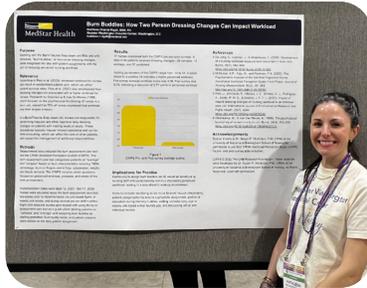




Annual Nursing Scholarship Report

Fiscal Year 2025
(July 1, 2024 to June 30, 2025)



This scholarship report recognizes MedStar Washington nurses who are advancing evidence-based practice and sharing innovations and excellence in care through:



26
Oral/Poster Presentations

Puglisi, E., Nnaji, V., Videgla, E., & Mahdi, A. (2025, April 8). Increasing new graduate support in the Burn/Trauma ICU through group meetings [Conference podium presentation]. American Burn Association Annual Meeting, Phoenix, AZ.

Rigali, K. (2024, October 30). Burn Buddies: How 2-person dressing changes can impact workload [Conference poster presentation]. ANCC Magnet and Pathway to Excellence Conference, New Orleans, LA.



5
Nursing
Journal Articles

Yitbarek, A. & Fisher, J. (July 2024). Integrating technology into the Pathway to Excellence Standards: A journey to enhance wellbeing. Nursing Management, 55(7): 8-12. doi: 10.1097/



82
Nurse Residency Projects

To view a complete list of scholarly works, scan this QR code:



Message from the Director of Nursing Research

At the end of Fiscal Year 2025, I was thrilled to celebrate MedStar Washington Hospital Center's achievement of Magnet® designation with you all! Nurse-led research played an essential role in earning this recognition.

I am both excited and proud of the growing number of nursing initiatives and scholarly contributions across our organization. To view a comprehensive list of presentations and publications that highlight our commitment to advancing nursing and patient care, please visit the Nursing Research section on Starport or scan the QR code on this publication's cover.

As we celebrate our success, I look forward to seeing how we continue to embrace new knowledge, innovation, and improvement—led by nurses at every level throughout MWHC.



*Pamela R. Jones, PhD
Director, Nursing Research
MedStar Washington Hospital Center*

Featured on the Cover

Photo 1: Shari Templeman, RN, was awarded Neuroscience Nurse of the Year during MedStar Health's inaugural Neuroscience Nursing Conference.

Photo 2: Several nurse residents from the March 2024 cohort shared their evidence-based practice projects with nurse leaders after celebrating program completion.

Photo 3: Alice Tabe-Ebob, RN, spoke up during a Q&A at MWHC's 8th Annual Nursing Research and Innovation Conference.

Photo 4: Kathleen Rigali, RN, presented her poster, "Burn Buddies: How 2-person dressing changes can impact workload," at the 2024 Magnet and Pathway to Excellence Conference in New Orleans, Louisiana.

Photo 5: Nurse leader Tonka Williams delivered a poignant in memoriam segment on stage at the 2025 National Teaching Institute & Critical Care Exposition in New Orleans.

Photo 6: Nurse Naomi Peterson shared her Doctor of Nursing Practice (DNP) project, "Improving Nurse Compliance with Secondary Sepsis Screening," during Nursing Grand Rounds on July 11, 2024.

Support for nursing research

MedStar Washington Hospital Center is committed to advancing nursing care through evidence-based practice and innovation. Nurse research is supported through:



- **Library resources.** Our hospital library is located at 2A-43, near the A elevators. The library is open during normal business hours, but all clinicians can use their ID badges to gain access after hours. The library grants you access to thousands of scholarly journals, books, and other online materials that only require an OpenAthens account: <http://whclib.medstar.net/athens.php>.
- **Nursing EBP and Research Council.** The Nursing EBP and Research Council supports nursing scholarship that improves clinical practice and patient care. The council's work is focused on providing resources and educational events, reviewing nursing research and evidence-based practice proposals, mentorship, and support with project implementation. The council meets on the second Thursday of each month.
- **Nursing Grand Rounds.** Nursing Grand Rounds is a monthly series where nurses and providers share valuable information that advances nursing practice and patient care. Grand Rounds is held on the third Wednesday of each month at 12 p.m.
- **Nursing Research and Innovation Conference.** Annually, MedStar Washington Hospital Center hosts the Nursing Research and Innovation Conference, which brings together nurses and healthcare professionals to explore current healthcare trends, research, and evidence-based practices.
- **MedStar Health Research Institute (MHRI).** The research division of MedStar Health conducts leading-edge clinical research and other scientific pursuits. MHRI hosts the MedStar Institutional Review Board (IRB) and has other valuable resources for those wanting to conduct research.

Strengthening community health through targeted outreach



Shirley with her team of nurse “elves” preparing to deliver holiday gift boxes filled with essential items to So Others May Eat, benefiting those in need in our community.



Nurse leader Shirley Dewitt presenting at the 2024 ANCC Magnet/Pathway to Excellence conference in New Orleans.

On Oct. 31, 2024, Nursing Director Shirley Dewitt, BSN, RN, AMB-BC, took the stage at the nation’s largest nursing conference to share a powerful story—how our nurses are transforming community health through data-driven outreach.

Her podium presentation at the American Nurses Credentialing Center’s Magnet and Pathway to Excellence Conference, “Nursing Community Outreach and Engagement – A Community Health Needs Assessment Approach,” highlighted a simple

truth: when outreach is guided by what the community needs most, care becomes more meaningful, trust grows stronger, and lives are changed.

Dewitt, who works in ambulatory surgical services, also serves as the chair of her division’s community outreach committee. Over the last couple of years, she has worked to strengthen the committee’s connections with broader hospital and system teams. And after MedStar Health published its

“As nurses, we are called to help others, but the benefits flow both ways. Our community engagement activities have always been deeply rewarding, but now, they feel even more impactful.”

—Shirley DeWitt, BSN, RN, AMB-BC

latest three-year Community Health Needs Assessment (CHNA), Dewitt used it as a blueprint to address the community’s greatest healthcare needs: chronic disease prevention, behavioral health, aging health, food insecurity, homelessness, and mistrust in providers.

Guided by diverse data sources, including population-level data, hospital healthcare utilization data, a community survey, and qualitative town halls, De Dewitt championed volunteer opportunities for both clinical and non-clinical associates to connect thousands of residents in high-need neighborhoods with vital screenings, education, and support. The team’s support at 28 health fairs created new pathways to care and built trust within the community, ensuring our care extends beyond the walls of MedStar Washington Hospital Center.



5,000+
residents reached
in three years



28
community health
fairs in high-need
neighborhoods prioritized
using CHNA data



**Screenings,
education, and
provider access**
delivered directly in
the community

A Nursing-Led Innovation to Reduce Falls in the ED

In the fast-paced environment of the emergency department at MedStar Washington Hospital Center, preventing patient falls—particularly those related to toileting—remains an ongoing challenge. Recognizing this risk, the RN Float Pool Collaborative Governance Council (CGC) identified an opportunity to strengthen fall prevention through a simple intervention.



Color-coded toileting assistance stickers for fall prevention.

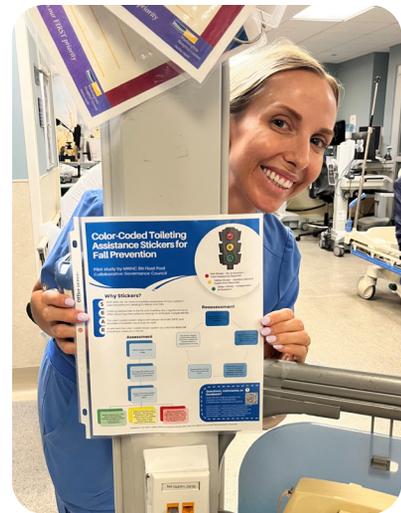
Drawing on evidence linking toileting-related falls to delayed or inappropriate assistance, the council proposed a pilot project using color-coded stickers applied to patient identification armbands. Guided by the Morse Fall Scale, the council developed a three-tiered color system: green stickers for patients who could ambulate independently, yellow stickers for those requiring an assistive device or supervision, and red stickers for patients who required total assistance. The stickers served as a supplementary communication tool, reinforcing—but not replacing—nursing assessment and clinical judgment.

“This project was low cost and high impact,” said Alice Tabe-Ebob, BSN, CMSRN, RN, who serves on the float pool’s CGC.

Before implementation, the department reported 27 total falls, including 9 related to toileting. During the pilot, total falls dropped to 8, with toileting-related falls reduced to 3. After the

pilot, falls declined further to just 3 total events, including only 1 toileting-related fall. This represented a 67% reduction during the pilot and an 89% reduction post-pilot.

Staff feedback reinforced the value of the intervention. While nurses cited time pressures and staffing challenges as barriers, most agreed the stickers improved situational awareness and communication across the care team. Even during a concurrent change in nursing zone assignments, the reduction in falls was sustained.



Patricia Nolan, BSN, CMSRN, RN, shared the Float Pool Collaborative Governance Council’s falls prevention project with emergency department staff ahead of implementation.

RN Float Pool Collaborative Governance Council

Kristan Andrews, BSN, RN, CCRN (Chair); Patricia Nolan, BSN, CMSRN, RN (Co-Chair); Sara Tewolde, MSN, RN; Steven Dinkins, BSN, RN; Mentwab Dinka, BSN, RN; Alice Tabe-Ebob BSN, CMSRN, RN

From simulation to scholarship: Eric Kriner’s global impact on critical care

Patient care is a team sport, and no one embodies this better than Eric Kriner, BS, RRT, FAARC. As an Adult Critical Care Respiratory Therapy Clinical Specialist at MedStar Washington Hospital Center, he brings together nurses, physicians, advanced practice providers, and respiratory therapists to improve care for critically ill patients, providing expert consultation and supporting complex bedside decision-making.

Kriner’s scholarship reflects the same collaborative spirit. In 2025, he received the Dräger–Shreyas Roy, MD Memorial Literary Award from the American Respiratory Care Foundation for his paper, “*Comparison of Web-Based and On-Site Lung Simulators for Education in Mechanical Ventilation*,” which evaluates how simulation methods impact clinician learning and skill development for interdisciplinary critical care teams.

Kriner is a dedicated educator, having developed a mechanical ventilation and pulmonary critical care simulation curriculum for residents and fellows that has grown from local training to a nationally and internationally recognized program, including sites in China and Jordan.



Eric Kriner, BS, RRT, FAARC, accepted the 2025 Dräger–Shreyas Roy, MD Memorial Literary Award at AARC Congress in Phoenix, Arizona, for his work on simulation-based mechanical ventilation education.

“What makes this work so rewarding is seeing how our practice can extend beyond the walls of this institution—helping teams, shaping education, and advancing critical care for patients around the world.” —Eric Kriner, BS, RRT, FAARC

Nurse Residency Program Evidence-Based Practice (EBP) Projects at a Glance



MedStar Washington Hospital Center March 2025 Nurse Residency Program Completion Ceremony

Our 12-month Vizient/AACN Nurse Residency Program™, accredited by the Commission on Collegiate Nursing Education (CCNE), provides new nurses with structured learning and practice experiences to support their transition to professional practice. Nurse residents complete evidence-based practice (EBP) projects, often building on prior cohorts' work to sustain and advance best practices. Projects are presented to hospital leaders at the completion ceremony, and many are accepted for local and national conference presentations.

Effect of Uninterrupted Breaks on Nurses' Wellbeing

For their evidence-based practice project, nurse residents on Unit 4NE focused on nurse well-being, looking to evaluate the impact of uninterrupted 30-minute breaks. Their idea for the intervention was simple but effective: temporarily remove phones to allow truly protected time. Nurses coordinated handoffs with colleagues and provided feedback via pre- and post-surveys.

Results were striking. Before implementation, 62.6% of nurses reported frequent break interruptions. Afterward, 83.3% felt more alert and refreshed, and the ability to hand off phone responsibilities increased from 0% to 37.5%. Findings show that protected breaks reduce stress and burnout, improve emotional well-being, and support higher-quality patient care.



4NE Nurse Residency project team:

Camilla Shin, BSN, RN
Kalkidan Gezahgne, BSN, RN
Luisa Cortez, ASN, RN
Maria Hernandez, ASN, RN
Nicole Rojas, BSN, RN
Orkhan Alibayli, MSN, BA, RN
Oumou Cisse, BSN, RN
Sabrina Chen, BSN, RN

Enhancing Labor Pain Management: The Impact of a Labor Cart with Non-Pharmacological Interventions

Pain management during labor is a critical component of maternal care, yet patients often experience inconsistent access to effective relief options. While pharmacological interventions like epidurals are widely available, non-pharmacological methods can provide additional support and autonomy. To address this gap, nurse residents in our Labor and Delivery unit implemented a dedicated labor cart stocked with tools such as TENS units, acupressure, music, and aromatherapy, making these interventions easily accessible to patients and staff.

The EBP project included staff education on non-pharmacological techniques, integration of the labor cart into routine care protocols, and data collection through patient feedback, provider surveys, and clinical outcomes over three months. Preliminary results showed increased patient satisfaction, improved pain management experiences, and greater caregiver confidence in offering diverse options.



Labor and Delivery Nurse Residency project team:

Shanéé Rodney, BSN, RN
Saphir Vilmar, BSN, RN
Makeda Wright, BSN, RN
Carlene Collier, ASN, RN

A note from our Nursing EBP and Research Council

We are so proud of the Nursing Research Council's accomplishments over the past year. As a group, we have diversified our membership by welcoming additional nurses, medical assistants and PCTs to the Council. We hosted our first annual World Healthcare EBP Day, assessed the research interests and needs of our members, and initiated the development of a research study based on a topic selected by the Council.

In the coming year, we look forward to sharing the results of our study with you. We'd also love to have even more nurses join us as we continue to strengthen our research skills and promote the importance of nursing research across the organization.



Nursing EBP and Research Council members Catherine Hardwick, Pamela Jones, Jacqueline Julian, Alice Tabe-Ebob, Jamie Guillergan

8th Annual Nursing Research and Innovation Conference

More than 200 healthcare professionals attended the 8th Annual Nursing Research and Innovation Conference, held at the Bethesda Marriott. The conference showcased the depth and breadth of nursing-led research, evidence-based practice, and innovation shaping the future of care delivery.

Led by Course Director Pamela Jones, PhD, the conference featured a diverse group of speakers presenting on leading-edge topics in nursing research and practice. Nurses from across the system (and region) also shared their research and EBP projects in the poster exhibition space, fostering interdisciplinary dialogue and collaboration. The event concluded with an abstract awards ceremony recognizing excellence in nursing scholarship and innovation.



Conference at a Glance

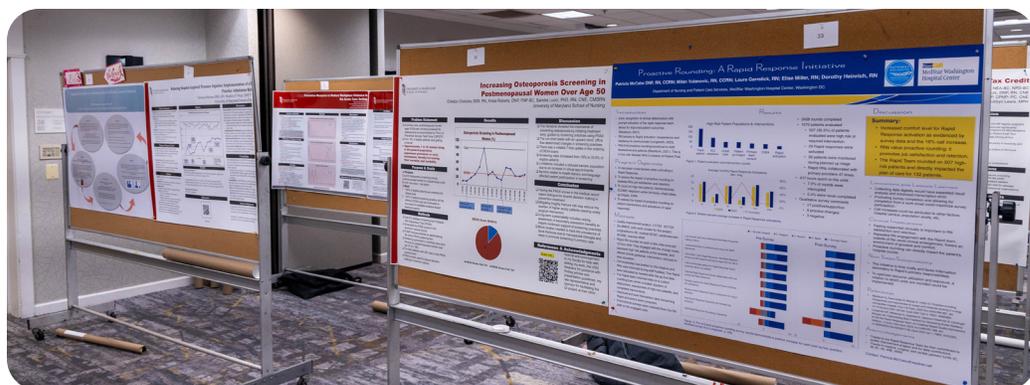
99 abstracts submitted

39 poster presentations

5 podium presentations

7 oral breakout presentations

201 attendees



Save the Date! 9th Annual Nursing Research and Innovation Conference
Friday, March 13, 2026 | Bethesda Marriott, Maryland