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Abstracts from the 2014 Oklahoma Research Day

Held at the University of Central Oklahoma

02. Education and Professional Studies

04. Nursing

02.04.01 SANE Nursing in Oklahoma

Drew, Hunter , Kelly Nech

Other

The purpose of this research project was to determine the overall effectiveness of the sexual assault nurse examiner program on a sexual assault victim that presents themselves to the emergency department for treatment and evidence collection. The case studies observed were scrutinized for comparison between an emergency department equipped with the capabilities to provide victims of a sexual assault crime with a certified SANE nurse as opposed to a facility that does not offer these services. Northwestern Oklahoma State University- Nursing Drew Hunter: dnhunter07@rangers.nwosu.edu Kelly Nech: kdnech47@rangers.nwosu.edu

02.04.02 Topiramate vs. Complimentary Therapies in Prevention of Chronic Migraines

Alisha, Shrum , Courtney Beck

Other

The purpose of this study is to show the importance of antiepileptic medications in helping prevent migraine attacks in patients with chronic migraines. Our study showed that Topiramate is very effective in preventing migraines, reducing the use of acute medications, and reducing the duration of a migraine in chronic migraine sufferers. We did find that medication adherence does decline with the complexity of the dose regiment. The most effective way to treat chronic migraine patients is to give them a once-daily dose rather than multiple doses a day. There are always risks in medication and with this medication some side effects are weight loss, decrease sweating, impaired memory, and numbness. However, in most cases the benefits outweigh the risks. We also looked at complimentary therapies and found that it was effective in 39.5% of the patient population. However, there were only 3.5% of patients that reported a worsening in frequency and severity. Leaving us to believe that trying complimentary therapies could be beneficial for chronic migraine sufferer.

02.04.03 Elective Induction vs. Spontaneous Labor

Molly, Brooks , Brooke Dewald, Carley Thompson

Northwestern State University

The purpose of the study conducted was to determine the risk versus benefit relationship between spontaneous or naturally occurring labor and induced labor. The case study included a twenty year old prima gravida woman who experienced chemically induced vaginal delivery at thirty-six weeks gestation. Natural or spontaneous labor can be described as occurring with no surgical or medical interventions with the infant in the vertex position at a gestational age between thirty-seven and forty-two weeks of pregnancy (Darra, 2009, p. 300). "Elective induction is artificial stimulation of uterine contractions with the aim of achieving vaginal delivery" (Selo-Ojeme et al., 2011, p. 337). It was determined that a planned and induced labor process was not seen as a medical problem or reason for concern but was based on whether or not it was convenient and from a standpoint of how labor could be scheduled. Our research came to the conclusion that natural labor is preferable unless circumstances elude to the need of elective induction.

02.04.04 Mental Illness

Colton, Palmer , Courtney Goodwin, Kasey Miller

Northwestern State University

Mental illness impacts our society. Many people have difficulty maintaining relationships, jobs, and other responsibilities. Mental illness can be treated different ways. Often mental illness is treated with various medications. These medications impact the neurotransmitters of the brain, that is to say they have a physiologic action. Many times these medications are effective, but sometimes come at a price. They can be expensive and there are a lot of possible negative side effects associated with medication consumption. The objective is to look at alternatives to medication or supplements with medication. One alternative is Therapeutic Lifestyle Changes. The hypothesis is that therapeutic lifestyle changes will have a positive impact on mental health with fewer negative side effects. Therapeutic Lifestyle Changes are new patterns of thinking, living, and acting which impact mental health. Examples of Therapeutic Lifestyle Changes include exercise, diet, religion, and relationships. The studies include expert opinions and randomized clinical trials. These are affordable and have few negative side effects, if any. For example cardiovascular exercise can improve both physical and mental health. Someone can participate in cardiovascular exercise by running outside for free. Therapeutic Lifestyle Changes can be affordable and effective for improving patient outcomes.

02.04.05 Hand Washing vs. Hand Sanitizer

Karlie, Parker , Sandy Turner

Other

In nurses working in healthcare, what is the effect of anti-septic hand washing to reduce bacteria and promote cleanliness compared with alcohol hand sanitizer? Case studies were researched to determine the answer. The use of an alcohol-based hand sanitizer is more effective compared with hand washing with antibacterial soap and water in reducing bacteria with the exception of *C. difficile* (Oughton et al., 2009). In the case of *C. difficile*, it is important to use hand washing to decontaminate (Oughton et al., 2009; Kampf et al., 2009). Hand-washing with anti-bacterial soap and water should be used to remove visible contamination (Kampf, Loffler, & Gastmeier, 2009). Currently CDC recommends alcohol-based hand sanitizing as a method of choice for bacteria reduction, unless *C. difficile* (Gordin et al., 2005). A case study is shown to help further understand the proposed research topic and interventions.

02.04.06 Communication in the Critical Care Unit

Renata, Simpson , Krystal Elliott, Roxanne Bridges

Northwestern State University

Effective communication is a vital part of a healthy work environment in Critical Care Units enabling all members of the interdisciplinary team to proactively treat the patient and family. This presentation focuses on proper communication of healthy work environments in Critical Care Units and how it may affect potential patient errors. Facility policy's regarding required meetings for hospital personnel to discuss any current issues and offer new communication techniques is beneficial in creating a healthier work environment and enabling increased patient centered care leading to increased patient satisfaction. Increased positive communication among interdisciplinary members in Critical Care Units has been shown increase nurse and physician retention, decrease patient anxiety, increase patient and family satisfaction, and decrease amount of patient errors. The ultimate goal is to decrease or eliminate patient errors in Critical Care Units and increasing communication between staff members is one way to reach that goal.

02.04.07 Tai Chi in Fall Prevention

Amy, Quesada , Angela Shuman, Benita Coffin

Other

Fall prevention is essential for the elderly population. With this group of people, one of the most common causes of injury is related to falls. This fact makes it a necessity to promote education and participation in activities that lessen the likelihood of impaired mobility and the consequences of losing one's balance. Tai Chi, a traditional Chinese exercise, has gained recognition in the United States among the elderly in the areas of balance, coordination, and the ability to increase flexibility. Our study involved evaluation of participants who were sixty years of age and older in an effort to improve ambulation and to reduce the risk and incident of falls. For our research, we evaluated elderly participants; some who were active in Tai Chi programs and others who currently lived a sedentary lifestyle. In conclusion, it was found that Tai Chi did have a positive effect on reducing the risk of falls, but more extensive research would need to be completed in order to establish the importance of Tai Chi exercise among the elderly population.

02.04.08 What is the Difference in Obesity Rates Between Breastfed and Bottle-fed Infants Through Adolescents?

Natasha, Kelso , Beth Inman, Jenniffer Warfield

Other

In this evidenced based practice presentation, we researched and compared the results of previous experiments of the differences between breastfed and bottle-fed infants, in a six month period. During our research, we focused on the independent variables: breast milk or formula feeding, and their influences on the dependent variable: childhood obesity. We referenced different levels of hierarchy to have a variety of information bases. We determined our study to be qualitative by using larger, generalized populations from various countries, and numerical data. The settings of the experiments were in natural, real-life locations such as personal homes or from interviews in different waiting rooms, which led to depending on the verbal results from mothers. It was concluded that the risk of developing obesity later in childhood was reduced with increased durations of breastfeeding during infancy. Unlike formula, breast milk stimulates inner cues to regulate appetite; which in return, reduces the risks of over-eating. Because the mother is in charge of occurrence, duration and amount of formula per feeding, the formula-fed infant is more likely to eat more than necessary. However, socioeconomic, biological, physiological, and personal habits must also be considered or further evaluated to determine their roles in later obesity.

02.04.09 Hydrotherapy Treatment for Osteoarthritis

Kaitlin, Hostetler , Brandon Wheelock, Traci Cook

Other

Osteoarthritis is a growing problem in the elderly population and is one of the most prevalent musculoskeletal disorders worldwide. It is a degenerative disease that affects the cartilage and joints where synovial membranes exist causing localized inflammation and decreased mobility. One important problem that exists with osteoarthritis is the level of uncontrolled pain. Some of the current methods to manage pain and mobility limitations caused by osteoarthritis include pharmacotherapy, weight-bearing exercise, and aquatic therapy. Full weight bearing may be difficult in the recovery process and associated with increased discomfort. Due to pain and inability to tolerate extensive physical activity, many clients discontinue traditional land-based exercise therapy. It is hypothesized that aquatic therapy may provide the most positive outcomes of increased mobility and pain control in osteoarthritis clients. The methodology included consultation of multiple research studies focused on various therapies used to manage osteoarthritis symptoms. The research utilized various levels of hierarchy including systematic reviews, randomized controlled studies, and qualitative studies that focused on this topic. Evidence based practice provides sufficient research to support that aquatic therapy is the best clinical decision when it comes to improving pain control and compliance in the elderly population.

02.04.10 Exercising to Happiness

Zac, Floyd , Tabitha Diefenbach

Northwestern State University

Research has shown that chronic depression is on the rise in the US. With the rise in depression more and more people are looking for a natural alternative to the expensive and sometimes dangerous medications prescribed by their doctors. Our research aims to prove that exercising over a several month period is just as effective at treating symptoms of depression with the added benefit of overall well-being. This method to treating depression could substantially lower healthcare costs to the patients in both decreased medications and prevention of other health related doctor visits.