

Wisconsin Nurses Association – Continuing Nursing Education Program
2021 APRN Pharmacology & Clinical Update
 COMPILED EVALUATION RESULTS
 Virtual ZOOM platform

Thursday, April 15

Plenary Session - Keynote

TITLE: Advancing Evidence-based Practice and Clinician Well-being to Achieve Healthcare’s Quadruple Aim: Strategies that Work!

PRESENTER: Bernadette Mazurek Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN

Completed Evaluation: 180

		Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The presenter(s) demonstrated expertise in this content area.		142	36	1		
The information presented was relevant to my learning needs/practice situation.		125	48	5	1	
					YES	NO
Do you intend to make a change in practice based on what you learned in this session? Please explain:					136	47
YES	<p><i>Add CBT to my practice to prevent burnout</i></p> <p><i>Apply evidence based principles to my clinical decision making.</i></p> <p><i>Appreciating the correlation between EBP and clinician well being.</i></p> <p><i>ascribe to evidence based practice</i></p> <p><i>better self-care measures for myself and my coworkers. I like to think I use EBP in my clinic, but this presentation made me pause and think of how our clinical group could approach this better to improve outcomes for patients.</i></p> <p><i>Consider gratitude</i></p> <p><i>Continue to look for the best evidence available.</i></p> <p><i>Continuing evidence based practice</i></p> <p><i>Dr. Melnyk made the case for why health care provider wellness matters. I was moved by her examples of changing the paradigm about health care providers allowing themselves time for basic needs such as nutrition and balance during the work day as acceptable and not selfish acts.</i></p> <p><i>The big view of this mindset is that when providers do well, they in turn can role model and teach wellness to patients, culminating in a culture of wellness that benefits most everyone.</i></p> <p><i>My work place has a wellness committee. I admit, I have not paid attention to this resource or participated in any events. As a result of Dr. Melnyk's talk, I plan on supporting and participating in the wellness committee this year.</i></p> <p><i>Evidence -based practice substantiates evaluation and management decisions and helps health care move away from the practice of doing things that "seem to make sense" but may actually have little to no efficacy and even risk harm.</i></p> <p><i>examine the underlying reason for treatment choices</i></p> <p><i>Explore evidence based therapies</i></p> <p><i>Good reminder on ways to insert self care into our lives</i></p> <p><i>Gratitude very AM</i></p> <p><i>Guide decisions more with Evidence Based Practice</i></p> <p><i>I actually did a talk with my own primary staff the day before on this very topic. I learned so much and confirmed things that I found myself in the research so that was awesome. I am planning on bringing the additional information I learned to our next meeting as an update.</i></p> <p><i>I am going to create a phrase to add to my patient instructions for all physical exams stressing the importance of behavior in preventing chronic disease - physical activity, healthy eating, no smoking (or recreational drugs), etc instead of just mentioning it in passing during the appointment.</i></p> <p><i>I do use uptodate often which provides evidence based practice. And I precept many students so I do feel that is used more often. Prior to COVID our clinic was going to start a journal club for providers, hoping we can look into that again.</i></p> <p><i>I intent to focus on my well-being with simple techniques to further help my patients</i></p> <p><i>I plan to improve my self-care behaviors. My clinic already uses EBPs.</i></p> <p><i>I plan to make a conscious effort to start every day with a dose of vitamin G!</i></p> <p><i>I plant be more in tune with my mental health</i></p> <p><i>I thank her for her passion on EBP. I will continue to review UpToDate and society guideline links as patient cases arise. I will also teach that to my NP students as a clinical practice mentor.</i></p> <p><i>I think becoming more aware about evidenced based practice and the challenges of implementation are relevant in practice. This talk has made me want to seek out others in my practice who have knowledge and expertise in evidenced based practice to help more evidence forward in my busy practice.</i></p> <p><i>I will be more cognizant of the mental health of my colleagues. I will speak up and offer help when able.</i></p> <p><i>I will continue to apply EBP in my practice to the best of my ability.</i></p> <p><i>I will continue to use and improve my use of EBP.</i></p> <p><i>I will focus on self-care in order to improve the care I give to my patients</i></p> <p><i>I will place a high priority on making sure I am looking out for my own health- diet, regular exercise, stress relief.</i></p>					

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I will practice mindfulness or take at least 15 minutes for myself daily.
I will use evidence based practice more.
I'm going to continue using evidence-based practice within my practice and be more mindful of incorporating new evidence-based practice into my patient health plans, as well.
Implementing changes to decrease personal burnout.
Implementing evidence based practices more into daily practices as well as promoting self care activities
Implementing interventions that Improve Health & Wellbeing - to prevent burn-out
Importance of focusing on clinician well being.
Incorporate more evidence based as able
Increase practice of Gratitude, Deep Breathing and Self Care
Increased value of professional & personal wellness and reinforced appreciation of EB practice.
Learn to develop a better work life balance to avoid burnout.
Love the recipe for healthy life , will share this with parents
make a better effort to stay current on the most recent evidence
Make sure to make time for me.
Many issues brought to surface
mindfulness and self care, gratitude board - cognitive based therapy
More committed to evidence based practice.
More mindful of the importance of my own well-being.
Motivated to make changes at work.
Only in so much as I was inspired to renew efforts to incorporate EBP more quickly into my practice.
Our organization is actively working on provider well being, so I am looking forward to see how it all comes together. I also would like to look into the mindbodystrong 8 session CBT mentioned.
Pay attention to the team emotion and always assess emotional well-being with patients who particularly work in healthcare.
Plan to drop my clinical hours and focus on NP students.
Plan to integrate aspects of the 5 key steps to wellness with my routine office visits
possibly trying to get my organization to incorporate some of the modules that were brought up
Raised awareness of resources and references that can be utilized in my clinical practice
realized self care of the caregiver is important
Reinforces how I have already approached my patients' care.
Remember self care and practice EBP
remembering to care for myself, too, and the deep breathing exercises-- a simple but excellent reminder.
Reminds us of the importance of self care as well as our own need to support our colleagues in EBP at the APNP level
Review evidence-based guidelines.
selfcare is important!
start my day with exercise
Stop waiting for someone else to bring the EBP
Strategies to decrease stress, depression and somatic symptoms.
strive for more EBP implementation - the importance of taking care of oneself, so I can be healthy enough to take care of patients
Take a step back and make sure that things I do in practice are evidence based and not just "the way things are done. "
take care of myself better
Take more time for myself
the importance of evidence based medicine and self care are so important to being a better provider
The presenter made a strong case for nurses in leadership positions; I intend to explore opportunities at my organization to bring the nursing voice to the table.
This presentation was phenomenal. It really encouraged me to find ways to cope with burnout and will be using these methods now every day. I want to prevent this from occurring in my life so I give the best care I can. It was so eye opening and loved the discussion of EBP and implementing changes in practice.
try and take care more of myself to be able to help my patients
Try to be more mindful as to "why" I order and treat in my practice. Also hoping to adjust my mind-set to be more focused on the "dream" rather than the everyday mundane tasks I sometimes encounter.
Try to use more evidenced-based practice in my own practice
use EBP in my practice
Use more evidence based practice
use of evidence
using evidence based practice
Using more evidenced based practice.
Very inspiring and helped normalize my professional experiences and further motivated me to initiate next healthy steps in my career
Will continue to implement EBP in my practice. This is not new for me.
Will implement improved survey of well- being for self and peers
Will increase my personal wellness activities so will be healthier for practice!

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	<p><i>will review EBP competencies & evaluate my own use & work to improve</i> <i>Will use more EBP</i> <i>Will use the 5 easy tips to improve health in education of patients</i> <i>Work on ensuring I am using the best practices with up dated evidence to support them</i> <i>Work toward using more evidence based practice</i> <i>Working for years, you sometimes forget to make sure EB is in your practice instead of doing what you've always done.</i></p>		
NO	<p><i>For the moment not in practice</i> <i>I am already able to access EBP on a regular basis and am able to do that; encouraged in my Geriatric Dept working in rehab and LTC</i> <i>I currently wake up in mornings and am grateful that I wake up</i> <i>I use Up to Date every day in my practice to make sure I am utilizing the newest and accurate EBP for my patients.</i> <i>ironically, our organization is considering adding more 12 hour shifts!</i> <i>It was a nice reminder for self care</i> <i>Keynote speaker was excellent! She made great points during her presentation and provided concrete and real life examples to support her points.</i> <i>Not directly applicable to direct patient practice per se.</i> <i>Novice NP, need more clinical practice.</i> <i>Philosophical lecture mainly</i> <i>Retired</i> <i>Similar to current practice.</i></p>		
		YES	NO
Did you notice any bias or promotion of commercial products in this presentation? If YES – please explain:		5	175
YES	<p><i>At the end of the presentation she plugged her personal endeavors</i> <i>excellent presentation</i> <i>not really significant but because of the significant research Bernadette has been involved in; she has been the developer of programs that she shared with us - which are unique to her because of her life experience and passion for EBP and Clinician Well-Being; sometime not may others have done previously - so I did not mind her sharing resources available to us.</i> <i>Only bias toward Dr. Melnyk's developed COPE program</i> <i>While enjoyable, the presenter really promoted her own programs</i></p>		
Do you have feedback for the presenter(s)?			
	<p><i>Always enjoy hearing from Dr. Melnyk.</i> <i>Animated presentation and many good points</i> <i>Enjoyed listening to her...</i> <i>excellent</i> <i>Excellent content and presentation with relatable anecdotes.</i> <i>Excellent job!</i> <i>Excellent job!! Really enjoyed listening to this speaker.</i> <i>Excellent presentation.</i> <i>Excellent speaker, very experienced</i> <i>Excellent--information for not just work life but also daily life!!!!</i> <i>Felt basic, would have been nice to have more input on what we can actually do.</i> <i>Fun to see someone with so much energy.</i> <i>good presentation</i> <i>Great and energetic speaker</i> <i>Great presentation</i> <i>Great subject.</i> <i>Great topic and information. Very well abreast on subject matter.</i> <i>Great, passionate presentation.</i> <i>I enjoyed how passionate she was about the topic.</i> <i>I felt this speaker was very passionate and knowledgeable about self-care in nursing however her tone of voice and delivery was made me feel as if she was yelling at the attendees.</i> <i>I have heard Bernadette speak before and was a treat to hear her passion for nursing and EBP!</i> <i>I loved your passion for evidence-based practice and clinician well-being. Your energy was so inspiring! It was a breath of fresh air!</i> <i>I loved your presentation. Your passion for EBP and making sure APRNs are in leadership positions really makes me excited to be entering this field.</i> <i>I really enjoyed your presentation! Thank you!</i> <i>I thank her for her passion on EBP. I will continue to review UpToDate and society guideline links as patient cases arise. I will also teach that to my NP students as a clinical practice mentor.</i></p>		

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*Maybe it's because this was online but I did not find this speaker to be engaging.
no - very educational.
passionate about topic
Presentation was inspiring!
She was an excellent speaker. I enjoyed her talk
she was excellent
So enthusiastic and committed.
Thank You
Thank you !
Thank you and keep carrying this awesome message
Thank you for changing the mindset and culture that wellness is not selfishness.
Thank you for great presentation
Thank you for inspiring me!
Thank you for sharing again this year!
Thank you for sharing where you passion for this issue started - back in your teenage years with loosing your mother. also you personal
experience with Australia/ New Zealand and your daughters care.
Thank you for your presentation!
Thank you!
The presentation was not what I expected in a very good way- very inspiring
This presentation was excellent and the presenter kept me engaged. She is so passionate and I hope to embody this as I continue to gain
experience as an NP. I really appreciated the focus on wellbeing and taking care of ourselves in addition to our patients.
This was a very good presentation
very good
Very relevant
Wonderful presentation
Wonderful presentation!
Would love to hear further presentations!*