conference will be on Thursday, the 28th. For more information contact Karen Marek-Bacher at karen-marek-bacher@uiowa.edu

The Advanced Practice Institute is an annual program to educate nursing leaders to guide staff in the integration of evidence-based knowledge into practice. The 4th Annual Advanced Practice Institute: "Promoting Adoption of Evidence-Based Practice" will be held September 20-22, 2005, in Iowa City, Iowa. For information contact Grace Rempel at (319) 384-6737 or by email at grace-rempel@uiowa.edu. Application deadline is June 30, 2005.



Several protocols have companion pieces!

* New!

Acute Confusion/Delirium with Quick Reference Guide

Describes the assessment and management practices for elderly patients with acute confusion/delirium. This includes screening and ongoing surveillance for acute confusion/delirium based on identified risk factors with a focus on preventing or minimizing acute confusion/delirium. **42 pages. Written, 1998. \$17.50.**

Acute Pain Management in the Elderly Available with or without Quick Reference Guide

Helps providers manage acute pain in elderly patients. The outcomes of effective management include reduced pain levels, minimization or elimination of complications of pain treatment, and increased patient satisfaction with pain management. It includes guides for baseline pain assessment, patient/family education, acute pain monitoring, and pharmacological and nonpharmacological treatments. **83 pages. Written 2000; Reviewed 2003. \$18.75 without Quick Reference Guide. \$35.00 with Quick Reference Guide.**

Advance Directives with Quick Reference Guide and Consumer Information Sheet

Provides guidance in end-of-life health care decision-making through education and discussion about preparation of an advance directive. Assists health care personnel to facilitate informed decision-making by patients choosing end-of-life care. Includes “Quick Reference Guide” algorithm chart to help in selecting the appropriate advance directive choices. This set also includes a “Consumer Information Sheet” that contains possible reference material that may be helpful to use in conjunction with the Advance Directives protocol. **36 pages. Written 1999; Reviewed 2001. \$15.00.**

Alzheimer’s Disease and Chronic Dementing Illnesses*

Please see “Non-pharmacologic Management of Agitated Behaviors in Persons with Alzheimer Disease and other Chronic Dementing Conditions” for the updated, “Alzheimer’s Disease and Chronic Dementing Illnesses” protocol.

Bathing Persons with Dementia*

Provides strategies for minimizing fear, agitation, combative behavior, and development of secondary behavioral symptoms during and/or after personal hygiene. The goal is to reduce the frequency and severity of negative bathing episodes in patients with chronic dementing illness. **28 pages. Written 1995; Revised 2004. \$12.00.**

* New!

Detection of Depression in the Cognitively Intact Older Adult with Quick Reference Guide and Consumer Information Sheet

The purpose of this guideline is to improve detection of depression in medically compromised, cognitively intact, older adults. Identification of depression in the older adult is critical in reducing the negative impact of depression on quality of life, health care utilization, adherence with treatment regimens, and functional status. **25 pages. Written 1998; Reviewed 2001. \$15.00.**

Elder Abuse Prevention*

The purpose of the guideline is to facilitate health care professionals to assess older persons in domestic and institutional settings who are at risk for elder abuse and recommend interventions to reduce the incidence of mistreatment. This guideline contains thirteen examples of assessment tools, instruments, and forms to use in patient assessment of elder abuse. Also included is one relevant Nursing Outcome Classification (NOC), and relevant labels and definitions of NOC and Nursing Interventions. **69 pages. Written 2004. \$17.00.**

Elderly Suicide: Secondary Prevention

People over the age of 65 have the highest rate of suicide of any age group in the United States. This evidence-based protocol provides information that will assist the nurse or other health care provider in recognizing at-risk suicidal behavior in the elderly and providing appropriate and effective crisis intervention. The goal is to decrease the occurrence of suicide among elderly individuals who have contact with nurses or other health care providers. **56 pages. Written 2002. \$14.50.**

Exercise Promotion: Walking in Elders with Consumer Information Sheet

This guideline assists health care providers in all settings to enhance or maintain exercise behavior of elders. Regular walking and moderate-intensity physical activity improve health, enhance independent living, decrease depression, and increase overall quality of life. **53 pages. Written 2001. \$16.75.**

Falls Prevention For Older Adults*

This guideline aims to describe strategies for identifying persons at risk for falling and for preventing falls in older adults, while maintaining autonomy and independence. Includes information regarding risk factors, assessment tools, interventions, and outcome evaluations. **60 pages. Written 1996; Revised 2004. \$17.50.**

Family Bereavement Support Before and After the Death of a Nursing Home Resident

Providing bereavement care is important for good bereavement outcome and better quality of care. This protocol provides an intervention guideline designed to assist family members before and after the death of their loved one in nursing home settings. The guideline is intended for front-line staff (registered nurses, care attendants, social workers, chaplains) who care for the elderly, and provide support to the elders' families in nursing homes. It is also intended for care managers who develop policy and procedures in nursing home settings. **46 pages. Written 2002. \$14.00.**

Family Involvement in Care for Persons with Dementia (FIC)

This guideline focuses on a program to involve family members in the care of their relative with dementia through partnerships with other, both formal and informal, care providers. Successful care partnerships result in the establishment of meaningful and satisfactory caregiving roles regardless of the care setting. **40 pages. Written 1999; Reviewed 2001. \$12.75.**

Family Visitation and Partnership in the Critical Care Unit/Family Pet Visiting, Animal-Assisted Activities, and Animal-Assisted Therapy in Critical Care

The pet visitation and child visitation guideline, is one of a five protocol series entitled, *Creating a Healing Environment*. This protocol is produced by AACN (American Association of Critical-Care Nurses). The cost is \$12.95 less 15% for AACN members. Call 1-800-899-2226.

* New!

Guideline for Conducting Effectiveness Research in Nursing and Other Health Care Services*

This guideline is directed towards researchers, health care providers, and administrators who are implementing standardized nursing language, evaluating clinical information systems, or involved in constructing or using a clinical documentation system for effectiveness research. It results most directly from the authors experiences during a funded NINR/AHRQ research study that required the use of several large electronic data repositories that included standardized nursing data. The guideline content includes the identification of research questions, factors to consider in selecting database variables for analysis, data definitions of clinical variables, potential data sources, methods of requesting data, developing a relational database and a large section on data analysis, plus much more. **49 pages. Written 2004. \$25.00.**

Hydration Management* with *Quick Reference Guide and *Consumer Information Sheet***

This guideline helps health care providers determine adequate oral fluid intake for elders and provides strategies to maintain hydration and to prevent conditions associated with dehydration, such as acute confusion/delirium. Quick Reference Guide includes the Urine Color Chart. **46 pages. Written 1998; Revised 2004. \$17.50.**

Identification, Referral, and Support of Elders with Genetic Conditions

Describes assessment and management practices related to the genetic aspects of health conditions in elders. This guideline is meant for non-genetic specialist gerontological nurses as the integration of new genetic information into clinical nursing care of the elderly evolves. It includes descriptions of those experiencing or at risk for genetic conditions, referral for diagnosis or services, and supportive care such as advocacy, teaching, and counseling. **31 pages. Written 1999; Reviewed 2001. \$14.50.**

Improving Medication Management for Older Adult Clients*

Older adults who take many medications are at high risk of getting sicker and losing function. Therefore, all older adults who take any prescription, over-the-counter, or complimentary medications need to have routine medication monitoring. This guideline helps RNs, Nurse Practitioners, and Pharmacists to improve medication management practices for older adults. The goals are to reduce inappropriate prescribing, decrease polypharmacy, avoid adverse events and maintain function. **55 pages. Written 2004. \$16.00.**

Individualized Music with *Quick Reference Guide* and *Consumer Information Sheet*

Describes strategies for alleviating agitation in chronically confused, elderly persons through the use of individualized music. The goal is to reduce and prevent the frequency and severity of agitation episodes in chronically confused, elderly patients by assessing music preferences and playing music for the elder at designated times. This set includes a "Consumer Information Sheet" that contains information that may be helpful for consumers to use in conjunction with the Individualized Music protocol. **35 pages. Written 1996; Revised 2001. \$19.75.**

Interpreter Facilitation for Persons with Limited English Proficiency

Provides information to assist in the effective use of interpreter services in health care settings. The goals are to increase the use of interpreters, enhance the communication process between clients and providers, and improve the satisfaction of clients and providers with health care encounters. This protocol does not address the use of sign language interpretation for hearing impaired clients. **32 pages. Written 2001. \$12.00.**

* New!

Latex Precautions

Describes risk factors for allergic reactions to natural rubber latex. This protocol, specifically designed for elderly patients, outlines steps that serve to eliminate exposures to latex rubber products by substituting commonly used products with latex-free alternatives. The goal is to prevent anaphylactic reactions in patients who are hypersensitive to natural rubber latex. A basic nursing care plan for latex precautions is included. **15 pages. Written 1997; Reviewed 2001. \$10.50.**

Management of Constipation with Quick Reference Guide* & Consumer Information Sheet

The purpose of this protocol is to reduce the frequency and severity of constipation among older adults. It is applicable to older adults who are hospitalized, residing in long-term care or skilled care facilities, or living in the community. This protocol is not intended for populations of enterally fed, paraplegic, or quadriplegic individuals. **48 pages. Written 1996; Reviewed 2001. \$15.50.**

Non-pharmacologic Management of Agitated Behaviors in Persons with Alzheimer Disease and other Chronic Dementing Conditions* (Revised version of Alzheimer's Disease and Chronic Dementing Illness)

Nearly half of the residents of long term care facilities are diagnosed with a chronic dementing condition and are at risk for experiencing agitated behaviors. This guideline discusses non-pharmacologic interventions to decrease the frequency of agitated behaviors, thereby supporting functional ability and enhancing quality of life for persons experiencing Alzheimer disease and other chronic dementing conditions. **54 pages. Written 1995; Revised 2004. \$16.50.**

Nurse Retention

Retaining expert nurses has a positive effect on quality patient care. Nurse managers are critical to promoting job satisfaction and diminishing turnover of nurses working in their area. This administrative protocol is a helpful guide for nurse managers who are striving to improve retention of staff in various health care settings. **56 pages. Written 2002. \$16.00.**

Oral Hygiene Care for Functionally Dependent and Cognitively Impaired Older Adults

Oral care is a difficult and challenging task for caregivers, especially if the older person has dementia and/or communication and behavior problems. This protocol provides practical information to assist healthcare providers with the provision and documentation of oral hygiene care for functionally dependent and cognitively impaired older adults to prevent plaque-related oral diseases. **48 pages. Written 2002. \$14.50.**

Prevention of Deep Vein Thrombosis

Describes a standard method for the assessment of risk for development of deep vein thrombosis in elderly surgical patients. A list of suggestions and options regarding modes of prophylaxis are described as applicable in the acute care setting. **33 pages. Written 1999; Reviewed 2001. \$12.50.**

Prevention of Pressure Ulcers

Assists health care providers in determining those patients at risk for development of pressure ulcers, and describes prevention activities that will reduce patients' risk for pressure ulcers. The evidence-based prevention activities are intended for use in the care of patients who have been identified as "at risk" for pressure ulcers. **21 pages. Written 1997; Revised 2002. \$12.50.**

Progressive Resistance Training*

Describes a training program to improve and maintain the functional fitness of older adults through Progressive Resistance Training (PRT), with the intent of improving their prospects for independent living, reducing fall risk, and enhancing commitment to regular exercise. The protocol also includes the screening process, development of an exercise plan, and outcome evaluation. **28 pages. Written 1998; Revised 2004. \$10.50.**

* New!

Promoting Spirituality in the Older Adult*

The purpose of this evidence-based protocol is to provide guidelines for promoting spirituality for health care providers working with older adults in community and institutional settings. The protocol is developed from a holistic perspective that views humans as having integrated physical, emotional, social and spiritual dimensions; and alterations of well-being in one dimension affects the other dimensions. The guideline contains assessment tools for evaluating spiritual well-being and guideline practice. **50 pages. Written 2004. \$14.00.**

Prompted Voiding For Persons With Urinary Incontinence *with Quick Reference Guide and Consumer Information Sheet*

Provides information for implementing a treatment program of prompted voiding (PV) for elderly persons with urinary incontinence. Use of this protocol will help care providers reduce the frequency and severity of incontinence episodes, increase self-initiated toileting, and prevent the complications associated with incontinence. **49 pages. Written 1999; Reviewed 2001. \$17.00.**

Quality Improvement in Nursing Homes

This evidence-based administrative guideline is aimed to provide knowledge and evidence-based strategies for quality and performance improvement in nursing homes. Departments can use this administrative guideline as a team to develop, define, implement, and evaluate their own quality improvement program. **71 pages. Written 2003. \$16.50.**

Restraints

This guideline is under major revision. To be on the waiting list for the revised version “Changing the Practice of Physical Restraints in Acute Care”, please see the notification form on page 11.

Split Thickness Skin Graft Donor Site Care

Outlines the care of split-thickness skin graft donor sites. Use of this protocol will aid in the management of donor sites through the use of various dressings to promote healing rate and quality, reduce infection and pain, and decrease associated costs. **28 pages. Written 1998; Reviewed 2001. \$10.25.**

Treatment of Pressure Ulcers

Provides guidelines for the treatment of pressure ulcers among elderly patients. Assists in the assessment of patients for skin alterations and describes interventions to aid in the healing of ulcers. **30 pages. Written 1997; Revised 2002. \$15.00.**

Wandering *with Consumer Information Sheet*

The purpose of this protocol is to assist formal caregivers of older adults with dementia in dealing with problem wandering behavior. The outcomes of effective management include decrease problem wandering, increased patient safety, and increased in way finding/reduced disorientation. **45 pages. Written 2002. \$15.00.**

Wheelchair Biking for the Treatment of Depression

This protocol introduces a specific recreation therapy program, wheelchair biking, for the treatment of depression in older adults with and without cognitive impairments. The goal is to reduce depressive mood in older adults and to provide a complimentary or alternative treatment to medications. **53 pages. Written 2003. \$18.25.**

Also available are these helpful notebooks!

Guidelines for Writing Evidence-Based Practice Protocols

A three-ring notebook with step-by-step directions on how to write a clinical, evidence-based practice protocol, complete with a computer disk template and articles. **Written 1999; Revised 2001. \$25.00.**

Toolkit for Promoting Evidence-Based Practice

Multifaceted active dissemination strategies are needed to promote use of research evidence in clinical and administrative healthcare decision-making. Promoting adoption of evidence-based practices requires a combination of organizational commitment and individual use of research to improve patient outcomes. This toolkit is designed to provide guidance for healthcare leaders in promoting adoption of evidence-based practices. The toolkit includes an electronic version of forms used in the toolkit. **Written 2002. \$67.00.**

These CD ROMs are Available!



Acute Pain Management in the Elderly Course

This course is designed to provide nurses and physicians with current, research-based information on acute pain management for older adults. Key areas of focus include assessment of pain in older adults, pharmacological and non-pharmacological approaches to managing pain in older adults, and approaches to teaching older patients and their families about management of acute pain. Nursing continuing education credit (10 hours/1.0 CEU's) is available at no extra charge. **\$39.00.** This course is available online or on CD rom for individual use. Call for CD rom Institutional prices!

Evidence-Based Practice Course

This course presents an overview of evidence-based practice and research utilization, and their relationship to the conduct and dissemination of research. The course reviews three examples of evidence-based practice models, describes the steps of evidence-based practice, and outlines approaches to evaluating change in practice. Nursing continuing education credit (0.4 CEUs) is available at no extra charge. **\$29.00.** This course is available online or on CD rom for individual use. Call for Institutional CD rom prices!

Invitational CD's

Conference Proceedings: U.S. Invitational Conference "Advancing Quality Care Through Translation Research" (Set of 2 CD-ROMs)

A U.S. Invitational Conference was held in Iowa City, October 13-14, 2003. The purpose of the invitational conference was to promote translation research. The Agency for Healthcare Research and Quality (co-sponsors listed below) funded the invitational conference to address methodological issues and designs of major importance in translation science. **\$40.00**

Please see the RTDC Order Sheet on the next page to order!

Individual Consultation available for evidence-based practice. Contact Dr. Marita Titler at 319-384-9098, or marita-titler@uiowa.edu for details!

RTDC ORDER SHEET

TITLE OF PROTOCOL AND/OR COURSE	QTY	PRICE	TOTAL
Acute Confusion/ Delirium		\$17.50	
Acute Pain Management in the Elderly <i>without Quick Reference Guide</i>		\$18.75	
Acute Pain Management in the Elderly <i>with Quick Reference Guide</i>		\$35.00	
Acute Pain Management in the Elderly Course (<input type="checkbox"/> on-line course, or <input type="checkbox"/> CD rom)		\$39.00	
Advance Directives		\$15.00	
Bathing Persons with Dementia (Updated!)		\$12.00	
Detection of Depression in the Cognitively Intact Older Adult		\$15.00	
Elder Abuse Prevention		\$17.00	
Elderly Suicide: Secondary Prevention		\$14.50	
Evidence-Based Practice Course (<input type="checkbox"/> on-line course, or <input type="checkbox"/> CD rom)		\$29.00	
Exercise Promotion: Walking in Elders		\$16.75	
Fall Prevention for Older Adults		\$17.50	
Family Bereavement Support Before and After the Death of a Nursing Home Resident		\$14.00	
Family Involvement in Care for Persons with Dementia (FIC)		\$12.75	
Guidelines for Writing Evidence-Based Practice Protocols		\$25.00	
Guideline for Conducting Effectiveness Research in Nursing and Other Health Care Services		\$25.00	
Hydration Management		\$17.50	
Identification, Referral, and Support of Elders with Genetic Conditions		\$14.50	
Improving Medication Management for Older Adult Clients		\$16.00	
Individualized Music		\$19.75	
U.S. Invitational Conference "Advancing Quality Care Through Translation Research (2 CD Rom set)		\$40.00	
Interpreter Facilitation for Persons with Limited English Proficiency		\$12.00	
Latex Precautions		\$10.50	
Management of Constipation		\$15.50	
Non-pharmacologic Management of Agitated Behaviors in Persons with Alzheimer Disease and other Chronic Dementing Conditions		\$16.50	
Nurse Retention		\$16.00	
Oral Hygiene Care for Functionally Dependent and Cognitively Impaired Older Adults		\$14.50	
Prevention of Deep Vein Thrombosis		\$12.50	
Prevention of Pressure Ulcers		\$12.50	
Progressive Resistance Training [PRT]		\$10.50	
Promoting Spirituality in the Older Adult		\$14.00	
Prompted Voiding for Persons with Urinary Incontinence		\$17.00	
Quality Improvement in Nursing Homes		\$16.50	
Restraints		\$17.50	
Split-thickness Skin Graft Donor Site Care		\$10.25	
Toolkit for Promoting Evidence-Based Practice		\$67.00	
Treatment of Pressure Ulcers		\$15.00	
Wandering		\$15.00	
Wheelchair Biking for the Treatment of Depression		\$18.25	
<i>[shipping/handling included except for overseas shipments]</i>		TOTAL	

Family Visitation and Partnership in the Critical Care Unit, on pet visitation and child visitation, is one of a five protocol series entitled "Creating a Healing Environment." This protocol is published by the American Association of Critical-Care Nurses (AACN). The cost is \$12.95 less 15% for AACN members. Call 1-800-899-2226.

Please ship the protocols to me at:

NAME _____

ADDRESS _____

PHONE _____

If applying for CEU Credit, please fill in the additional information below:

Month of Birth:	Date of Birth:
Last 4 Digits of SSN:	Nursing License #:
Home Address (if different from above):	Date Completed:
Email Address (required):	

If using a **purchase order number**: _____ You can fax this to us at (319) 353-5843.

Please check one type of agency you represent:

- | | | |
|--|--|--|
| <input type="checkbox"/> Hospital Practice | <input type="checkbox"/> Sub-Acute Care Facility | <input type="checkbox"/> Skilled Nursing Facility |
| <input type="checkbox"/> Long-Term Care Facility | <input type="checkbox"/> Outpatient Clinic | <input type="checkbox"/> Residential Care Facility |
| <input type="checkbox"/> Hospice Care Facility | <input type="checkbox"/> Rural Health Clinic | <input type="checkbox"/> Assisted Living Facility |
| <input type="checkbox"/> Public Health Facility | <input type="checkbox"/> Home Health Clinic | <input type="checkbox"/> Academic Institution |
| <input type="checkbox"/> Other (specify)_____ | | |

All orders must include a RDC order sheet and purchase order number, check, or money order payable to:

College of Nursing

Mail check and order form to:
 University of Iowa, College of Nursing
 Research Translation and Dissemination Core
 4118 Westlawn
 Iowa City, IA 52242

If you have any questions, please call us at (319) 384-4429, or by email at research-dissemination-core@uiowa.edu You can also visit our website and access protocol descriptions and the protocol order sheet at <http://www.nursing.uiowa.edu/centers/gnirc/disseminatecore.htm> *Thank you for your order!*

Included with your order will be a letter that will serve as your invoice. Remittance fees are subject to change without notice. Allow 10-14 days for delivery if address is in the continental United States.



GET YOUR NAME ON THE LIST NOW!

The following protocols will be available
in the near future

Management of Relocation in the Older Adult

Persistent Pain Management

Detection of Depression in the Cognitively Intact Older
Adult (Revised)

Evidence-Based Practice Staff Nurse Internship Program
Guide

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Fill out this form below and mail it to: University of Iowa, Research Translation and Dissemination Core, 4118 Westlawn, Iowa City, IA 52242; fax to (319) 353-5843, or email at research-dissemination-core@uiowa.edu

Name: _____

Address: _____ City: _____

State: ____ Zip: _____

Email: _____

Please notify me when _____ becomes available.