

SPECIAL RECOGNITION

IRENE ALEXAITIS, DNP, RN, NEA-BC,
VP OF NURSING & PATIENT SERVICES AND CNO UF HEALTH

SHAKIRA HENDERSON, PH.D., D.N.P., M.S., M.P.H., EMBA
SYSTEM CHIEF NURSE EXECUTIVE UF HEALTH

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TARA JENDZIO

SPECIAL THANKS

THE UF HEALTH NURSING RESEARCH AND INNOVATION
CONFERENCE PLANNING COMMITTEE WOULD LIKE TO THANK THE
FOLLOWING FOR THEIR SUPPORT AND ASSISTANCE TO MAKE
THIS EVENT POSSIBLE

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UF HEALTH NURSING AND PATIENT SERVICES
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nursingconference.ufhealth.org



12TH ANNUAL NURSING RESEARCH AND INNOVATION CONFERENCE



HPNP AUDITORIUM

PRESENTED BY
THE UF HEALTH NURSING RESEARCH AND
INNOVATION AND CLINICAL EVIDENCE-BASED
PRACTICE COUNCILS



KEYNOTE SPEAKER

Dr. Lakeshia Cousin is an Assistant Professor at the UF College of Nursing and an Adult-Gerontology Primary Care Nurse Practitioner. She is the Assistant Director of Community Outreach and Engagement at the UF Health Cancer Center and serves on the UF Health Shands Hospital Community Outreach and Engagement Council. Her work focuses on cancer prevention and improving screenings among high-risk, underserved populations. Dr. Cousin's dedication to fostering a culture of care extends to her role in mentoring students, managing her research lab, and engaging with the community.

Her significant scientific contributions include developing culturally relevant interventions that align with the NIH behavioral change model, focusing on understanding and influencing health behaviors through a comprehensive lens that incorporates biological, psychological, and social factors. Dr. Cousin investigates how resilience factors—such as gratitude, spirituality, and self-efficacy—can enhance both spiritual and physical well-being, including improving physical activity, reducing stress, and bolstering immune health to mitigate cardiometabolic risk among breast cancer survivors.

She is a recipient of the 2024 Florida Nurses Association Community Action Icon Award, the 2024 National Cancer Institute Early Investigator Advancement Program Award, and the 2023 UF Health Cancer Center Rising Star Award. Dr. Cousin also serves on the editorial board of Seminars in Oncology Nursing and co-chairs the Health Equity Special Interest Group of the Society of Behavioral Medicine. In her spare time, she enjoys spending time with her husband and two teenage sons, as well as kickboxing.

7:30-8:30
CONFERENCE REGISTRATION & CONTINENTAL BREAKFAST
8:30-9:30AM
WELCOME & GENERAL ANNOUNCEMENTS

9:00 AM - 10:00 AM
KEYNOTE SPEAKER
DR. LAKESHIA COUSIN PHD, APRN, AGPCNP-BC

10:00 AM - 10:15 AM
BREAK & MORNING RAFFLE

10:15 AM – TOP QI IN PROCESS
“ADOPTING SUB-EPIDERMAL MOISTURE (SEM) MEASUREMENT: AN EVIDENCE-BASED TECHNOLOGY TO REDUCE HOSPITAL-ACQUIRED PRESSURE INJURY (HAPI) INCIDENCE AND SEVERITY”
JAIME THOMAS, MSN, RN, CCRN

10:30 AM – TOP RESEARCH IN PROCESS
“EXPLORING THE THERAPEUTIC POTENTIAL OF A LAVENDER BASED AROMATHERAPY IN PREOPERATIVE CARE: REDUCING NERVOUSNESS AND ENHANCING PATIENT SATISFACTION”
TERESA GAIL CZABAN, BSN, RN, KRISTY PERRY, MSN, RN & ANN L. HORGAS, PHD, RN

10:45 AM - 11:45 AM PANEL DISCUSSION
“SQUASHING THE FEAR OF NURSING RESEARCH AND QUALITY IMPROVEMENT”
DR. BRYCE CATARELLI, LAUREL BARWICK, ALLI PRESNELL & KELIY FORDHAM

11:45 PM - 12:30 PM
VISIT WITH POSTER PRESENTERS; HPNP ATRIUM

12:30 PM - 1:15 PM
LUNCH, HPNP ATRIUM

1:15 PM – TOP COMPLETED QI
“FUELING RETENTION: RACING AHEAD WITH UNIT-BASED PEER GROUP MENTORING”
AKELA EDWARDS, MSN, RN, MEDSURG-BC, LARA THOMPSON, MSN, RN, CEN, & BRYCE CATARELLI, DNP, APRN, FNP-C T. JENNIFER BONETA, DNP, RN, CCRN, CNE, MELISSA BRACE, DNP, APRN, FNP-C, CCRN

1:30 PM – TOP COMPLETED RESEARCH
“CONCEPT ANALYSIS OF PATIENT ENGAGEMENT”
FATIH KUNKUL, PHD, MPH, BSN

1:45 – 2:30 PM CLOSING REMARKS
DR. SANDRA CITY PHD, ARNP-BC, CNE RANDY BRIAN BSN, RN, CWON
CINDY WESTBROOK BSN, RN, CWON

2:30 PM - 3:00 PM
AFTERNOON RAFFLE, AWARDS, WRAP UP & EVALUATIONS

GUEST PANEL



Dr. Bryce Catarelli is a clinical assistant professor whose primary teaching responsibility involves working with undergraduate and graduate students in both the clinical and didactic settings at the University of Florida College of Nursing. As a family nurse practitioner, she has experience in internal medicine, geriatric medicine, and university student health, as well as pharmaceutical research. Her current scholarship interests focus on supporting the nursing workforce through creation of a healthy workspace by building nurse resiliency and reducing burnout through evidence-based strategies, as well as increasing student engagement related to evidence-based practice and research in nursing



Laurel Barwick is a nurse specialist for women's and children at UF Health in Gainesville, FL. She received a Master's in Nursing for leadership and administration from the University of Central Florida in Orlando, FL. She has been with UF Health for the past 12 years, specializing in pediatric cardiac heart intensive care and transplant. The past year she had been serving in the role of nurse specialist for the women's and children's hospital. Laurel is the chair for the value analysis committee, advisor to the women's and children's quality group, advisor to the perinatal quality and safety committee, and mentor to new leaders within the hospital. During her time in the Pediatric Cardiac ICU, Laurel has focused on several quality initiatives surrounding central line associated blood stream infections, winning the 2024 Kathy Gamble Nursing Quality Award. She has experience in creating and implementing nursing policy and guideline development for improving patient safety and care through standardization. Her most recent focused initiatives include perinatal access and continuity of care, neonatal ICU discharge and continuity of care, and pediatric emergency throughput.



Alexandria "Alli" Presnell started her career as a new graduate nurse in 2008 in the Medical Intensive Care Unit at UF Health. She was an ICU travel nurse from 2015-2019 at many different hospitals around the country. In 2019 she rejoined UF Health in the Freestanding Emergency Department, first as a staff nurse, now currently serving as their clinical leader. She has served as a unit sepsis educator, sepsis lecturer for the critical care paramedic course at UF, adjunct professor for the local community college and as a speaker at the University of Central Florida to the graduating nursing classes. She has completed the Rose Rivers Emerging Leader Fellowship, class of 2023, and was a guest speaker at the 2024 Emergency Nursing Association in Las Vegas, Nevada.



Keliy Fordham, a current Nursing Ph.D. student and current NICU Registered Nurse at UF Health Shands Hospital, most recently received a prestigious TL1 grant from the Clinical and Translational Science Institute to investigate a prediction model for identifying babies at risk of developing necrotizing enterocolitis. The condition, which affects premature infants and is more common in Black and Hispanic populations, results in inflammation in the gastrointestinal tract and can lead to tissue death. In severe cases, the condition can be fatal. For Keliy, this is a personal passion as she herself spent the first few days of her life in a neonatal intensive care unit (NICU) which shaped her passion for pediatrics.

CLOSING REMARKS



Dr. Sandra City is a Clinical Associate Professor in the University of Florida College of Nursing and a Clinical Nurse Investigator at the North Florida South Georgia Veterans Health System in Gainesville Florida. She received her BSN and MSN from the University of Miami and PhD in Nursing from the University of Florida. She is an RN/APRN with over 29 years' experience in nursing practice. Sandra is an active member of the UF Health Multidisciplinary Nutrition Committee, the American Society of Parenteral and Enteral Nutrition (ASPEN) Clinical Practice Committee and serves as chair-elect of the ASPEN Nursing Section. She serves as Associate Editor of the Nutrition in Clinical Practice (NCP) journal.



James "Randy" Brian, RN, BSN, CWON and Cindy Westbrook, BSN, RN, CWON are the dynamic duo that bedside nurses consult for best care practices in patients with wounds at UF Health Shands. This summer they traveled to Singapore to the 35th International Nursing Research Congress to present their research on wound care in patients on ECMO.

POSTER PRESENTATIONS

"Charting the Past, Forecasting the Future: Standardizing Suicide Prevention Protocols at UF Health Psychiatric Hospital"

Lana Watson, MBA, MHS, OTR/L, Kimberly Jaimes, MSN, RN, CEN, Joseph E. Thornton, MD, DFAPA, Duke Lim, DNP, RN, CNML, Gregory Stewart, MEd, LMHC, Elaine Delvo-Favre, DNP, RN, RN-BC, NEA-BC, Joe Munson, PhD, MBA, LMHC, HS, Jill Ash, Christine Freeman, MSN, RN, Lizzie Greer, MBA, Zach Pollard

Affiliation: UF Health Psychiatric Hospital

The Reduction of Mislabeled Specimens: A Systematic Review and Meta-Analysis"

Mark De Luna, MS, MLS(ASCP)CM

Affiliation: Student, Doctorate of Clinical Laboratory Science, Rutgers University; UF Health Emergency Department – Kanapaha

"Hypoglycemic Event Reduction: Treat the Trend"

Mary Korth, RN, B.S., Tahira Ashraf, RN, ASN, Kersha Andre, RN, BSN, Jessica E. Peterson, MPH, RN, Nathan Mena, MSN, RN, RN-BC

Affiliation: UF Health, Gainesville

"Patient-Centered Early Mobility Protocol for Hospitalized Patients"

Patricia DeBear, OT/L; Kathryn Zeppieri, PT; Jazan Neeley, MSN, RN; Courtney Bowen, MSN, RN; MBA; Martyne Hofle, PT; Zachary Pollard, IT; Ethan Kramer, BS; Thomas Barrett, BS; Nila Radhakrishnan, MD

Affiliation: UF Health, UF Health Rehab Services, Informatics and UF College of Medicine

“Unit-Based Mental Health Resource Nurse (MHRN)”

Yarisbell A. Collazo DNP, RN, MEDSURG-BC; Jessica Harris ASN, RN, MEDSURG-BC; Silvia Lopez O'Brien ASN, RN, MEDSURG-BC; Skyllar Stephan ASN, RN; Florina Wijekoon ASN, RN, MEDSURG-BC

Affiliation: UF Health, Gainesville

“Newborn Rewarming Practices on a Mother-Baby Unit: Quality Improvement”

Elizabeth de Paula Fonseca BSN, RN, RNC-MNN, Margot Heiser BSN, RN, Emily Marchione MSN, RN, Dawn Viana DNP, APRN-BC, RNC-NIC, Kendall Steadmon MD, FAAP, Xiaoxi Zhang PhD Candidate, & Marion Bendixen PhD, MSN, RN, IBCLC

Affiliation: UF Health Shands, Gainesville, University of Florida College of Medicine, University of Florida Department of Biostatistics, & University of Florida College of Nursing.

“Post-Partum Access & Continuity of Care (PACC)”

Laurel Barwick, Dawn Viana, Emily Marchione, Christina Copti, Tony Wen, Lana Watson, Tayler Etheridge, Joanne Tanner, Jan Mackenzie, DJ Diedericks, Tracey Hickox, Carolyn Holland, Kyle Cortez, & Jocelyn Dola

Affiliation: UF Health Shands Children’s Hospital, University of Florida College of Medicine, UF Physicians

“Implementing a Structured Bedside Shift Report Process-A Quality Improvement Project”

Marie Danielle Guillaume, DNP, MBA, RN, CMSRN

Affiliation: UF Health, Jacksonville

“Telemetry Alarm Fatigue: Nurse Driven Standardization of Cardiac Alarm Management for Telemetry Monitoring in Medical-Surgical Units”

Mia Belleville, MSN, RN, MEDSURG-BC, Jazan Neely, MSN, RN, MEDSURG-BC, Elaine Delvo, DNP, RN, MEDSURG-BC, NEA-BC

Affiliation: UF Health, Gainesville

“Balance Better, Thrive Together: Relief Nurses in the Emergency Department to Promote Nurses Well Being”

Nicole Scotty MSN, BA, RN-BC and Deborah Brabham PhD, RN, CNE

Affiliation: UF Health, Jacksonville

“Implementation of Tools and Interventions for Pediatric Fall Prevention”

Nicole Copenhaver, MSN, RN, RN-NIC; Richard Griffin, RN, ASN, PED-BC, Brittney Ingram BSN, RN, PED-BC; Debbie Ringdahl, DNP, APRN, EBP (CH)

Affiliation: UF Health, Gainesville

Ventilator Associated Pneumonia Prevention in the Critical Care Setting

Kelly Delowery BSN, RN, CCRN, DNP Student

Affiliation: University of Florida, College of Nursing

Assigning Nursing Students to Quality Role During Hospital Clinicals: Initial Outcomes, Future Plans, and Recommendations

Michelle Ann Plourde, MSN-Ed., BS, RN, CEN, and Kelly Jacobitz, MSN, RN, MEDSURG-BC

Affiliation: University of Florida College of Nursing, UF Health, Gainesville

DISCLOSURE STATEMENT:

THERE IS NO CONFLICT OF INTEREST FOR ANYONE WITH THE ABILITY TO CONTROL CONTENT OF THESE ACTIVITIES

CONTINUING EDUCATION CREDIT:

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