Example SPN Abstract

Track:
Research

Session Title:
Steps towards Savings: A Frontline Clinical Nurse-Led Research Project to Evaluate the Impact of an Early Ambulation Device

Session Type:
Podium or Poster Presentation

If this podium submission is not accepted, it can be considered for a poster submission.:

If this podium submission is accepted, it can be considered to be presented virtually in addition to in-person.:

Abstract:
Early frequent ambulation is correlated with fewer postsurgical complications and increased healing with earlier discharge home.1-3 During acute recovery, patients require multiple intravenous (IV) lines, drains, and equipment. The early ambulation device holds patient equipment both when in bed or ambulating, thus eliminating setup time and allowing one caregiver to safely assist.3,4 No current literature has evaluated the use of early ambulation devices in pediatric postsurgical patients. The purpose of this study was to evaluate the effectiveness of an early ambulation device for pediatric patients undergoing abdominal surgeries measured by length of stay, time to first ambulation, and daily average ambulations. This quasi-experimental study included an experimental group of 52 postsurgical patients admitted for abdominal surgeries and a medically-matched control group of 52 previously discharged patients. The study took place in a 38-bed inpatient surgical unit. Patients included in the study were between 137-193 centimeters tall, admitted for at least 24 hours, and directly admitted to the unit after abdominal surgery. The study intervention was placement of an early ambulation device in participants' rooms versus traditional IV poles. Data were collected via electronic medical record for demographics and ambulation data and caregivers reported all ambulations in a journal. As of August 2022, 41 patients who had abdominal surgeries were enrolled in the experimental group and 52 chart reviews were completed for the control group. Results included: (1) statistically significant increase in median number of total ambulations between experimental and control groups: 15.0 vs 12.0 (p=.039); (2) statistically significant increase in daily average ambulations between groups: 5.3 vs 2.5 (p<.0001). Clinical significance was identified with decreased length of patient admission by 1 day per patient resulting in cost savings of $240,091.90. Limitations included staffing difficulties and staff turnover, limited surgeries due to the Covid-19 pandemic, and transitioning to a new surgical unit. Enrollment is ongoing to include 52 total participants with the goal to equip each room on the surgical unit with an early ambulation device based on study results. An early ambulation device can empower patients to participate in ambulation safely, earlier, and more frequently thus reducing inpatient length of stay.

Podium Submissions ONLY:
Please type a brief (50 word maximum) description of your session, to be published in the conference brochure should your abstract be accepted. This short, compelling description describes what participants should expect by attending your session.

Session Description:
Ever wish you had a magical pumpkin that helped your patient's ambulate? While improving outcomes and lowering costs? Something this good has to be magical! Join us as we discuss how the implementation of an early ambulation device helped decrease admission length in patients at a large pediatric medical center.

> Examples: evidence-based practice/peer review journals, clinical guidelines, best practices. > Current (no older than 5 years) unless classic/seminal works such as: Benner, P. (1984). From novice to expert: Excellence and power in clinical nursing practice. Menlo Park, CA: Addison-Wesley. > Contain complete publication information in format such as APA. > Resource for formatting references:

http://owl.english.purdue.edu/owl/resource/560/05/; > Literature references are not counted towards the abstract character limit.

Literature References (3-5):

1Kibler, V. A., Hayes, R. M., Johnson, D. E., Anderson, L. W., Just, S. L., & Wells, N. L. (2012). Early postoperative ambulation: Back to basics. American Journal of Nursing, 112(4), 63-69.2Growdon, M. E., Short, R. I., & Inouye, S. K. (2017). The tension between promoting mobility and preventing falls in the hospital. JAMA Internal Medicine, 177(6), 759-760.3Firefly Medical Inc. (2019). IVEA equipment management tool. Retrieved July 31, 2019 from https://www.stryker.com/us/en/acute-care/products/ivea.html 4IVEA Mobility. (2018). FAQ. Retrieved July 31, 2019 from http://www.iveamobility.com/faq/

Have you received a grant or sponsorship from SPN?:

No

Are you a member of SPN?:

Yes

The mission of the Society of Pediatric Nurses is to advance the specialty of pediatric nursing through excellence in education, research and practice. More information may be **found here.**

Is your submission consistent with the SPN Mission?:

Yes

If chosen, will this be your first time presenting?:

No

Please indicate the anticipated outcome of your presentation by completing this sentence: This session will enable the learner to: _____.

Outcome Statement:

The session will enable the learner to understand how use of an early ambulation device can incur cost savings by decreasing patient length of stay and preventable readmissions.

SPN defines advocacy as taking action to address a health policy issue to improve pediatric nursing practice or health outcomes for children and their families.